

# Contents

## SECTION 1

### PHILOSOPHY OF NATURAL MEDICINE, 1

1. **Eastern Origins of Integrative Medicine and Modern Applications, 2**

*Ira D. Zunin, MD, MPH, MBA*

*Michelle M. Wong, MD*

2. **Functional Medicine: A Twenty-First Century Model of Patient Care and Medical Education, 8**

*David S. Jones, MD, FABFP*

*Sheila Quinn*

*Leo Galland, MD, FACP, FACN*

3. **A Hierarchy of Healing: The Therapeutic Order, 18**

*Jared L. Zeff, ND, LAc*

*Pamela Snider, ND*

*Stephen P. Myers, ND, BMed, PhD*

*Zora DeGrandpre, MS, ND*

4. **The History of Naturopathic Medicine: The Emergence and Evolution of an American School of Healing, 34**

*George W. Cody, JD, MA*

*Heidi Hascall, MA*

5. **Philosophy of Naturopathic Medicine, 61**

*Rachelle S. Bradley, ND*

6. **Placebo and the Power to Heal, 69**

*Peter W. Bennett, ND, RAC*

7. **Positive Mental Attitude, 88**

*Michael T. Murray, ND*

8. **Research in Natural Medicine, 93**

*Carlo Calabrese, ND, MPH*

## SECTION 2

### SUPPLEMENTARY DIAGNOSTIC PROCEDURES, 101

*Patrick Hanaway*

9. **Apoptosis Assessment, 102**

*Lise Alschuler, ND, FABNO*

*Aristo Vojdani, PhD, MT*

10. **Bacterial Overgrowth of the Small Intestine Breath Test, 108**

*Mary James, ND*

11. **Cell Signaling Analysis, 114**

*Lise Alschuler, ND*

*Aristo Vojdani, PhD, MT*

12. **Erythrocyte Sedimentation Rate, 117**

*Michael T. Murray, ND*

13. **Fantus Test, 121**

*Dirk Powell, BS, ND*

14. **Fatty Acid Profiling, 124**

*Richard S. Lord, PhD*

*J. Alexander Bralley, PhD*

15. **Food Allergies, 131**

*Wendy Hodsdon, ND*

16. **Genomics, Nutrigenomics, Nutrigenetics, and the Path of Personalized Medicine, 140**

*T. Michael Culp, MA, NMD*

*Patrick Hanaway, MD*

17. **Hair Mineral Analysis, 150**

*Steve Austin, ND*

*Nick Soloway, LMT, DC, LAc*

18. **Heidelberg pH Capsule Gastric Analysis, 157**

*Michael T. Murray, ND*

*Stephen Barrie, ND*

19. **Immune Function Assessment, 161**

*Heather Zwickey, PhD*

20. **Intestinal Permeability Assessment, 169**

*Corene Humphreys, BHSc, ND, DipMedHerb, DipHom*

21. **Laboratory Tests for the Determination of Vitamin Status, 179**

*Joseph E. Pizzorno, ND*

22. **Lactose Malabsorption Testing, 184**

*Tina Kaczor, ND, FABNO*

*Jeff Baker, ND, DHANP, CCH*

23. **Metal Toxicity: Assessment of Exposure and Retention, 191**

*David Quig, PhD*

24. **Mineral Status Evaluation, 200**

*L. Charles Masur, MD*

25. **Oral Manifestations of Nutritional Status, 206**

*Michael T. Murray, ND*

26. **Rapid Dark Adaptation Test, 209**

*Dirk Powell, BS, ND*

27. **Biomarkers for Stool Analysis, 211**

*Andrea Girman, MD, MPH*

## Contents

28. **Urinary Organic Acids Profiling for Assessment of Functional Nutrient Deficiencies, Gut Dysbiosis, and Toxicity, 224**  
*J. Alexander Bralley, PhD*  
*Richard S. Lord, BS, PhD*
29. **Urinary Porphyrins for the Detection of Heavy Metal and Toxic Chemical Exposure, 234**  
*J. Alexander Bralley, PhD*  
*Richard S. Lord, BS, PhD*
30. **Urine Indican Test (Obermeyer Test), 238**  
*Dirk Powell, BS, ND*

### SECTION 3

#### **THERAPEUTIC MODALITIES, 241**

31. **Acupuncture, 242**  
*Mark H. Nolting, ND, LAc, DiplAc, DNBAO*
32. **Ayurveda: The Science of Life and Mother of the Healing Arts, 248**  
*Virender Sodhi, MD, ND*
33. **Botanical Medicine—A Modern Perspective, 255**  
*Michael T. Murray, ND*
34. **Botanical Medicine—Understanding Herbal Preparations, 261**  
*Michael T. Murray, ND*
35. **Environmental Medicine, 266**  
*Walter J. Crinnion, BS, ND*
36. **The Exercise Prescription, 280**  
*Jade Teta, ND, CSCS*  
*Keoni Teta, ND, LAc, CSCS*
37. **Fasting, 296**  
*Alan Goldhamer, DC*  
*Stephen Helms, NMD*  
*Trevor K. Salloum, BA, ND*
38. **Glandular Therapy, 306**  
*Michael T. Murray, ND*
39. **Homeopathy, 314**  
*Andrew Lange, ND*  
*Susan A. Gaylord, PhD*
40. **Hydrotherapy, 327**  
*Aimee Huyck, ND, PT*  
*Kate Broderick, JD, ND, LAc*
41. **Manipulation, 338**  
*Robert M. Martinez, DC, ND*
42. **Nonpharmacologic Control of Pain, 347**  
*Richard Kitaeff, MA, ND, DiplAc, LAc*

43. **Nontransfusion Significance of ABO and ABO-Associated Polymorphisms, 355**  
*Peter J. D'Adamo, ND, MIFHI*  
*Barbara Siminovich-Blok, ND, LAc*
44. **Nutritional Medicine, 374**  
*Michael T. Murray, ND*
45. **Peat Therapeutics and Balneotherapy, 385**  
*Mark D. Groven, ND*
46. **Rotation Diet: A Diagnostic and Therapeutic Tool, 395**  
*Sally J. Rockwell, CNN, PhD*
47. **Soft Tissue Manipulation: An Overview of Diagnostics and Therapies, 399**  
*Tim Irving, DC, MS, LMT*
48. **Spirituality and Healing, 404**  
*Lara Pizzorno, MDiv, MA, LMT*
49. **Unani Medicine, 419**  
*Yaser Abdelhamid, ND, LAc, MS, BS, BA*

### SECTION 4

#### **SYNDROMES AND SPECIAL TOPICS, 439**

50. **Cancer—Integrated Naturopathic Support, 440**  
*Paul Reilly, ND, LAc, FABNO*
51. **Chronic Candidiasis, 462**  
*Michael T. Murray, ND*
52. **Dietary Fiber, 469**  
*Michael Lyon, BSc, MD*
53. **Functional Toxicology, 475**  
*Michael Lyon, BSc, MD*
54. **Homocysteine Metabolism: Nutritional Modulation and Impact on Health and Disease, 488**  
*Alan L. Miller, ND*  
*Gregory S. Kelly, ND*  
*Jessica Tran, ND*
55. **Hyperventilation Syndrome/Breathing Pattern Disorders, 505**  
*Angela Sadlon, ND*  
*Leon Chaitow, ND, DO*
56. **Immune Support, 516**  
*Michael T. Murray, ND*
57. **Intestinal Protozoan Infestation and Systemic Illness, 524**  
*Leo Galland, MD, FACP, FACN*
58. **Maldigestion, 528**  
*Michael T. Murray, ND*

59. **Sports Nutrition**, 532  
*Jade Teta, ND, CSCS*  
*Keoni Teta, ND, LAc, CSCS*
60. **Stress Management**, 547  
*Michael T. Murray, ND*

## SECTION 5

**PHARMACOLOGY OF NATURAL MEDICINES**, 555

61. **Alkylglycerols**, 558  
*Michael T. Murray, ND*  
*Peter T. Pugliese, MD*
62. **Allium cepa (Onion)**, 565  
*Michael T. Murray, ND*
63. **Allium sativum (Garlic)**, 569  
*Michael T. Murray, ND*
64. **Aloe vera (Cape Aloe)**, 577  
*Michael T. Murray, ND*
65. **Angelica Species**, 587  
*Michael T. Murray, ND*
66. **Artemisia absinthium (Wormwood)**, 591  
*Eric L. Yarnell, ND, RH(AHG)*  
*Kathy Abascal, BS, JD, RH(AHG)*
67. **Artemisia annua (Sweet Wormwood)**, 595  
*Eric L. Yarnell, ND, RH(AHG)*  
*Kathy Abascal, BS, JD, RH(AHG)*
68. **Bee Products—Pollen, Propolis, and Royal Jelly**, 599  
*Michael T. Murray, ND*
69. **Beta-Carotene and Other Carotenoids**, 602  
*Michael T. Murray, ND*
70. **Boron**, 611  
*Joseph E. Pizzorno, ND*
71. **Bromelain**, 620  
*Anthony J. Cichoke, Jr. MA, DC, DACBN, PhD*
72. **Camellia sinensis (Green Tea)**, 627  
*Michael T. Murray, ND*
73. **Capsicum frutescens (Cayenne Pepper)**, 633  
*Michael T. Murray, ND*
74. **Carnitine**, 638  
*Angela Sadlon, ND*  
*Michael T. Murray, ND*
75. **Centella asiatica (Gotu Kola)**, 649  
*Michael T. Murray, ND*
76. **Chinese Prepared Medicines**, 655  
*Mark Harrison Nolting, ND, LAc DiplAc, DNBAO*
77. **Cimicifuga racemosa (Black Cohosh)**, 660  
*Michael T. Murray, ND*
78. **Citicoline (CDP-Choline)**, 665  
*Irfan Qureshi, ND*  
*John R. Endres, ND*  
*Alexander G. Schauss, PhD, FACN*
79. **Coenzyme Q<sub>10</sub>**, 675  
*Laurie K. Mischley, ND*  
*Jason Allen, ND, MPH*  
*Michael T. Murray, ND*
80. **Coleus forskohlii**, 685  
*Michael T. Murray, ND*
81. **Commiphora mukul (Mukul Myrrh Tree)**, 690  
*Michael T. Murray, ND*
82. **Crataegus oxyacantha (Hawthorn)**, 694  
*Michael T. Murray, ND*
83. **Croton lechleri (Dragon's Blood)**, 698  
*Kathy Abascal, BS, JD, RH(AHG)*  
*Eric L. Yarnell, ND, RH(AHG)*
84. **Curcuma longa (Turmeric)**, 702  
*Michael T. Murray, ND*
85. **Dehydroepiandrosterone (DHEA)**, 709  
*Laurie K. Mischley, ND*  
*Paul J. Nicolai, ND*  
*Alan R. Gaby, MD*
86. **Echinacea Species (Narrow-Leafed Purple Coneflower)**, 718  
*Michael T. Murray, ND*
87. **Eleutherococcus senticosus (Siberian Ginseng)**, 727  
*Michael T. Murray, ND*
88. **Ephedra Species**, 731  
*Michael T. Murray, ND*  
*Joseph E. Pizzorno, ND*
89. **Epilobium Species (Fireweed)**, 735  
*Kathy Abascal, BS, JD, RH(AHG)*  
*Eric L. Yarnell, ND, RH(AHG)*
90. **Fatty Acid Metabolism**, 738  
*Richard S. Lord, PhD*  
*J. Alexander Bralley, PhD*
91. **Fish Oils (Omega-3 Fatty Acids, Docosahexaenoic Acid, Eicosapentaenoic Acid, Dietary Fish, and Fish Oils)**, 745  
*Joseph E. Pizzorno, ND*  
*Cristiana Paul, MS Nutrition*  
*Alexander G. Schauss, PhD, FACN*
92. **Flavonoids—Quercetin, Citrus Flavonoids, and Hydroxyethylrutosides**, 772  
*Michael T. Murray, ND*

## Contents

93. ***Ginkgo biloba* (Ginkgo Tree), 780**  
*Michael T. Murray, ND*
94. **Glucosamine, 790**  
*Michael T. Murray, ND*
95. **Glutamine, 796**  
*Peter B. Bongiorno, ND, LAc*
96. ***Glycyrrhiza glabra* (Licorice), 804**  
*Michael T. Murray, ND*
97. ***Hydrastis canadensis* (Goldenseal) and Other Berberine-Containing Botanicals, 813**  
*Michael T. Murray, ND*
98. **5-Hydroxytryptophan, 820**  
*Michael T. Murray, ND*
99. ***Hypericum perforatum* (St. John's Wort), 833**  
*Peter B. Bongiorno, ND, LAc*  
*Michael T. Murray, ND*
100. ***Lobelia inflata* (Indian Tobacco), 842**  
*Michael T. Murray, ND*
101. **Medicinal Mushrooms, 844**  
*Terry Willard, CIH, PhD*
102. ***Melaleuca alternifolia* (Tea Tree), 852**  
*Michael T. Murray, ND*
103. **Melatonin, 857**  
*Ronald G. Reichert, BA, ND*
104. ***Melissa officinalis* (Lemon Balm), 868**  
*Eric L. Yarnell, ND, RH(AHG)*  
*Kathy Abascal, BS, JD, RH(AHG)*
105. ***Mentha piperita* (Peppermint), 872**  
*Michael T. Murray, ND*
106. **Microbial Enzyme Therapy: Clinical Applications of Fungal Enzymes, 876**  
*Corey Resnick, ND*
107. **Natural Product Quality Control, 882**  
*Rick Liva, RPh, ND*
108. **Naturally Occurring Antioxidants, 891**  
*Robert A. Ronzio, PhD*
109. ***Opuntia* Species (Prickly Pear), 915**  
*Kathy Abascal, BS, JD, RH(AHG)*  
*Eric L. Yarnell, ND, RH(AHG)*
110. ***Panax ginseng* (Korean Ginseng), 919**  
*Michael T. Murray, ND*
111. **Pancreatic Enzymes, 930**  
*Anthony J. Cichoke, Jr., MA, DC, DACBN, PhD*
112. **Phage Therapy: Bacteriophages as Natural, Self-limiting Antibiotics, 945**  
*Elizabeth Kutter, PhD*  
*Sarah J. Kuhl, MD*  
*Zemphira Alavidze, PhD*  
*Bob G. Blasdel, BS*
113. **Phosphatidylserine, 957**  
*Parris M. Kidd, BSc, PhD*
114. ***Piper methisticum* (Kava), 960**  
*Michael T. Murray, ND*
115. **Prebiotics, Synbiotics, and Colonic Foods, 966**  
*Jason Hawrelak, ND, BNat(Hons), PhD*
116. **Probiotics, 979**  
*Jason Hawrelak, ND, BNat(Hons), PhD*
117. **Procyanidolic Oligomers, 995**  
*Michael T. Murray, ND*
118. ***Pygeum africanum* (Bitter Almond), 1001**  
*Michael T. Murray, ND*
119. ***Ruscus aculeatus* (Butcher's Broom), 1006**  
*Kathy Abascal, BS, JD, RH(AHG)*  
*Eric L. Yarnell, ND, RH(AHG)*
120. **SAMe (S-Adenosylmethionine), 1012**  
*Michael T. Murray, ND*
121. **Sarsaparilla Species, 1018**  
*Michael T. Murray, ND*
122. ***Serenoa repens* (Saw Palmetto), 1021**  
*Eric L. Yarnell, ND, RH(AHG)*  
*Kathy Abascal, BS, JD, RH(AHG)*
123. ***Silybum marianum* (Milk Thistle), 1026**  
*Michael T. Murray, ND*
124. **Soy Isoflavones and Other Constituents, 1032**  
*Douglas "Duffy" Mackay, ND*
125. ***Tabebuia avellanedae* (syn. *T. impetiginosa*), Lapacho, Pau D'Arco, Ipe Roxo, 1045**  
*Terry Willard, CIH, PhD*  
*Michael T. Murray, ND*
126. ***Tanacetum parthenium* (Feverfew), 1052**  
*Kathy Abascal, BS, JD, RH(AHG)*  
*Eric L. Yarnell, ND, RH(AHG)*
127. ***Taraxacum officinale* (Dandelion), 1055**  
*Michael T. Murray, ND*
128. ***Taxus brevifolia* (Pacific Yew), 1059**  
*Michael T. Murray, ND*  
*Cathryn M. Flanagan, ND*
129. ***Urtica dioica* (Stinging Nettle), 1063**  
*Eric L. Yarnell, ND, RH(AHG)*  
*Kathy Abascal, BS, JD, RH(AHG)*

130. ***Uva ursi* (Bearberry), 1068**  
*Michael T. Murray, ND*
131. ***Vaccinium macrocarpon* (American Cranberry), 1071**  
*Rhonda Dorren, BScPharm*  
*Sherry Torkos, BScPharm*  
*Michael T. Murray, ND*
132. ***Vaccinium myrtillus* (Bilberry), 1080**  
*Michael T. Murray, ND*
133. ***Valeriana officinalis* (Valerian), 1086**  
*Michael T. Murray, ND*
134. ***Viscum album* (European Mistletoe), 1090**  
*Michael T. Murray, ND*
135. **Vitamin A, 1095**  
*Michael T. Murray, ND*
136. **Vitamin K, 1102**  
*Cristiana Paul, MS Nutrition*
137. **Vitamin Toxicities and Therapeutic Monitoring, 1128**  
*Joseph E. Pizzorno, ND*
138. ***Vitex agnus castus* (Chaste Tree), 1135**  
*Donald Brown, ND*  
*Michael T. Murray, ND*
139. **Water: The Most Basic Nutrient and Therapeutic Agent, 1140**  
*Herb Joiner-Bey, ND*
140. ***Zingiber officinale* (Ginger), 1147**  
*Michael T. Murray, ND*
- SECTION 6
- SPECIFIC HEALTH PROBLEMS, 1155**
141. **Acne Vulgaris and Acne Conglobata, 1157**  
*Michael Traub, ND, DHANP, FABNO*  
*Michael T. Murray, ND*
142. **Affective Disorders, 1162**  
*Peter B. Bongiorno, ND, LAc*  
*Michael T. Murray, ND*
143. **Alcohol Dependence, 1181**  
*Michael T. Murray, ND*
144. **Alzheimer's Disease, 1189**  
*Michael T. Murray, ND*
145. **Angina, 1200**  
*Michael T. Murray, ND*
146. **Aphthous Stomatitis, 1206**  
*Michael Traub, ND, DHANP, FABNO*  
*Michael T. Murray, ND*
147. **Asthma, 1210**  
*Michael T. Murray, ND*
148. **Atherosclerosis, 1225**  
*Michael T. Murray, ND*
149. **Atopic Dermatitis (Eczema), 1246**  
*Michael T. Murray, ND*  
*Michael Traub, ND, DHANP, FAB*
150. **Attention Deficit Hyperactivity Disorder, 1252**  
*Michael Lyon, BSc, MD*  
*Michael T. Murray, ND*
151. **Bacterial Sinusitis, 1260**  
*Michael T. Murray, ND*
152. **Benign Prostatic Hyperplasia, 1263**  
*Geovanni Espinosa, ND, LAc*  
*Michael T. Murray, ND*
153. **Bronchitis and Pneumonia, 1271**  
*Michael T. Murray, ND*
154. **Carpal Tunnel Syndrome, 1277**  
*Robert M. Martinez, DC, ND*
155. **Celiac Disease, 1281**  
*Michael T. Murray, ND*
156. **Cervical Dysplasia, 1285**  
*Tori Hudson, ND*  
*Michael T. Murray, ND*
157. **Chronic Fatigue Syndrome, 1293**  
*Mark Dreher, PhD*  
*Michael T. Murray, ND*
158. **Congestive Heart Failure, 1303**  
*Michael T. Murray, ND*
159. **Cystitis and Interstitial Cystitis/Painful Bladder Syndrome, 1308**  
*Geovanni Espinosa, ND, LAc*  
*Michael T. Murray, ND*
160. **Dermatitis Herpetiformis, 1318**  
*Michael Traub, ND, DHANP, FABNO*  
*Michael T. Murray, ND*
161. **Diabetes Mellitus, 1320**  
*Michael T. Murray, ND*
162. **Endometriosis, 1349**  
*Tori Hudson, ND*
163. **Epilepsy, 1355**  
*Gaetano Morello, BSc, ND*
164. **Erythema Multiforme, 1367**  
*Michael Traub, ND, DHANP, FABNO*  
*Michael T. Murray, ND*
165. **Fibrocystic Breast Disease, 1369**  
*Tori Hudson, ND*

## Contents

166. **Fibromyalgia Syndrome, 1374**  
*John C. Lowe, MA, DC*
167. **Gallstones, 1388**  
*Michael T. Murray, ND*
168. **Glaucoma: Acute (Angle Closure) and Chronic (Open Angle), 1395**  
*Michael T. Murray, ND*
169. **Gout, 1400**  
*Michael T. Murray, ND*
170. **Hair Loss in Women, 1406**  
*Michael T. Murray, ND*
171. **Hepatitis, 1409**  
*Melissa Palmer, MD*  
*Peter B. Bongiorno, ND, LAc*
172. **Herpes Simplex, 1419**  
*Michael Traub, ND, DHANP, FABNO*  
*Michael T. Murray, ND*
173. **HIV/AIDS: Naturopathic Medical Principles and Practice, 1423**  
*Kevin L. Conroy, ND*  
*Steven C. Milkis, ND*
174. **Hypertension, 1447**  
*Michael T. Murray, ND*
175. **Hyperthyroidism, 1458**  
*Alan Christianson, ND*  
*Michael T. Murray, ND*
176. **Hypoglycemia, 1464**  
*Michael T. Murray, ND*
177. **Hypothyroidism, 1473**  
*Alan Christianson, ND*  
*Michael T. Murray, ND*
178. **Infectious Diarrhea, 1481**  
*Peter B. Bongiorno, ND, LAc*
179. **Infertility, Female, 1491**  
*Leah Hechtman, M Sci Med (RHHG), BHSc*  
*(Naturopathy), ND*
180. **Infertility, Male, 1515**  
*Michael T. Murray, ND*  
*Leah Hechtman, M Sci Med (RHHG), BHSc*  
*(Naturopathy), ND*
181. **Inflammatory Bowel Disease (Crohn's Disease and Ulcerative Colitis), 1535**  
*Gerard Mullin, MD*
182. **Insomnia, 1552**  
*Michael T. Murray, ND*
183. **Irritable Bowel Syndrome, 1557**  
*Gerard Mullin, MD*
184. **Kidney Stones (Renal Calculi, Nephrolithiasis), 1564**  
*Geovanni Espinosa, ND, LAc*  
*Michael T. Murray, ND*
185. **Leukoplakia, 1574**  
*Michael Traub, ND, DHANP, FABNO*  
*Michael T. Murray, ND*
186. **Lichen Planus, 1577**  
*Sam Russo, ND, LAc*
187. **Macular Degeneration, 1581**  
*Michael T. Murray, ND*
188. **Menopause, 1586**  
*Tori Hudson, ND*
189. **Menorrhagia, 1609**  
*Tori Hudson, ND*
190. **Migraine Headache, 1614**  
*Nancy Sudak, MD*
191. **Multiple Sclerosis, 1628**  
*Lynne Shinto, ND, MPH*  
*Vijayshree Yadav, MD, MCR*  
*Laurie K. Mischley, ND*  
*Dennis N. Bourdette, MD, FAAN*
192. **Obesity, 1638**  
*Michael T. Murray, ND*
193. **Osteoarthritis, 1651**  
*Michael T. Murray, ND*
194. **Osteoporosis, 1662**  
*Tori Hudson, ND*
195. **Otitis Media, 1678**  
*Pina LoGiudice, ND, LAc*
196. **Parkinson's Disease, 1685**  
*Laurie K. Mischley, ND*  
*Kelly Jennings, ND, MSOM, LAc*  
*Peter B. Bongiorno, ND, LAc*  
*Pina LoGiudice, ND, LAc*
197. **Pelvic Inflammatory Disease, 1695**  
*Tori Hudson, ND*
198. **Peptic Ulcer—Duodenal and Gastric, 1703**  
*Michael T. Murray, ND*
199. **Periodontal Disease, 1709**  
*Michael T. Murray, ND*
200. **Porphyrias, 1716**  
*Thomas A. Kruzel, BA, MT, ND*
201. **Pregnancy Health and Primary Prevention of Adult Disease, 1723**  
*Pina LoGiudice, ND, LAc*  
*Peter B. Bongiorno, ND, LAc*

- 202. **Premenstrual Syndrome, 1740**  
*Tori Hudson, ND*
- 203. **Proctologic Conditions, 1750**  
*Thomas A. Kruzel, BA, MT, ND*
- 204. **Psoriasis, 1760**  
*Michael T. Murray, ND*  
*Michael Traub, ND, DHANP, FABNO*
- 205. **Rheumatoid Arthritis, 1769**  
*Gregory T. Yasuda, ND, LMP*  
*Peter B. Bongiorno, ND, LAc*  
*Michael T. Murray, ND*
- 206. **Rosacea, 1785**  
*Michael T. Murray, ND*
- 207. **Seborrheic Dermatitis, 1789**  
*Michael Traub, ND, DHANP, FABNO*  
*Michael T. Murray, ND*
- 208. **Senile Cataracts, 1791**  
*Michael T. Murray, ND*
- 209. **Streptococcal Pharyngitis, 1796**  
*Michael T. Murray, ND*
- 210. **Trichomoniasis, 1799**  
*Michael T. Murray, ND*
- 211. **Urticaria, 1803**  
*Michael Traub, ND, DHANP, FABNO*  
*Michael T. Murray, ND*
- 212. **Uterine Fibroids, 1816**  
*Tori Hudson, ND*
- 213. **Vaginitis, 1822**  
*Tori Hudson, ND*
- 214. **Varicose Veins, 1832**  
*Michael T. Murray, ND*

APPENDICES

- 1. **Candida Questionnaire, 1836**
  - 2. **Cervical Escharotic Treatment Instructions: For the Practitioner, 1838**  
*Tori Hudson, ND*
  - 3. **Crohn's Disease Activity Index, 1839**
  - 4. **Fasting—Patient Guidelines, 1840**  
*Alan Goldhamer, DC*  
*Stephen Helms, NMD*  
*Trevor K. Salloum, BA, ND*
  - 5. **Gluten and Gliadin Content of Select Foods, 1842**
  - 6. **Glycemic Index, Carbohydrate Content, and Glycemic Load of Select Foods, 1843**
  - 7. **Hydrochloric Acid Supplementation: Patient Instructions, 1848**
  - 8. **The Optimal Health Food Pyramid, 1849**
  - 9. **Patient Instructions for Measuring Basal Body Temperature, 1852**
  - 10. **Rotation Diet Master Chart and Plan, 1854**  
*Sally J. Rockwell, PhD, CCN*
  - 11. **Supplier Certification Questionnaire Guidance, 1855**
  - 12. **Vaginal Depletion Pack—Traditional Method, 1859**
- Index, 1861