

### Health Challenges:

- Heart Disease
- Cancer
- Type 1 Diabetes
- Hypothyroidism
- Obsessive Compulsive Disorder
- High Stress can further exacerbate all health challenges

### Mind / Body Characteristics:

*Due to Cortisol Overproduction, the following tendencies occur:*

- Overreaction to stress; difficulty recovering from stress
- Disrupted sleep patterns; daytime brain fog
- Repressed anxiety, hysteria, introversion
- Increased blood viscosity
- Muscles easily "over trained" with excess exercise
- Stress promotes muscle loss and fat gain

### Low Stomach Acid Production:

- Makes it difficult to digest protein
- Blocks action of digestive enzymes
- Promotes bacterial growth in stomach/upper intestines
- Can impair vitamin and mineral absorption

### Lack of Intestinal Alkaline Phosphatase:

- Produces high serum cholesterol, especially LDL
- Makes it difficult to break down fat

### Immunity – Low Anti-body IgA and IgE Levels:

- Vulnerability to ear and respiratory infections
- Creates susceptibility to Gastro-Intestinal infections
- Promotes asthma and allergies (IgE)
- Tumour markers resemble Type A antigen - cancer susceptibility