

	T	O	X	I	C
C	Backache	Abdominal discomfort	Leg swelling	Headache	Allergies
O	Menstral problems	Depression	Poor appetite	Insomnia	Tension
L	Anxiety	Hemorrhoids	X	Irritability	Lack of sexual response
O	Memory loss	Loss of concentration	Nausea	Headaches	Prostrate trouble
N	Skin problems	Weight retention	Bad breath	Food craving	Fatigue