

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