

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