

What you are about to read will astound you. This is a list of over 400 diagnosable medical illnesses that are proven to have a nutritional component. Nutrition plays a part in all these illnesses as proven by peer reviewed medical research. For these ailments, the symptom toolbox of conventional physicians only contains palliative treatments mostly using very expensive pharmaceutical drugs that just cover up or manage the symptoms, and frequently complicate them.

Let me tell you an illustrative case history. Donnie, age 9, was under the care of a child psychiatrist and professor at our local medical school, when brought in to see me by his parents. Donnie was diagnosed with a behavioral disorder. He was angry and actively aggressive. Disliked by his teachers, he acted out at school. But at home, when angered he punched holes in the wall board with his fist instead of hitting his sister who in his mind was one of the causes of his anger and frustration. In my interview with Donnie he was not hostile and he seemed to want help with his situation. We did a hair analysis. When the family was leaving the office he stole something from my waiting room. When his parents found the item, innocently wanting to teach him a lesson, they called the police! They called me and I explained that this should have been a family matter. Fortunately Child Protective Service did not intervene. I asked them to have him bring it back and apologize directly to me. He did so with sincerity and most gentlemanly for such a young age. I realized then there was someone good inside that angry mind that was calling out for help.

When the results of the mineral analysis were in, I asked the whole family to come in for a conference. Donnie had a copper level that was off the scale. I asked him if he would accept help for his condition that would include a short IV one day followed by a long one the next day, once a week for about 5 weeks and to take a few supplements. He agreed. In several weeks the anger was gone and he was fast on his way to being the teacher's pet. He had made up with his sister and the tension around the home was gone.

At his next meeting with his psychiatrist he was notably happy and relaxed. In the private session, the doctor asked him about any problems taking the prescription medicines. Donnie proudly stated, "I don't take them any more. I am doing what Dr. Braun says and I really feel great." When Donnie came out of the session he hurried to his mother and held on to her skirt. She bend down and asked him what was the matter. Donnie replied they should get away from here quickly and he would tell her later. When in the car heading home, Donnie told his mother that the doctor had told him if he didn't take the medicine he would call Child Protective Services and have Donnie taken away from his parents.

I heard from Donnie years later. He had graduated from college, had his own business and a family. He was happy and thankful for my help. Imagine a lifetime with mind altering drugs instead of a few weeks of zinc and a little chelation to remove the high copper. Coincidental you think? This *is* common! I have 5 more cases, similar to this, all dealing with copper. Probably hundreds of thousands of children are struggling with misdiagnosed and maltreated emotional problems due to copper overload in this country alone.

Beyond copper, there are similar problems with excess manganese, iron and heavy metals that effect the brain. Perhaps society should be looking at mineral balance and heavy metal removal instead of jail for rehabilitation of many criminals and discontinue the use of debilitating psychomimetics for the emotionally disturbed.

The following is a list of diagnoses shown to helped by a nutritional approach.

Acanthosis nigricans	Autism
Angioedema, idiopathic	Bipolar disorder
Abdominal pain	Back pain
Abetalipoproteinemia (Bassen-Kornzweig syndrome)	Behcet's disease
Acne vulgaris	Belching
Acquired immunodeficiency syndrome (AIDS)	Benign prostatic hyperplasia
Acrodermatitis enteropathica	Beta-thalassemia
Actinic keratosis	Birth defects
Addictions and substance abuse	Bleeding gums
Adrenal disease	Blepharitis
Adult respiratory distress syndrome	Blepharospasm
Age-related macular degeneration	Body odor
Aggressive and violent behavior	Borderline personality disorder
Akathisia	Breath-holding spells
Alkaptonuria	Brittle nails
Allergic rhinitis	Bronchiectasis
Allergies	Bronchopulmonary dysplasia
Alopecia	Brown bowel syndrome
Alveolar bone loss	Bulimia
Alzheimer's disease	Bullous pemphigoid
Amenorrhea	Burning mouth syndrome
Amyotrophic lateral sclerosis (ALS)	Burns
Anal fissure	Bursitis
Anemia	Cancer
Anemia, unexplained	Candidiasis
Angeoedema	Cardiac arrest
Angina pectoris	Cardiac arrhythmia
Ankylosing spondylitis	Cardiovascular disease
Anorexia nervosa	Carpal tunnel syndrome
Anti-aging medicine	Cataract
Anxiety	Cellulitis
Aortic aneurism	Cerebral palsy
Aphthous ulcers	Cervical intraepithelial neoplasia (cervical dysplasia)
Arrhythmia	Chalazion
Asthenopia	Cheilosis
Asthma	Chilblains
Ataxia	Cholera
Atherosclerosis and ischemic heart disease	Cholesterol elevated
Athletic performance	Chondromalacia patella
Atrophic rhinitis (ozena)	Chronic bronchitis
Attention deficit-hyperactivity disorder (ADHD)	Chronic obstructive pulmonary disease
	Chronic fatigue syndrome
	Chronic sinusitis
	Cicatricial pemphigoid

Cirrhosis	Dysphagia
Clostridium difficile	Dyspraxia (developmental coordination disorder)
Cluster headache	Dysthymia
Cognitive function	Dysuria
Colic	Eczema
Colloid milium	Edema, idiopathic
Common cold	Ehlers-Danlos syndrome Type VI
Complex regional pain syndrome	Electrolyte imbalances
Congestive heart failure and dilated cardiomyopathy	Emotional instability
Conjunctivitis	Emphysema
Constipation	Endometriosis
Copper toxicity	End-stage renal disease
Corneal ulcer	Enuresis (bed wetting)
Cough	Eosinophilic esophagitis
C-reactive protein elevated	Eosinophilic cystitis
Critical illness	Epidermolysis bullosa
Crohn's disease	Epilepsy
Cystic fibrosis	Epistaxis
Cystinuria	Erectile dysfunction
Cysts	Erythema elevatum diutinum
Darier's disease	Erythema multi forme
Delayed stomach emptying	Erythema nodosum
Dementia/cognitive decline	Erythromelalgia
Dental caries	Erythropoietic protoporphyria
Depression	Esophageal spasm
Dermatitis herpetiformis	Facial paralysis (Bell's palsy), idiopathic
Dermatitis, severe	IgA nephropathy
Dermatomyositis	Familial adenomatous polyposis
Diabetes mellitus	Fatigue (excluding chronic fatigue syndrome)
Diabetic neuropathy	Fearfulness
Diaper rash	Fecal incontinence
Diarrhea, chronic & acute	Fibrinogen
Diphtheria	Fibrinolysis
Discoid lupus erythematosus	Fibrocystic breast changes
Dissecting cellulitis	Fibromyalgia
Diverticular disease (diverticulitis)	Flatulence and flatus
Dizziness, acute or chronic vertigo	Follicular hyperkeratosis
Down syndrome	Folliculitis decalvans
Dry skin	Food allergy and sensitivity
Dry socket (tooth)	Frostbite
Dumping syndrome	Furuncles
Dupuytren's contracture	Gallstones
Dysfunctional uterine bleeding	Gastritis, chronic
Dyslexia	Gastroenteritis and acute diarrhea
Dysmenorrhea	

Gastroesophageal reflux disease	Huntington's disease
Gastrointestinal symptoms (nonspecific)	Hyperpigmentation
Gastrointestinal bleeding	Hypertension
Gastroparesis (delayed gastric emptying)	Hypertrophic cardiomyopathy
Geographic tongue	Hypoadrenalism (adrenocortical insufficiency)
Giant papillary conjunctivitis	Hypoglycemia
Gingival hyperplasia	Hypothyroidism, idiopathic
Gitelman's syndrome	Ichthyosis
Glaucoma	Indigestion
Globus hystericus	Infant feeding difficulties
Glomerulonephritis	Infant respiratory distress syndrome
Glossitis	Infantile spasms (West syndrome)
Glossopharyngeal neuralgia	Infectious disease; bacterial, viral and fungal
Glucose-6-phosphate dehydrogenase deficiency, unexplained	Infectious mononucleosis
Gout	Infertility
Granuloma annulare	Influenza
Graves' disease	Insect repellents
Gray hair	Insomnia
Growing pains	Intelligence
Growth retardation and short stature	Intermittent claudication
Guillain-Barre syndrome	Interstitial cystitis
Gyrate atrophy of the choroid and retina	Interstitial keratitis
Hypochlorhydria	Intestinal pseudo-obstruction
Halitosis (bad breath)	Intestinal parasites
Hashimoto's thyroiditis	Irritability (emotional)
Headache excluding cluster, migraine	Irritable bowel syndrome
Headache, idiopathic	Juvenile rheumatoid arthritis
Hearing loss	Keratoconus
Heart failure	Kearns-Sayre syndrome
Hematuria	Keloids
Hemicrania continua	Kidney failure
Hemochromatosis	Kidney transplant
Hemolytic-uremic syndrome	Kidney stones
Hemorrhology and blood viscosity elevated	Kyrle's disease
Hemorrhoids	Lactose intolerance
Hepatitis	Laser (photorefractive) keratectomy
Herniated disc	Lentigo maligna
Herpes simplex	Leprosy
Herpes zoster	Leukoplakia, oral
Herpes simplex keratitis	Lichen planus
Herpes zoster ophthalmicus	Lichen sclerosus et atrophicus
Hidradenitis suppurativa	Linear IgA bullous dermatosis
Hoarseness, chronic	Lipoprotein a
Homocysteine elevated	Liver transplant

Loosening of teeth	Osgood-Schlatter disease
Lymphedema	Osteoarthritis
Malaria	Osteogenesis imperfecta
Manic-depression (Bi-polar)	Osteoporosis
Maple syrup urine disease	Otitis media
Mastalgia	Otitis externa
Measles	Platelet aggregation abnormal
Melasma	Pulmonary fibrosis, idiopathic
Memory loss	Paget's disease (osteitis deformans)
Meniere's disease	Pain
Menopause	Pancreatitis
Methemoglobinemia	Panic attacks
Migraine	Parkinson's disease
Mitochondrial disease	Pemphigoid gestationis
Mitral valve prolapse	Pemphigus
Motion sickness	Peptic ulcer
Multiple Sclerosis	Periodic limb movements in sleep
Muscle cramps	Periodontal disease and gingivitis
Muscular dystrophy	Perioral dermatitis
Myasthenia gravis	Peripheral neuropathy
Myelodysplasia	Peroxisomal disorders
Myelofibrosis	Perthe's disease
Myelopathy	Peyronie's disease
Myocardial infarction	Phenylketonuria
Myopathies and muscle weakness	Photosensitivity
Myopia	Pityriasis rubra pilaris
Neuritis	Poison ivy, poison oak, poison sumac
Narcolepsy	Polycystic ovary syndrome
Nasal polyps	Polymyositis
Necrobiosis lipoidica	Porphyrias
Necrolytic migratory erythema	Postpartum psychiatric illness
Necrotizing enterocolitis	Post-transplant headache
Nephrotic syndrome	Postural hypotension (idiopathic)
Neurodermatitis	Pregnancy complications
Neurological allergy	Premenstrual syndrome
Neuronal ceroid lipofuscinosis	Pressure sores
Night blindness	Prickly heat
Nonalcoholic liver disease	Primary biliary cirrhosis
Non-ulcer dyspepsia	Proctitis
Normal pregnancy	Prostatitis
Obesity	Pruritus ani
Obsessive-compulsive disorder	Pruritus
Olfactory dysfunction	Pseudo xanthoma elasticum
Optic neuropathy (toxic/nutritional)	Psoriasis
Orofacial granulomatosis	Psoriatic arthritis
Orthodontics	Pterygium

Pulmonary hypertension	Thrombocytopenia
Pulmonary hemosiderosis	Tinea (dermatophytosis)
Purpura	Tinnitus
Pustular dermatosis	Tooth pain (chronic)
Retinal vein occlusion	Torticollis
Raynaud's disease/phenomenon	Tourette syndrome
Rectal bleeding	Trembling of hands, feet, lips, eyelids or tongue
Rectal pain	Tremor
Rectocele	Trigeminal neuralgia
Recurrent respiratory papillomatosis	Triglycerides elevated
Renal failure	Tropical sprue
Restless leg syndrome	Tuberculosis
Retinitis pigmentosa	Twitching of face muscles
Retinopathy of prematurity	Ulcerative colitis
Rett syndrome	Unverricht-Lundborg disease
Reye's syndrome	Urethritis
Rheumatoid arthritis	Urinary tract infection
Rosacea	Urinary frequency and urgency
Sarcoidosis	Urinary incontinence
Schizophrenia	Urostomy
Sciatica	Urticaria
Scleroderma	Uveitis
Seasonal affective disorder	Vaginitis
Seborrheic dermatitis	Vasculitis
Sexual dysfunction (female)	Vasomotor rhinitis
Sicca syndrome	Venous insufficiency and varicose veins
Sickle cell disease	Vertigo
Sinusitis	Visual acuity
Sjogren's syndrome	Vitamin K prophylaxis
Sleep terrors (night terrors)	Vitiligo
Soft-tissue injuries	Vitreous opacities (floaters)
Spasticity	Vomiting
Speech impairment	Vulvar disorders
Spinal headache	Warts
Stasis dermatitis and venous leg ulcers	Weber-Christian disease
Stress	Wilson's disease (hepatolenticular degeneration)
Stroke	Wrinkles and photoaging
Subcomeal pustular dermatosis	Xerostomia
Sudden infant death syndrome	Yellow nail syndrome (fungal)
Sunburn	
Systemic lupus erythematosus	
Thrombophlebitis and deep vein thrombosis	
Tardive dyskinesia	
Taste disorders	
Tension-type headache	