

## CHAPTER 12: APPETITE AND DIGESTION

- Anorexia
- Binging
- Bloating, Burping and Bad Breath
- Chinese Restaurant Syndrome
- Craving for Salt
- Gallstones
- Pica
- Stomach Acid Self Test
- Zinc Taste Test

## CHAPTER 13: BRAIN AND NERVES

- Attention Deficit Hyperactivity Disorder (ADHD)
- Alzheimer's Disease
- Autism
- Depression
- Dream Recall
- Migraine Headache
- Multiple Sclerosis
- Schizophrenia
- Sense of Humor
- Sudden Infant Death Syndrome (SIDS)

## CHAPTER 14: INTERNAL ORGANS AND CONDITIONS

- Dizziness upon Rising
- High Cholesterol
- High Triglycerides
- High Blood Pressure
- Joint and Muscle Pain
- The Pulse Test
- Sleep Apnea

## CHAPTER 15: MALE/ FEMALE

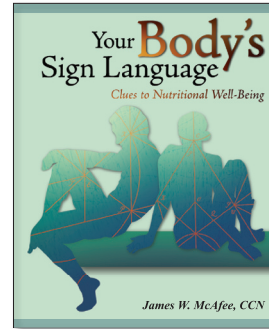
- Breast Cancer
- Breast Lumps
- Frequent Urination
- Heavy Menstrual Bleeding
- Hot Flashes
- Impotence
- Prostate Cancer

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**Your Body's Sign Language**, by James W. McAfee, CCN.

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# YOUR BODY'S SIGN LANGUAGE

Training Material by:

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### Questionnaire

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# YOUR BODY'S SIGN LANGUAGE: CLUES TO NUTRITIONAL WELL-BEING (BY CHAPTER)

## CHAPTER 2: BODY SHAPE

- Beer Belly Syndrome
- Obesity
- Small Waist and Alzheimer's
- Upper Body Weight Gain

## CHAPTER 3: HAIR & SCALP

- Baldness
- Dandruff
- Excess Facial Hair
- Flag Sign
- Prematurely Gray Hair

## CHAPTER 4: EYES AND FOREHEAD

- Cataract
- Dry Eyes
- Floaters
- Forehead Furrows or Wrinkles
- Macular Degeneration
- Nearsightedness
- Night Blindness
- Puffy, Dark, Inflamed, or Wrinkled Under the Eyes
- Red Eyes
- Sensitivity to Bright Light
- Up and Down, Side to Side Eye Movement

## CHAPTER 5: EARS AND NOSE

- Allergic Salute
- Ear Infections
- Earlobe Crease
- Hair in the Ear
- Hearing Loss
- Long Face Syndrome
- Mouth Breathing
- Runny Nose
- Sleep Apnea

## CHAPTER 6: MOUTH AND TEETH

- Bleeding Gums
- Canker Sores
- Cavitations (Extraction of Wisdom Teeth)
- Cracks at the Corner of the Mouth
- Crimson Crescents in the Throat
- Fissured or Geographic Tongue
- Fluorosis
- Mercury Amalgams
- Root Canals
- Scalloped Tongue
- Tartar on the Teeth
- Tooth Decay

## CHAPTER 7: NECK AND SHOULDERS

- Electric Shock Sensation in the Neck
- Heavily Pigmented Neck (Casal's Necklace)
- Sore Neck and Shoulders
- Goiter or Swelling of the Neck

## CHAPTER 8: SKIN

- Bumps on the Skin
- Butterfly Rash
- Calluses
- Contact Dermatitis
- Fluid Retention (Edema)
- Heavily Pigmented Skin
- Old Age Pigmentation
- Premature Wrinkling
- Purple Spots on the Skin
- Red Cheeks (Rosacea)
- Rough Elbow
- Skin Tags
- Stretch Marks
- Thickening of the Skin
- Underarm Temperature Test
- Vitiligo

## CHAPTER 9: HANDS AND FINGERS

- Arthritis (Osteoarthritis)
- Arthritis (Rheumatoid)
- Brittle Nails
- Carpal Tunnel Syndrome
- Dupuytren's Contracture
- Flattened or Spoon-shaped Nails
- Moons on the Nails
- Pitted Fingernails
- Quick Early Warning Sign (QEW Test)
- Raynaud's Disease
- White Spots or Bands on Fingernails

## CHAPTER 10: BACK AND LEGS

- Back Pain
- Bowed Legs (Rickets)
- Discoloration of the Skin of the Lower Leg
- Leg Cramps
- Numbness of Hands or Feet
- Osteoporosis
- Pain in the Big Toe
- Restless Leg Syndrome
- Stiffness
- Varicose Veins
- Weakness in the Legs (Beriberi)

## CHAPTER 11: ELIMINATION CONSTIPATION

- Diverticulosis
- Hemorrhoids
- Kidney Stones
- Pink Urine
- Stool Bulk and Transit Time
- Yellow Urine