

TABLE 1.2 List of energy-draining symptoms: PNI imbalance syndrome

KEY TO SCORING:

| | | | | |
|------------|---------------------------|-----------------------------------|-----------------------------------|----------------|
| Never 0 | Rarely (1x/month) 1 | Sometimes (2 to 4x/month) 2 | Often (More than 1x/week) 3 | Every day 4 |
|------------|---------------------------|-----------------------------------|-----------------------------------|----------------|

| PHYSICAL MANIFESTATIONS | DATE: | | |
|---|--------------|--|--|
| 1. I have dry eyes | | | |
| 2. My mouth is dry | | | |
| 3. I suffer from migraines | | | |
| 4. I suffer from headaches | | | |
| 5. I suffer from sleep disorders | | | |
| 6. I experience dizziness or vertigo | | | |
| 7. I feel nauseous or sick to my stomach without any apparent reason | | | |
| 8. I am hypersensitive to noise | | | |
| 9. I am hypersensitive to light | | | |
| 10. I am hypersensitive to odours | | | |
| 11. My eyes are irritated | | | |
| 12. I get hives | | | |
| 13. I feel itchy | | | |
| 14. I have palpitations | | | |
| 15. I am short of breath | | | |
| 16. I feel cold | | | |
| 17. My hands and/or my feet are cold | | | |
| 18. At rest, my hands are warm and sweaty | | | |
| 19. *I lose my hair more than normal (Score: 0 or 4) | | | |
| 20. I have chest pain | | | |
| 21. I am intolerant to cold | | | |
| 22. I get tremors when I am under pressure or tired | | | |
| 23. I get tremors when I am at rest: hands, tongue, or eyelids | | | |
| 24. I get inner tremors | | | |
| 25. I suffer from involuntary movements of the arms and/or legs | | | |
| 26. My ankles swell at night | | | |
| 27. When I scratch myself, a white line appears on my skin for a few minutes | | | |
| 28. *I have developed brown spots on my face, neck or shoulders (Score: 0 or 4) | | | |
| 29. *I have gained weight in the abdominal area (Score: 0 or 4) | | | |
| 30. I have food cravings: starch, sweet desserts | | | |
| 31. I have salt cravings | | | |
| 32. I suffer from sudden energy drops | | | |
| 33. I feel tired when I wake up, even after a good night's sleep | | | |
| 34. My energy level drops around 10–11 am and/or 4 pm | | | |
| 35. I get an energy boost in the evening | | | |
| 36. I recently fainted | | | |
| 37. I need to wake up to urinate 3 to 5 times a night | | | |
| 38. I get dizzy from going from a reclining to a sitting position | | | |
| 39. I get dizzy from going from a sitting to a standing position | | | |
| 40. I feel agitated | | | |

continued

TABLE 1.2 List of energy-draining symptoms: PNI imbalance syndrome *cont.*

| PHYSICAL MANIFESTATIONS | DATE: | | |
|---|--------------|--|--|
| 41. I do not tolerate physical exercise | | | |
| 42. My muscles ache | | | |
| 43. I have muscle cramps in the evening or during the night | | | |
| 44. My joints ache | | | |
| 45. I experience muscle weakness | | | |
| 46. I tend to drop objects | | | |
| 47. I do not digest well: bloating, burning, diarrhoea, constipation | | | |
| 48. *I eat a lot but do not gain weight (<i>Score: 0 or 4</i>) | | | |
| 49. The lymph nodes in my neck are swollen | | | |
| 50. The lymph nodes in my armpits are swollen | | | |
| 51. *I develop respiratory infections easily: cold, flu, bronchitis... (<i>Score: 0 or 4</i>) | | | |
| 52. *The allergies and/or intolerances I suffer from are getting worse (<i>Score: 0 or 4</i>) | | | |
| 53. I experience hot flushes at night | | | |
| 54. My sex drive has increased | | | |
| 55. My sex drive has decreased | | | |
| WOMEN (DO NOT COMPLETE IF YOU ARE POST-MENOPAUSAL) | | | |
| 56. *I experience heavy bleeding and painful menstrual cramps (<i>Score: 0 or 4</i>) | | | |
| 57. *My menstrual cycle fluctuates or is shorter than it used to be (<i>Score: 0 or 4</i>) | | | |
| 58. *I experience one or two migraines per menstrual cycle (<i>Score: 0 or 4</i>) | | | |
| 59. Sexual intercourse tires me out | | | |
| MEN | | | |
| 56. I have trouble maintaining my erection | | | |
| 57. Sexual intercourse tires me out more than usual | | | |
| TOTAL OUT OF 232 FOR WOMEN (220 AFTER MENOPAUSE) AND OUT OF 228 FOR MEN | | | |

TABLE 1.3 Psycho-affective and psycho-cognitive manifestations

KEY TO SCORING:

| | | | | |
|------------|---------------------------|-----------------------------------|-----------------------------------|----------------|
| Never 0 | Rarely (1x/month) 1 | Sometimes (2 to 4x/month) 2 | Often (More than 1x/week) 3 | Every day 4 |
|------------|---------------------------|-----------------------------------|-----------------------------------|----------------|

| PSYCHO-AFFECTIVE MANIFESTATIONS | DATE: | | |
|---|--------------|--|--|
| 1. I am irritable | | | |
| 2. I do not tolerate stress | | | |
| 3. I have unexplained fears and anxieties | | | |
| 4. I avoid emotionally charged situations | | | |
| 5. I need to rest after feeling tense or being emotional | | | |
| 6. I feel depressed | | | |
| 7. I feel both tired and agitated | | | |
| 8. I feel frustrated | | | |
| 9. I have mood swings | | | |
| 10. I feel guilty | | | |
| 11. I feel anxious during the night | | | |
| 12. I suffer from panic attacks | | | |
| TOTAL OUT OF 48 | | | |
| PSYCHO-COGNITIVE MANIFESTATIONS | | | |
| 1. I have trouble concentrating | | | |
| 2. I frequently forget little things: my keys, something in the house, an appointment... | | | |
| 3. I do not think clearly | | | |
| 4. I have memory problems | | | |
| 5. I have trouble making up my mind | | | |
| 6. I am increasingly disorganized in my work environment, in my thoughts, at home, in my family life... | | | |
| 7. I find myself searching for my words and forgetting them | | | |
| 8. I feel confused intellectually when I am under pressure, in a hurry or when I am emotional | | | |
| 9. I am disorganized | | | |
| 10. I lack initiative | | | |
| 11. I no longer take the initiative to do the activities I used to engage in | | | |
| 12. I have recurring thoughts in my head that I have trouble getting rid of | | | |
| 13. I am not as productive as I was a year ago (or as I was before my disease started) | | | |
| TOTAL OUT OF 52 | | | |
| TOTAL (AFFECTIVE + COGNITIVE) OUT OF 100 | | | |

TABLE 1.4 Energy stages: from imbalance to balance

| DATES OF THE SELF-ASSESSMENTS: | | | | | |
|--|--|--|--|--|--|
| | RESULTS OF SYMPTOMS ACCORDING TO TABLES 1.2 AND 1.3 | | | | |
| Alarm | Physical | | | | |
| | Psychological | | | | |
| Recovery | Physical | | | | |
| | Psychological | | | | |
| Resistance | Physical | | | | |
| | Psychological | | | | |
| Exhaustion | Physical | | | | |
| | Psychological | | | | |
| Bankruptcy | Physical | | | | |
| | Psychological | | | | |
| Consolidation of debt | Physical | | | | |
| | Psychological | | | | |
| Conservation of energy capital and decrease of symptoms | Physical | | | | |
| | Psychological | | | | |
| Return to a state of health with less than 25% of the initial symptoms | Physical | | | | |
| | Psychological | | | | |

TABLE 2.1 Individual history and environment

| PHASE OF LIFE | YEAR | MEDICAL HISTORY | NOTEWORTHY EVENTS | STRESSORS FROM THE PHYSICAL ENVIRONMENT |
|--------------------|------|-----------------|-------------------------|---|
| | | | SOCIOCULTURAL STRESSORS | |
| INFANCY | | | | |
| | | | | |
| | | | | |
| | | | | |
| CHILDHOOD | | | | |
| | | | | |
| | | | | |
| | | | | |
| ADOLESCENCE | | | | |
| | | | | |
| | | | | |
| | | | | |
| YOUNG ADULT | | | | |
| | | | | |
| | | | | |
| | | | | |
| ADULT | | | | |
| | | | | |
| | | | | |
| | | | | |

TABLE 4.1 Estimation of energy expenditure per activity

| CATEGORY | ACTIVITIES | METS |
|--|---|-----------------|
| Rest | Sleeping | 0.9 |
| Activities of daily life (ADL) | Standing up | 1.5 to 2 |
| | Dressing, undressing | 2 to 2.3 |
| | Washing hands and face | 2 |
| Instrumental activities of daily living (I-ADLS) Light work | Desk work (paying bills...) | 1.5 to 2 |
| | Sewing (by hand) | 1.5 |
| | Driving a car | 2 |
| | Peeling potatoes | 2, 5 |
| | Doing laundry and hanging clothes on the clothes line | 2.5 to 3.5 |
| | Window washing | 3 to 4 |
| | Ironing while standing | 3.5 |
| | Walking 2 km/h | 2.3 |
| | Walking 3.2 km/h | 2.5 |
| | Walking 4 km/h | 2.9 |
| | Walking 5.5 km/h | 3.6 |
| | Walking 5 km/h | 3.3 |
| | Walking 6 km/h | 3.9 |
| | Light to moderate work | Taking a shower |
| Moderate work | Walking 6.5 km/h | 4.6 |
| | Walking 7.25 km/h | 5.4 |
| | Walking 8 km/h | 6.9 |
| | Walking 9 km/h | 8.6 |
| | Painting, masonry | 4 to 5 |
| | Light carpentry | 4 to 5 |
| | Raking leaves | 4 to 5 |
| | Climbing stairs (8 steps) | 5 to 5.5 |
| | Going down stairs | 4.5 to 5.2 |
| Moderate to heavy work | Going up stairs | 4 to 8 |
| Heavy work | Masonry | 7 to 8 |
| | Carrying 36 kg (e.g. groceries) | 7 to 8 |
| | Shovelling (powder snow) | 6 to 10 |
| | Shovelling (wet snow) | 8 to 15 |
| | Climbing stairs while carrying 11 kg up 8 steps | 10 |
| Productivity | Sitting down, inactive, listening to music, watching television | 1 |
| Leisure | Desk work sitting down | 1.5 |
| | Playing cards | 1.5 to 2 |
| | Bowling, playing pool | 2 to 3 |
| | Playing golf (with cart) | 2 to 3 |

continued

TABLE 4.1 Estimation of energy expenditure per activity *cont.*

| CATEGORY | ACTIVITIES | METS |
|-----------------------------|-------------------------------------|-------------|
| Small energy expenditure | Playing piano (or other instrument) | 2 to 3 |
| | Cycling (10 km/h) | 3 to 4 |
| | Horseshoe pitching | 3 to 4 |
| | Volleyball (non-competitive) | 3 to 4 |
| | Sailing (small boat) | 3 to 4 |
| | Fishing | 3 to 4 |
| | Horseback riding (posting to trot) | 3 to 4 |
| | Badminton (social doubles) | 3 to 4 |
| | Playing an instrument with energy | 3 to 4 |
| Productivity LEISURE | Hatha yoga, stretching | 4 to 5 |
| | Playing drums | 4 to 5 |
| | Cycling (13 km/h) | 4 to 5 |
| | Canoeing (6.5 km/h) | 4 to 5 |
| | Badminton (single) | 4 to 5 |
| Moderate energy expenditure | Tennis (doubles) | 4 to 5 |
| | Cycling (16 km/h) | 5 to 6 |
| | Swimming (not doing laps) | 6 to 7 |
| | Ice skating/rollerblading | 6 to 7 |
| | Cycling (17.5 km/h) | 6 to 7 |
| | Badminton (competitive) | 6 to 7 |
| | Tennis (competitive) | 6 to 7 |
| | Light downhill skiing | 6 to 7 |
| | Water skiing | 6 to 7 |
| Productivity LEISURE | Jogging (8 km/h) | 7 to 8 |
| | Cycling (19 km/h) | 7 to 8 |
| | Horseback (gallop) | 7 to 8 |
| | Vigorous downhill skiing | 7 to 8 |
| | Basketball | 7 to 8 |
| Heavy energy expenditure | Mountain climbing | 7 to 8 |
| | Ice hockey | 7 to 8 |
| | Cross country skiing (4 km/h) | 7 to 8 |
| | Lap swimming (casual) | 8 to 9 |
| | Running (9 km/h) | 8 to 9 |
| | Cycling (21 km/h) | 8 to 9 |
| | Cross-country skiing (6.5 km/h) | 8 to 9 |
| | Squash | 8 to 9 |
| | Handball | 8 to 9 |
| | Basketball (vigorous) | 8 to 9 |
| | Lap swimming (vigorous) | 10 & more |
| | Judo, karate, jujitsu, tae kwando | 10 & more |
| | Squash (competitive) | 10 & more |
| | Handball (competitive) | 10 & more |
| | Mountain climbing | 10 & more |

TABLE 6.2 Effects of vibrations on vital energy

| VIBRATIONS | ENERGY-DRAINING | ENERGIZING |
|----------------------|-----------------|------------|
| SPIRITUAL | | |
| | | |
| | | |
| | | |
| PSYCHOLOGICAL | | |
| | | |
| | | |
| | | |
| | | |
| SOCIOCULTURAL | | |
| | | |
| | | |
| | | |
| | | |
| PHYSICAL | | |
| | | |
| | | |
| | | |
| | | |
| | | |

TABLE 8.1 Daily anchor activity

| WEEK... | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--------|---------|-----------|----------|--------|----------|--------|
| Chosen activity | | | | | | | |
| S or P? | | | | | | | |
| Energy level | | | | | | | |
| Comments and impressions | | | | | | | |
| Imprint (before) Position in space Breathing | | | | | | | |
| Other senses Touch Smell Taste Hearing Sight | | | | | | | |
| Imprint (after) Position in space Breathing | | | | | | | |

Legend: S = Sympathetic, P = Parasympathetic, ↑ = Energy increase, ↓ = Energy drop.

Appendix 1: Comparative Symptoms

| | HYPOGLYCAEMIA | ADRENAL FATIGUE | HYPOTHYROIDISM | HYPERTHYROIDISM | OESTROGEN DOMINANCE | DEPRESSION |
|---|---|--|---|---|--|---|
| COGNITIVE AND EMOTIONAL MANIFESTATIONS | | | | | | |
| COGNITIVE | Trouble concentrating Forgetfulness Irritability Mental confusion | Trouble concentrating Forgetfulness Lack of mental clarity Irritability Mental confusion when rushed Decreased productivity (see Table 1.3) | Decreased attention Forgetfulness Irritability Audiovisual hallucinations | Irritability/aggression Feelings of guilt Mental disorganization | Memory gaps | Trouble concentrating Forgetfulness Indecisiveness Lack of self-esteem |
| EMOTIONAL | Depression | Inability to tolerate stress Feelings of despair Anxiety/fears | Depressive mood Lack of interest Loss of ambition Agoraphobia Emotional instability Paranoid ideation (in severe cases) Manic behaviour Dementia (in severe cases) | Depression Anxiety Night distress Panic attacks Lack of emotional control Paranoia | Depression Anxiety Emotional instability | Depressive mood, sadness Lack of interest or lack of pleasure Feelings of guilt Suicidal thoughts or thoughts of death |
| PHYSICAL MANIFESTATIONS | | | | | | |
| GENERAL | Frequent headaches following alcohol consumption Sensitivity to noise Yawning or drowsiness | Frequent, often unexplained headaches Sleep disturbances | | | Headaches Acceleration of the ageing process Hypoglycaemia Insomnia | Insomnia or hypersomnia |
| EYES | Blurred vision Sensitivity to light | | | Eye irritation | Eye irritation Dry eyes | |
| SKIN | Cold hands and feet | A white line appears when skin is scratched Brown spots on the face, neck and shoulders Sensitivity to cold | Thickening of the skin Dry and pale skin Brittle hair Hair loss | Hives Brittle nails Itchiness Hair loss Intolerance to heat | Hair loss | |

continued

Appendix 1: Comparative Symptoms *cont.*

| | HYPOGLYCAEMIA | ADRENAL FATIGUE | HYPOTHYROIDISM | HYPERTHYROIDISM | OESTROGEN DOMINANCE | DEPRESSION |
|--------------------------------|--|--|---|---|--|--|
| PHYSICAL MANIFESTATIONS | | | | | | |
| CIRCULATORY | Hypotension Dizziness Loss of consciousness Palpitations Shortness of breath Excessive sweating (at night) | Hypotension Dizziness Loss of consciousness Arrhythmia/palpitations Shortness of breath | Sensitivity to cold even when it is warm | Arrhythmia/palpitations Shortness of breath Chest pain Warm and sweaty hands | Increased blood clotting | |
| IMMUNE | Increased allergies More prone to respiratory tract infections | Swollen lymph nodes or swollen glands (neck area) Associated with autoimmune diseases More prone to respiratory tract infections | | | Associated with respiratory allergies and autoimmune diseases | |
| GASTRO- INTESTINAL | Feeling of constant hunger Food cravings: chocolate, sugar, starch, etc. Weight loss or gain Nausea and vomiting with no apparent reason | Salt cravings Weight loss Digestive problems | Weight gain | Anaemia Large appetite Very thirsty Weight loss Frequent stools | Weight gain Bloating | Decreased or increased appetite Weight loss: more than 5% of weight |
| REPRODUCTIVE | Hot flashes | Exacerbated PMS (10 days) Decreased sexual desire | Heavy menstrual bleeding or amenorrhea | Breast enlargement in men (1 / 3) | PMS Irregular periods Infertility Decreased sexual desire Sensitive breasts (women) Ovarian cysts Cancer: uterus, breast, prostate Uterine fibroma Cervical dysplasia Early start of menstruation | Decreased sexual desire |
| MUSCULO- SKELETAL | Lack of coordination Hand tremors when hungry Jerky movements Painful joints Weakness without any apparent reason Sudden energy drops Waking up tired Physical exhaustion | Tremors when tense Swollen ankles at night Agitated limbs Muscle weakness Sudden energy drops Persistent fatigue | Swollen extremities Hoarse voice Muscle cramps Painful joints and muscles General fatigue | Tremors Tongue tremors Psychomotor agitation Muscle weakness Fatigue Hyperactivity | Water retention Loss of bone mass Fatigue | Psychomotor agitation or retardation Fatigue or energy loss |

continued

Appendix 1: Comparative Symptoms *cont.*

| | HYPOGLYCAEMIA | ADRENAL FATIGUE | HYPOTHYROIDISM | HYPERTHYROIDISM | OESTROGEN DOMINANCE | DEPRESSION |
|----------------------------|--|--|----------------------------|---------------------------------------|---|------------|
| ASSOCIATED DISEASES | | | | | | |
| | Allergies Diabetes Selye's phase of exhaustion | Allergies Hypoglycaemia Multiple chemical sensitivities Respiratory diseases Rheumatoid arthritis Fibromyalgia Myalgic encephalomyelitis Other auto-immune diseases | Other auto-immune diseases | Anaemia Other auto-immune diseases | Gallbladder diseases Mimics hypothyroidism Magnesium deficiency Osteoporosis Breast cancer Prostate cancer Uterine cancer | |

References

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Appendix 2A: Mineral Nutritional Deficiencies

| | ADRENAL FATIGUE | MAGNESIUM (MG) | IRON (FE) | POTASSIUM (K) | CALCIUM (CA) | SELENIUM (SE) | ZINC (ZN) |
|---|--|--|---|--------------------------------|---------------------------------|--------------------------------------|--------------------|
| COGNITIVE AND EMOTIONAL SYMPTOMS | | | | | | | |
| COGNITIVE | Trouble concentrating Forgetfulness Inability to think clearly Irritability Decreased productivity Mental confusion when rushed | Irritability Decreased productivity Nervousness | Memory loss Irritability Decreased productivity Mental confusion | | Convulsions Mental confusion | | |
| EMOTIONAL | Inability to tolerate stress Feelings of despair Anxiety/fears | Decreased resistance when fatigued Depression | | | | | |
| PHYSICAL SYMPTOMS | | | | | | | |
| GENERAL AND METABOLIC | Frequent, often unexplained headaches Sudden drop in energy Chronic fatigue Trouble sleeping | Early ageing process Chronic fatigue Reduced cellular metabolism Reduced ATP transformation | Chronic headaches Lack of energy Chronic fatigue | Fatigue | | Obesity related to hypothyroidism | Growth delay |
| SKIN, NAILS, HAIR | A white line appears when the skin is scratched Brown spots appear on face, neck and shoulders | Tooth decay, more prone to dental cavities Brittle nails | Pale skin, especially in the facial area Tingling sensation in fingers or toes | | | | Wounds heal slowly |
| VASCULAR | Sensitivity to cold Hypotension Dizziness Lack of consciousness Arrhythmic/ palpitations | Myocarditis Linked with atherosclerosis Coronary lesions Tachycardia | Sensitivity to cold Dizziness Shortness of breath | Cardiac diseases Arrhythmia | Hypertension Arrhythmia | Cardiac diseases Kashin's disease | |

continued

Appendix 2A: Mineral Nutritional Deficiencies *cont.*

| PHYSICAL SYMPTOMS | | | | | | | ZINC (ZN) |
|--|---|---|--|---|--|--------------------------|-----------|
| ADRENAL FATIGUE | MAGNESIUM (MG) | IRON (FE) | POTASSIUM (K) | CALCIUM (CA) | SELENIUM (SE) | ZINC (ZN) | |
| IMMUNE | Swollen lymph nodes (in the neck or in the neck glands) Associated with autoimmune diseases Catches colds easily | Reduced phagocytosis Inflammation Oxydation Weakened resistance to disease and infections Catches colds easily | Increased risk of infections | | | Reduced immune functions | |
| GASTRO- INTESTINAL | Trouble digesting Salt cravings Weight loss | Loss of appetite Nausea Vomiting Decreased bile secretions Decreased pancreatic and intestinal secretions | Loss of appetite Weight loss Trouble swallowing Cancer sores Painful and/or swollen tongue Need to drink cold water, bite ice cubes | Intestinal sluggishness Bloating Abdominal pain Constipation | Loss of appetite | | |
| REPRODUCTIVE AND URINARY | Exacerbated PMS (10 days) Decreased sexual desire | PMS Painful uterine contractions A cause of renal stones Contributes to prostatic oedema | Heavy menstrual bleeding prior to iron deficiency symptoms | | | | |
| MUSCULO- SKELETAL | Tremors: <i>When tense</i> Swollen ankles at night Agitated limbs Muscle weakness | Tremors: <i>Spasmophilia, tetany</i> Oedema Muscle cramps Numbness Tingling Muscle weakness | Muscle weakness | Muscle cramps Muscle weakness | Prone to fractures Numbness Tingling Muscle cramps Decrease in bone mass | Restless leg syndrome | |
| OTHER ASSOCIATED CONDITIONS | Allergies Multiple chemical sensitivities Respiratory diseases Rheumatoid arthritis Fibromyalgia Other immune and auto-immune diseases | Allergies and intolerances due to decreased phagocytosis Associated with modern diseases Decreased resistance to stress | | Decreased bone density (osteopenia) Osteoporosis | Hypothyroidism Kashin-Beck disease (osteochondropathy) | | |

Appendix 2B: Nutritional Deficiencies – Hydrosoluble Vitamins

| | ADRENAL FATIGUE | THIAMINE B1 DEFICIENCY | RIBOFLAVIN B2 DEFICIENCY | NIACIN NICOTINAMIDE B3 DEFICIENCY | PENTATONIC ACID B5 DEFICIENCY | PYRIDOXINE B6 DEFICIENCY | FOLIC ACID B9 DEFICIENCY | CYANOCO-BALAMIN B12 DEFICIENCY | VITAMIN C DEFICIENCY |
|---|--|----------------------------------|--|---|---|---|--|---|--|
| COGNITIVE AND AFFECTIVE MANIFESTATIONS | | | | | | | | | |
| COGNITIVE | Decreased concentration Forgetfulness Does not think clearly Irritability Decreased productivity Mental confusion when stressed | Polyneuritis Mental confusion | | | Neurological problems Paraesthesia Tingling | Neurological problems Irritability | Forgetfulness Irritability Mood swings | Demyelination Forgetfulness Confusion Balance problems | |
| EMOTIONAL | Feelings of despair Inability to tolerate stress Anxiety/fear | Depression | Psychological problems | Depression | Depression | Mood swings | Mood swings | Depression Dementia | |
| PHYSICAL MANIFESTATIONS | | | | | | | | | |
| GENERAL AND METABOLIC | Frequent, often unexplained headaches Chronic fatigue Sleep disturbance | Ataxia Chronic fatigue | | Fatigue | Headaches Insomnia Fatigue | Fatigue | Headaches | Fatigue | Fatigue (malabsorption of Vitamin C) |
| VISION | | Decreased eye coordination | Hypersensitivity to light Impaired vision | | | | | Inflammation of the optic nerve | |
| SKIN, NAILS, HAIR, TEETH | A white line appears when skin is scratched Brown spots on face, neck and shoulders | | Seborrhea | Skin problems Erythema | Skin problems Hair loss | Seborrheic Dermatitis Inflammation of the corners of the mouth | | Pale face Wounds take a long time to heal | Bleeding gums Wounds take a long time to heal Dental fragility |
| VASCULAR | Sensitivity to cold Hypotension Dizziness Loss of consciousness Arrhythmia/palpitations Shortness of breath | Hypertrophy and heart failure | | Haema-tological problems Regulates cholesterol | | | Palpitations | Palpitations | |

continued

Appendix 2B: Nutritional Deficiencies – Hydrosoluble Vitamins *cont.*

| | ADRENAL FATIGUE | THIAMINE B1 DEFICIENCY | RIBOFLAVIN B2 DEFICIENCY | NIACIN NICOTINAMIDE B3 DEFICIENCY | PENTATONIC ACID B5 DEFICIENCY | PYRIDOXINE B6 DEFICIENCY | FOLIC ACID B9 DEFICIENCY | CYANOCO-BALAMIN B12 DEFICIENCY | VITAMIN C DEFICIENCY |
|------------------------------------|--|--|---|--|--|--|---|---|---|
| PHYSICAL MANIFESTATIONS | | | | | | | | | |
| IMMUNE | Swollen lymph nodes (in the neck or neck glands) Associated with autoimmune diseases Catches colds easily | | Inflammation of mucus membrane | | Respiratory infections Immune deficiency | | | | |
| INTESTINAL | Digestive problems Weight loss Salt cravings | Nausea Loss of appetite Constipation | | Swollen tongue Loss of appetite Diarrhoea | Nausea Abdominal pain Diarrhoea | Swollen tongue Digestive problems Malabsorption Weight loss | Swollen tongue Loss of appetite Weight loss Change in mucosal cells Diarrhoea | Swollen tongue Loss of appetite Weight loss Flatulence Constipation | Digestive problems Malabsorption Weight loss |
| REPRO-DUCTIVE AND URINARY | Enhanced PMS (10 days) Decreased sexual desire | | | | | | Change in mucosal cells | | |
| MUSCULO-SKELETAL | Tremors: <i>When stressed</i> Swollen ankles at night Agitated arms and legs Muscle weakness | Cramps Muscle weakness | Tingling in the hands and feet Lack of stability when standing | Weakness | Paraesthesia of the limbs Tingling, burning sensation or numbness Cramps | | | Tingling and numbness Numbness Burning sensation in the limbs Weakness | Oedema Joint pain Muscular fatigue Cartilage and muscle degeneration |
| OTHER ASSOCIATED CONDITIONS | Allergies Multiple chemical sensitivities Respiratory diseases Rheumatoid arthritis Fibromyalgia Other immune and autoimmune diseases | Wernicke-Korsakoff syndrome | | Psycho-logical problems Pellagra Hartnup's disease | Anaemia Hypoglycaemia | Sideroblastic anaemia | Megaloblastic anaemia Growth delay | Anaemia | Anaemia Scurvy |

Appendix 2C: Nutritional Deficiencies – Fat-Soluble Vitamins

| | SYMPTOMS OF ADRENAL FATIGUE | BETA-CAROTENE VITAMIN A | CALCITRIOL VITAMIN D | TOCOPHEROLS VITAMIN E | VITAMIN K MENAQUINONE MENADIONE PHYLLLOQUINONE |
|---|--|---|----------------------|-----------------------|--|
| COGNITIVE AND EMOTIONAL MANIFESTATIONS | | | | | |
| COGNITIVE | Trouble concentrating Forgetfulness Decreased mental clarity Irritability Decreased productivity Mental confusion when in a hurry | | | Poor nerve conduction | |
| EMOTIONAL | Inability to tolerate stress Feelings of despair Anxiety/fear | | | | |
| PHYSICAL MANIFESTATIONS | | | | | |
| GENERAL AND METABOLIC | Chronic headaches Frequent, often unexplained Sleep disorder Sudden drops in energy Chronic fatigue | Headaches Mucosal dryness (lungs) | | | Lipid metabolism disturbance |
| VISION | | Night blindness Xerophthalmia Conjunctivitis | | Retina abnormalities | |
| SKIN, NAILS, HAIRS | A white line appears when skin is scratched Brown spots appear on the face, neck and shoulders | Dry skin Premature ageing of the skin Dandruff Hair loss | | | |
| VASCULAR | Hypotension Dizziness Fainting Arrhythmia/palpitations Shortness of breath | | Coronary diseases | Capillary fragility | Blood coagulation failure |

continued

Appendix 2C: Nutritional Deficiencies – Fat-Soluble Vitamins *cont.*

| | SYMPTOMS OF ADRENAL FATIGUE | BETA-CAROTENE VITAMIN A | CALCITRIOL VITAMIN D | TOCOPHEROLS VITAMIN E | VITAMIN K MENAQUINONE MENADIONE PHYLLIQUINONE |
|------------------------------------|--|--|---|--------------------------------------|---|
| PHYSICAL MANIFESTATIONS | | | | | |
| IMMUNE | Swollen lymph nodes (neck and arm pits) Associated with auto-immune diseases Catches colds easily | Decreased tolerance to infections | | | |
| GASTRO-INTESTINAL | Weight loss Poor digestion Salt cravings | Mucosal dryness Nausea Abdominal pain Diarrhoea Loss of appetite | | Malabsorption | Malabsorption |
| REPRODUCTIVE AND URINARY | Exacerbated PMS (10 days) Decreased sexual desire | Mucosal dryness | | | |
| MUSCULOSKELETAL | Tremors: <i>When stressed</i> Swollen ankles at night Agitated limbs | <i>Impaired bone mineralization</i> Muscle and joint pain | Bone pain Muscle weakness | Myopathy | |
| OTHER ASSOCIATED CONDITIONS | Allergies Multiple chemical sensitivities Respiratory diseases Rheumatoid arthritis Fibromyalgia Other immune and auto-immune disease | Allergies Skin disease Osteoporosis | Multiple sclerosis Fibromyalgia Osteomalacia Rickets Cancer, Type II diabetes | Anaemia due to fewer red blood cells | Osteoporosis |

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Appendix 3: Environmental Stressors

In occupational therapy we evaluate the occupational performance of the person in his environment, based on three categories: physical, social, and cultural. Is it dangerous? Are there new elements that can explain what is happening with the client? Is it safe to return to this environment? Should it be adapted to the client's needs? As a last resort, should it be completely changed in order to optimize the individual's functional reintegration into his environment? The following list is an overview of the possible stressors from the exhausted person's physical environment that could potentially have an energy-draining effect on his condition. Almost all the physical stimuli are listed based on the senses, which helps bodily messages to be more easily decoded when we are exposed to such stimuli. In the same way that one stressor may be experienced in different ways, it may be repeated more than once. Of these stressors, some can be partially and others totally eliminated to restore the PNI balance in people who have been battling them.

Are you *frequently* exposed or have you been frequently exposed to one or more of the following stressors?

| | |
|---|---|
| Computer screen (many hours per day) | Petroleum derivatives: gas, candles, skin cream, soft plastic, especially in a warm environment (microwave oven, next to a furnace or welding tools...), synthetic clothing |
| TV (many hours per day) | Synthetic antiperspirant and deodorant |
| Wi-Fi, cellular phone use (more than 15 minutes/day) | Chemical vapours: hairspray, oven spray, detergents (chlorhydric, sulphuric, or phosphoric acid), etc. |
| Relay antenna for cellular phone technology (more than 0.2V/m in home environment) | Moulds (damp basement, air conditioned office building...) |
| Screen watching with rapid image change (video clip, publicity movies...) | Dust (especially near highways, wood or plaster dust) |
| Reading documents over many consecutive hours | Cleaning products (containing phosphate, concentrated javex, oven cleaner ammonium) |
| Lack of darkness at night | Pollen |
| Loud music (bar, house, work environment...) | Rubber, asbestos, paint, solvents, adhesive, formaldehyde |
| Big city background noise | Heavy metals: living in a house that is more than 50 years old, old dental amalgams |
| Construction site | Refined sugar |
| Antibacterial soap | Trans fat |
| Commercial hair dye | Food colouring (derived or petroleum-based) and additives |
| Tattoos | Flavour enhancers (MSG) |
| Ink: printer, newspaper | Synthetic sweeteners (saccharine, aspartame), refined flour |
| Smog averaging 1 day out of 7, meaning living or working in a big city on a regular basis | Stimulants: caffeine, guarana, chocolate, etc. |
| First-hand or second-hand smoking | Untreated cavities, old dental amalgams |
| Tar: roofing, asphalt, underlay | Pesticides, insecticides, fungicides (xeno-oestrogens) |
| Exhaust fumes (work in a garage, a car park...) | |
| Oil or gas heating (including fireplace and stove) | |
| Synthetic perfumes: own or in surroundings at work (beauty parlour, cosmetics section in stores, fashion industry...) | |

Appendix 4: Energy Balance Sheet

| DIMENSIONS CATEGORIES | | PHYSICAL | | EMOTIONAL | | COGNITIVE | | SOCIOCULTURAL | | SPIRITUAL | |
|---|----------------------------|-------------|-----------------|-----------|---------|-----------|----------|---------------|------|---------------|-------|
| | | SYMPATHETIC | PARASYMPATHETIC | FEAR | COURAGE | DUTY | PLEASURE | OTHERS | SELF | POWERLESSNESS | POWER |
| REST | | | | | | | | | | | |
| | Night | | | | | | | | | | |
| | Nap | | | | | | | | | | |
| | Health break | | | | | | | | | | |
| PERSONAL HYGIENE | | | | | | | | | | | |
| | Dressing/undressing | | | | | | | | | | |
| | Washing | | | | | | | | | | |
| | Grooming | | | | | | | | | | |
| PRODUCTIVITY | | | | | | | | | | | |
| ACTIVITIES OF DAILY LIVING (ADL) | | | | | | | | | | | |
| | Groceries | | | | | | | | | | |
| | Washing dishes | | | | | | | | | | |
| | House repair | | | | | | | | | | |
| | Organizing finances | | | | | | | | | | |
| | Taking care of pets | | | | | | | | | | |
| WORK | | | | | | | | | | | |
| | Paid work | | | | | | | | | | |
| | Volunteer work | | | | | | | | | | |
| | Care to relatives, friends | | | | | | | | | | |
| | Care to children | | | | | | | | | | |

continued

Appendix 4: Energy Balance Sheet *cont.*

| DIMENSIONS | | PHYSICAL | | EMOTIONAL | | COGNITIVE | | SOCIOCULTURAL | | SPIRITUAL | |
|----------------|------------------------------------|-------------|-----------------|-----------|---------|-----------|----------|---------------|------|---------------|-------|
| CATEGORIES | ACTIVITIES | SYMPATHETIC | PARASYMPATHETIC | FEAR | COURAGE | DUTY | PLEASURE | OTHERS | SELF | POWERLESSNESS | POWER |
| LEISURE | | | | | | | | | | | |
| | Social activities | | | | | | | | | | |
| | Gardening | | | | | | | | | | |
| | Reading | | | | | | | | | | |
| | Sport | | | | | | | | | | |
| TOTAL % | NUMBERS OF HOURS 'X' OR '%' | | | | | | | | | | |

Inspired by C. A. Trombly, *Occupational Therapy for Physical Dysfunction* (2nd edition), Baltimore, Williams & Wilkins, 1983; Association canadienne des ergothérapeutes, *Lignes directrices pour une pratique de l'ergothérapie centrée sur le client*, Toronto, Publications ACE, 1993, and M. Law et al. *La Mesure canadienne du rendement occupationnel*, Ottawa, Publications ACE, 1994.

- The left-hand column of each dimension is at the *energy-draining* polarity and the right-hand column is at the *energizing* polarity.
- Enter an X for each of the dimensions of your selected activities based on the instructions provided in the sections of Chapter 4.
- It is possible to check two polarities for the same dimension.
- If you prefer, use percentages.
- Complete your energy balance sheet while calculating the total of your selections per column or by calculating the average of the percentages based on what concerns you the most or the number of X per category.
- Do this for each of the dimensions and make a note of your observations.

Appendix 5: Daily Energy Scale

| SCALE | % | ACTIVE HOURS | DEFINITION | METS |
|-------|-------|--------------|---|----------|
| 5 | 100% | 16 & more | Over and above the daily demands of work, can physically train with intensity without experiencing a return of symptoms | 9 & more |
| 4.5 | 97.5% | 16 & more | When at 95%, can physically train with intensity on a non-work day without experiencing a return of symptoms but not on a work day | 9 & more |
| 4 | 95% | 16 & more | Performs all daily activities and occupations with sustained intensity without difficulty and without experiencing a return of symptoms | 7 to 8 |
| 3.5 | 92.5% | 16 & more | Performs all daily activities and occupations with rest periods (may experience a return of fatigue or abnormal pain) | 7 to 8 |
| 3 | 90% | 16 & more | Full day at work (productive day and evening) without energy decrease for 7 days (stability of energy level despite the increased effort) | 6 to 7 |
| 2.5 | 87.5% | 16 & more | Full day at work (productive day and evening) without energy decrease for 7 days (fatigue or abnormal pain present) | 6 to 7 |
| 2 | 85% | 16 & more | 7-hour day of work (2 periods of 3 hours and 30 min) (returned to part-time work) | 6 to 7 |
| 1.5 | 82.5% | 16 & more | 7-hour day of work (2 periods of 3 hours and 30 min) (fatigue or abnormal pain present) | 6 to 7 |
| 1 | 80% | 16 & more | Demanding half days without marked decrease in energy for 3 consecutive days (no signs of fatigue or abnormal pain) | 6 to 7 |
| 0.5 | 77.5% | 16 & more | Demanding half days without marked decrease in energy for 3 consecutive days (fatigue or abnormal pain present) | 6 to 7 |
| 0 | 75% | 16 & more | Works 3 consecutive hours (physical or mental) with sustained intensity (returned to part-time work) | 6 to 7 |
| -0.5 | 72.5% | 16 & more | Works 3 consecutive hours (physical or mental) with sustained intensity (fatigue or abnormal pain present) | 6 to 7 |
| -1 | 70% | 16 & more | Performs daily routine with some physical or mental demands (has energy during the evening) | 5 to 6 |
| -1.5 | 67.5% | 16 & more | Performs daily routine with some physical or mental demands (demanding activity followed by fatigue or abnormal pain) | 5 to 6 |
| -2 | 65% | 16 & more | Performs daily activities – except sustained physical or mental activities | 4 to 5 |
| -2.5 | 62.5% | | Remove 0.5 if needs at least a 30-minute rest | 4 to 5 |
| -3 | 60% | 15 to 16 | Day without major stressors but decreased energy the next day | 3 to 4 |
| -3.5 | 57.5% | | Remove 0.5 if needs at least a 30-minute rest | 3 to 4 |
| -4 | 55% | 15 | Needs a nap or a rest (nap time is not included in the active time) | 3 to 4 |
| -4.5 | 52.5% | | Remove 0.5 if needs at least a 30-minute rest | 3 to 4 |
| -5 | 50% | 14 | Needs a nap or a rest (nap time is not included in the active time) | 3 to 4 |
| -5.5 | 47.5% | | Remove 0.5 if needs at least a 30-minute rest | 3 to 4 |
| -6 | 45% | 13 | Needs a nap or a rest (nap time is not included in the active time) | 3 to 4 |
| -6.5 | 42.5% | | Remove 0.5 if needs at least a 30-minute rest | 3 to 4 |
| -7 | 40% | 12 | Needs a nap in the afternoon and other rest periods during the day | 3 to 4 |
| -7.5 | 37.5% | | Remove 0.5 if needs at least a 30-minute rest (nap time is not included in the active time) | 3 to 4 |
| -8 | 35% | 11 | Needs a nap and a rest during the day (nap time is not included in the active time) | 3 to 4 |
| -8.5 | 32.5% | | Remove 0.5 at least a 30-minute rest | 3 to 4 |

continued

Appendix 5: Daily Energy Scale *cont.*

| SCALE | % | ACTIVE HOURS | DEFINITION | METS |
|-------|-------|--------------|---|----------|
| -9 | 30% | 10 | Needs to sleep during the day during between more demanding instrumental activities of daily living (making a meal, doing laundry...) | 3 to 4 |
| -10 | 27.5% | 9 | Needs to sleep during the day between basic self-care activities | 3 to 4 |
| -11 | 25% | 8 | Needs to sleep during the day between basic self-care activities | 3 to 4 |
| -12 | 22.5% | 7 | Can prepare simple meals, has to sit often, needs a nap and goes to bed early | 2 to 3 |
| -13 | 20% | 6 | Energy in the morning and around 6:00 pm only, in bed or sitting for the remainder of the time | 2 to 3 |
| -14 | 17.5% | 5 | Energy in the morning at around 10:00 am or in the evening only, in bed for the remainder of the time | 2 to 3 |
| -15 | 15% | 4 | A bit of energy, most likely in the late morning or at around supper time | 2 to 3 |
| -16 | 12.5% | 3 | In bed or sitting, can do basic self-care activities | 2 to 3 |
| -17 | 10% | 2 | In bed, except to eat and go to the bathroom | 1.5 to 2 |
| -18 | 5% | 1 | In bed, may be able to go to the bathroom | 1 |

Abnormal fatigue is defined in the DES as sudden fatigue that follows a physical or mental effort or after feeling stressed or emotional. It can also be considered abnormal when present in the morning even after a good night's sleep or if fatigue comes on suddenly at certain times during the day (e.g. around 11:00 am and 4:00 pm).

Abnormal pain is defined as a disproportionate muscle or joint pain in relation to the level of physical activity performed or even in the absence of any physical activity. It can also be diffused pain of unknown origin, non-specific to muscles or joints and present at all times.

For insomniacs: Calculate *active hours* as being the hours in which you are out of bed (24 hours less the hours spent in bed, even if you don't sleep).

Appendix 6: Cognitive Scale

The problem with assessing cognitive symptoms is that they may appear at different points during the day and disappear a few hours later.

It is preferable to assess yourself at the end of the day in order to have an overall picture of your performance.

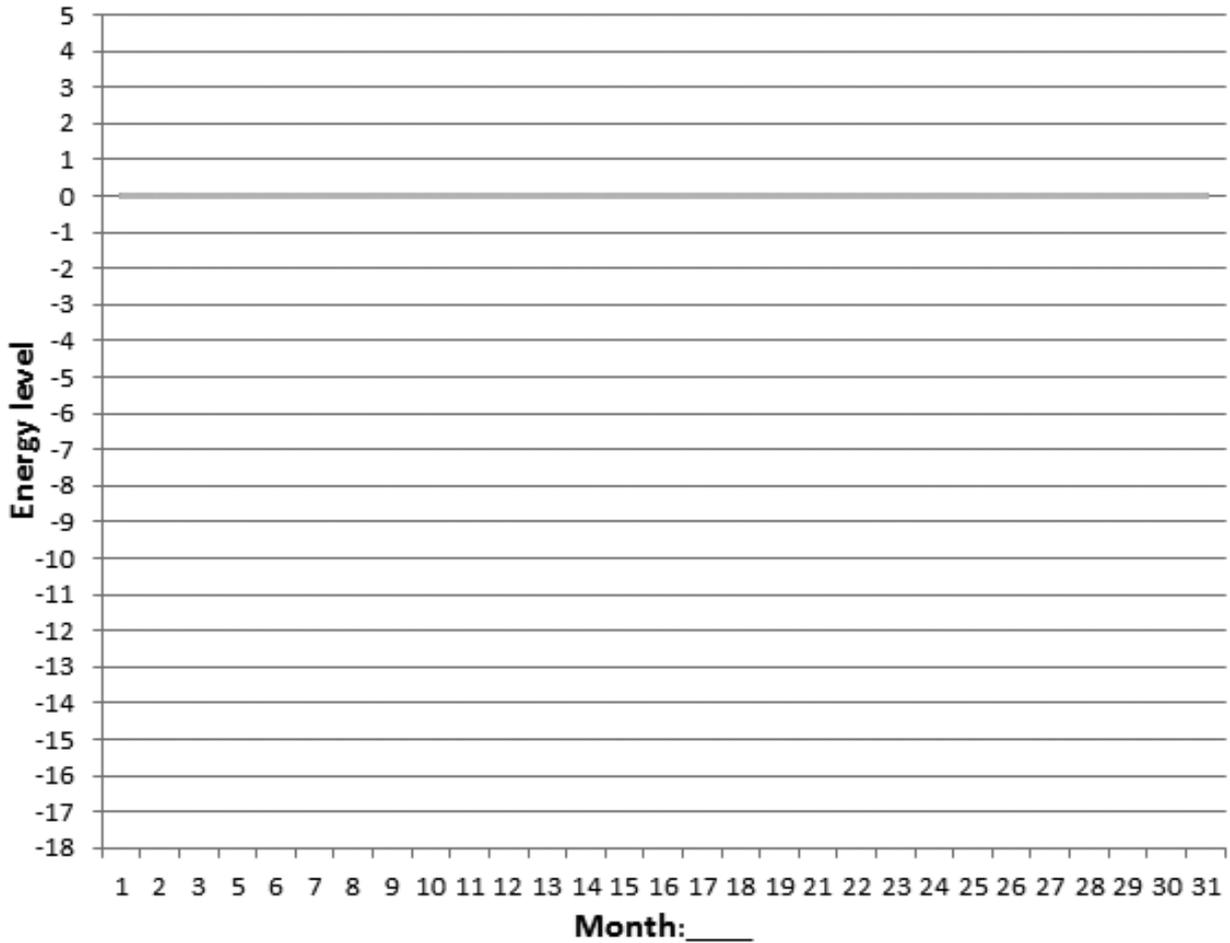
| SCALE | DEFINITION |
|-------|--|
| 0 | Functional |
| -1 | Suffers from a slight decrease in mental sharpness (mental fatigue) Has mild organizational problems (unusually sloppy; creates messes) |
| -2 | Has a slight decrease in his ability to think rationally (especially in response to stress) |
| -3 | Has trouble concentrating after a meal or after physical exertion, mildly impaired in making decisions |
| -4 | Irritable, intolerant to noise, can do continuous intellectual work for at least two hours except during the evening |
| -5 | Forgetful, has difficulty finding words, frequently indecisive, has to take notes not to forget |
| -6 | Has obvious organizational problems, is frequently forgetful (leaves cupboard doors open, disorganized with paperwork, bills to pay, food in the refrigerator, etc.) |
| -7 | Attention span moderately impaired by too many environmental stimuli (music, children, noise) Has a difficult time multitasking (driving while listening to the radio) Frequently indecisive |
| -8 | Attention span is severely impaired by too many outside stimuli (music, odours, noise) even when doing only one thing at a time Cannot read (no concentration), cannot meditate (mind constantly wanders) |
| -9 | Cannot drive a car, cannot concentrate on someone else talking, constantly indecisive |
| -10 | Suffers from thought perseveration (as if an idea or a sentence was constantly repeating itself in a loop with no end in sight) or perseveration in body movements (automatic repetitive gestures) |

Appendix 7: Psychomotor Agitation Scale

| SCALE | DEFINITION |
|-------|--|
| 4 | Severe psychomotor agitation Insomnia, spasms at night (when going to bed, during the night or both) Constant irritability, feels edgy all the time Paralysing perfectionism, severe difficulty in making decisions Severe disorganization, searching for words, constant forgetfulness |
| 3 | Moderate psychomotor agitation, exhausted at night. Eyes wide open in a <i>fight or flight</i> mode Often wakes up at night for one or two hours, seeks stimulants in the morning (caffeine) Irritability in the late morning and in the late afternoon, very emotional Constantly dissatisfied with others' work, no longer delegates work Trouble concentrating at night, forgetful, disorganized |
| 2 | Mild psychomotor agitation, full of energy, a bit hyperactive but performs at a high level Mild sleep disturbance, difficulty waking up in the morning, drawn to alcohol or sedatives at the end of the day to slow down Weekend irritability (Friday), more emotional than usual Perfectionist, impatient, finishes sentences for others, disappointed by others Mild attention difficulty, extreme verbal fluidity |
| 1 | Performs highly, can multitask easily Highly functional on little sleep, hypervigilant during the day Occasionally irritable Very sharp and alert Hyperefficient at work, feels very lucid |
| 0 | Normal |

Appendix 8A: Monthly Energy Time Sheet

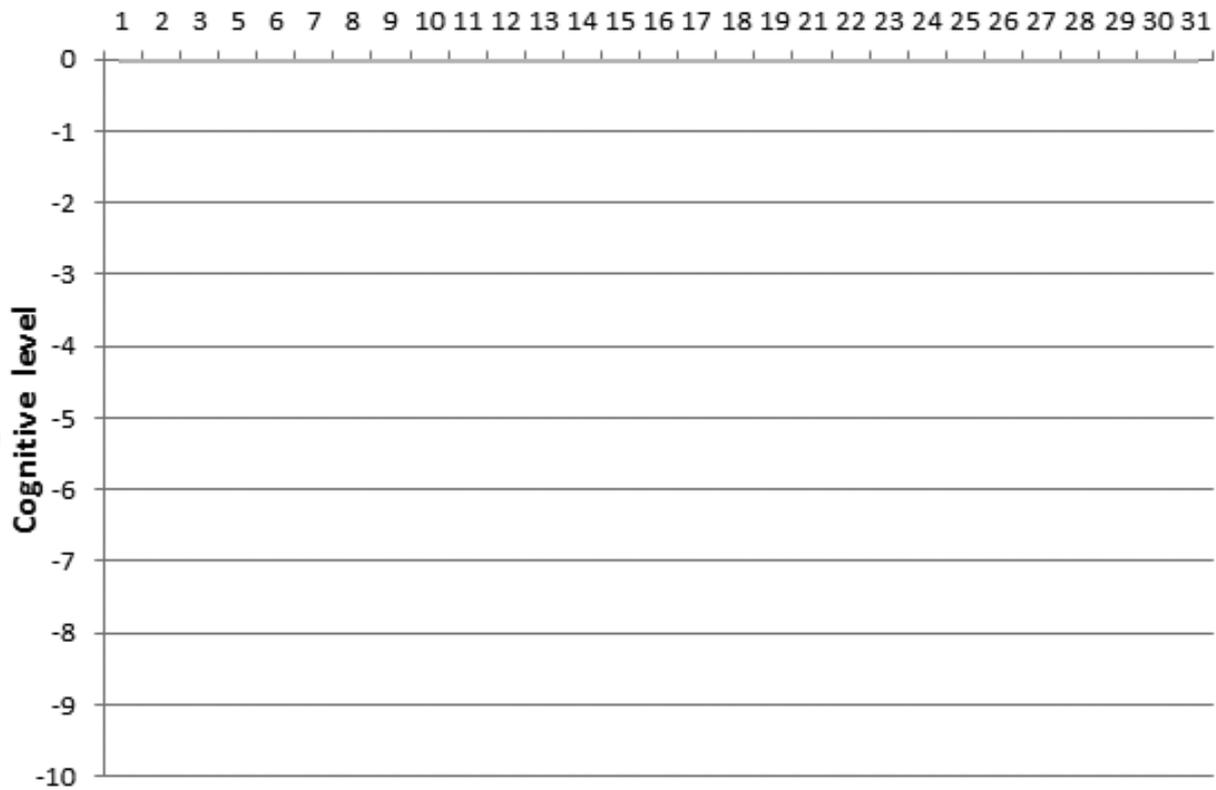
Monthly fluctuation of energy level



Appendix 8B: Monthly Data (Cognitive Abilities)

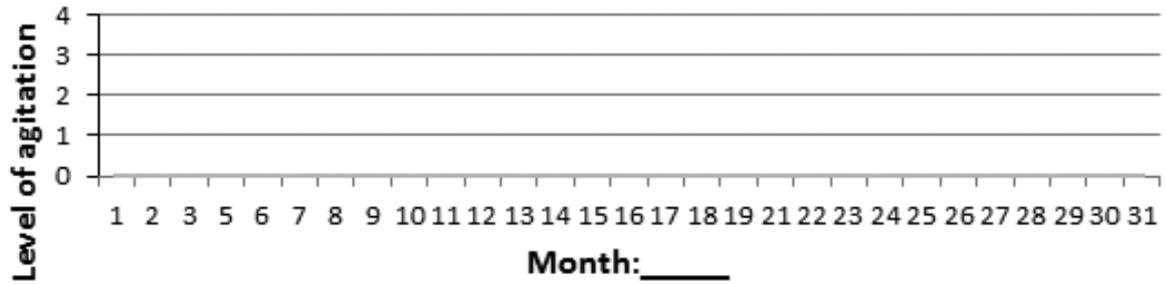
Monthly fluctuation of cognitive abilities

Month: _____



Appendix 8C: Monthly Data (Psychomotor Agitation)

Monthly fluctuation of cognitive abilities



Appendix 9A: Beneficial Effects of Dietary Supplements – Vitamins

| | DIRECT OR INDIRECT EFFECT (COFACTOR, ETC.) | VITAMINS | | | | | | | | | | | |
|---------------------|---|----------|----|----|----|----|----|----|-----|---|---|---|---|
| | | A | B1 | B2 | B3 | B5 | B6 | B9 | B12 | C | D | E | K |
| MENTAL | Beneficial effect | | | | | | | | x | | | | |
| | Myelin synthesis | | | | | | | | x | | | | |
| EMOTIONAL | Necessary for neurotransmitter production | | | | x | | x | | | x | | | |
| | Nervous system functioning | | | | | | | x | | | | | |
| | Calming effect | | | | | | | | | | | | |
| METABOLIC | DNA and/or RNA synthesis | | | | | | x | x | x | x | | x | |
| | Amino acids | | | x | | | | | | x | | | |
| | Catabolism of fatty acids | | | | | | | | x | | | | |
| | Energy production-ATP (mitochondria) | | x | x | x | x | x | | x | x | | | |
| | Antioxidants | x | | | | | | | | x | | x | |
| | Maintenance of connective tissue | | | | | | | | | x | | | |
| | Protection of mucous membranes | | | | | | | | | | x | | |
| HORMONAL | Calcitonin and parathyroid hormone functions | | | | | | | | | | x | | |
| | Adrenal hormone manufacturing cascade | | x | x | x | x | x | x | x | x | | x | |
| | Adrenal gland metabolism | | | | | | x | | | x | | | |
| | Help maintain a normal blood glucose level | | | | | | x | | x | x | | | |
| | Necessary for sexual hormone production | | | | x | | x | | | | | | |
| | Necessary for cholesterol metabolism | | | | | x | | | | | | | |
| | Strengthening cellular membrane | x | | | | | | | | | | | |
| VISION | Protection against night blindness | x | | | | | | | | | x | | |
| | Beneficial effect on cataracts | | | | | | | | | x | | | |
| SKIN | Beneficial effects | x | | | | x | | x | | x | | | |
| NAILS, BONES | Beneficial effects | | | | | | | | | | x | | |
| HAIR | Beneficial effects | | | | | | | | | | | | |
| VASCULAR | Decreases blood clotting | | | | | | | | | x | | x | |
| | Protection | | | | | | x | x | x | x | | | |
| | Red blood cell formation | | | | x | | | x | | | | | |
| | Haemoglobin formation | | | | | | x | | | | | | |
| | Normal blood clotting | | | | | | | | | | | | x |
| | Regulates blood cholesterol level | | | | | x | | | | | | | |
| IMMUNE | Promotes a healthy immune system | x | | | | | x | x | | x | x | | |
| INTESTINAL | Control synthesis of bile salts | | | | | | | | | x | | | |
| | Positive effect, decreases risk of inflammation | | | | | | | | x | | | | |
| | Absorption of iron and chrome | | | | | | | | | x | | | |
| | Absorption of phosphorus and calcium | | | | | | | | | | x | | |

