

**ELIMINATION THERAPY..... 43**

THE BOWEL.....	43
THE LUNGS.....	45
THE SKIN .....	46
THE KIDNEYS.....	47
LYMPHATIC SYSTEM .....	49

**DIETARY SUPPLEMENT HIGHLIGHTS .. 51**

An introduction to the Dietary Reference Intakes.....	51
Measuring vitamins .....	52
Milk does not effect antioxidant properties of tea .....	52
Herbal tea shown to be helpful for sore throat.....	53
Glucosamine may slow joint deterioration in osteoarthritis...	53
Soy may decrease hot flashes.....	55
Iron deficiency .....	56
Avoid iron deficiencies in children .....	57
Calcium deficiency .....	58
Learn to read food labels.....	59

**HEALTH HAZARDS..... 61**

Salt (sodium chloride) .....	61
Simple Carbohydrates .....	65
Smoking.....	66
Lead.....	67

**VITAMIN AND MINERAL SUPPLEMENTS69**

DAILY SUPPLEMENTS.....	70
Vitamin A .....	70