

The Diets:

*A Pocket Guide for Managing
Medical Symptoms*



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Dear Patients;

This guide is one in a series of MiniBüks to provide simple answers for day-to-day health questions. It is my effort to pass on 50 years of wisdom accrued as the child of a physician and as a Johns Hopkins-trained internist with over 20 years in practice.

In this book, I have had the assistance of an excellent and experienced dietitian, Debbie Landau-West, R.D. Debbie and I have worked together for many years. I know her to be a knowledgeable and competent professional. She has helped many of my patients achieve success in their dietary goals. Debbie has her own private nutrition practice in Scottsdale, Arizona.

I hope this advice is useful to you and your family. This is the advice Debbie and I give to our own family members.

Sincerely,

Doug Lakin, M.D.

Debbie Landau-West, R.D.

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Diet Recommendations

Relief from disease symptoms is often found through diet. Use this handy guide to help you make daily food choices according to your diagnosis or doctor's advice.

Caffeine Control

Caffeine is prevalent in both beverages and foods. When you need to regulate how much you consume, here are the numbers.

Soft Drinks (12 Oz Unless Noted):

Coca Cola	34 mg
Diet Coke	34 mg
Pepsi	34 mg
Diet Pepsi	34 mg
Dr. Pepper	38 mg
Mountain Dew	52 mg
Red Bull (8 oz)	80 mg
7-Up	0 mg
Sprite	0 mg

Coffee:

Decaf	2 mg
Drip Regular (5 oz)	146 mg
Starbucks Grande Coffee	330 mg
Starbucks Decaf	50 mg
Starbucks Grande Cappuccino	150 mg
Starbucks Grande Latte	150 mg
Starbucks Bottled Frappuccino	90 mg
Dunkin Donuts Coffee (Regular)	132 mg
McDonalds Coffee (Small)	109 mg

Tea:

Brewed (3 minutes, 5 oz)	22-46 mg
Lipton Iced Tea (20 oz)	50 mg
Nestea Iced Tea (16 oz)	34 mg
Snapple Tea (16 oz)	42 mg
Crystal Light Iced Tea (8 oz)	11 mg

Chocolate:

Regular Candy Bar (approx.)	25 mg
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Medications:

Excedrin	65 mg
Vivarin	200 mg
No-Doz	200 mg

WEBSITE: <http://www.energyfiend.com/the-caffeine-database>

Calcium Intake

Adults ideally should take in 1000 mg to 1300 mg of calcium daily. To get this from food, use this list as a guide.

Fortified Oatmeal	350 mg/packet
Sardines in Oil	324 mg in 3 oz
Cheddar Cheese	306 mg in 1 oz
Nonfat Milk	302 mg (1 cup)
Milkshake	300 mg (1 cup)
Yogurt (plain)	300 mg (1 cup)
Pudding	153 mg (½ cup)
Cottage Cheese	138 mg (½ cup)
Soybeans, cooked	261 mg (1 cup)
Tofu	204 mg (½ cup)
Baked Beans	142 mg (1 cup)
Salmon (canned)	181 mg (3 oz)
Cheese Pizza	100 mg (1 slice)
Orange Juice (fortified)	200 mg (6oz)
Soy Milk	80-500 mg
Fortified Waffles	100 mg (2 waffles)
Broccoli	90 mg (1 cup)
Spaghetti	125 mg (1 cup)

Calcium supplements can be helpful in trying to obtain appropriate calcium quantities

in the diet, but are best used in patients who have definite osteoporosis or bone issues. They are of unclear benefit in any other condition.

As for calcium supplements, the two common forms are:

- Calcium Carbonate (OsCal, TUMS)
- Calcium Citrate (Citrical)

Calcium citrate is much better absorbed than calcium carbonate and is recommended.

Doses are 250 mg to 1500 mg daily in divided doses (no more than 500 mg at any one time.)

To enhance absorption, 400 to 1000 mg of supplemental Vitamin D can be added, and this can be from any manufacturer.

Diarrheal Infections

Preventing dehydration is of utmost importance in acute diarrheal illnesses.

Clear liquids: (any liquid that light can easily shine through) are the best liquids to consume. These include:

- Plain Water
- Gatorade (or other electrolyte solutions that are similar)...do not use sugar-free versions of these drinks as the calories in these drinks are helpful in treating the illness and may be the only calories the person can absorb for the first hours or days
- Tea
- Cranberry Juice
- Half Strength Apple Juice (half juice, half water)
- White Grape Juice
- Broth from Chicken Soup, Matzo Ball Soup, Bouillon
- Popsicles

Sipping liquids, and we mean...sip by sip by sip...or taking ice chips to start and then pushing the fluids progressively with time is the most important treatment provided. Focus on this above all else!

Foods: Maintaining good dietary intake is important during the acute phase of illness, so long as appetite is present. Do not push foods if uninterested...**focus on liquids.** That said, if appetite remains acceptable, food intake could consist of anything that interests your appetite and is tolerable. Healthier choices are best, but if you want a hamburger...go ahead! Easy to digest foods include:

- Toast (plain white bread)
- Crackers (Saltines)
- Plain Noodles
- Breakfast Cereals
- Bananas, Citrus
- Apple Sauce
- Cooked Chicken and Meats
- Macaroni (with or without cheese)
- Plain Rice

Diverticulitis/Diverticulosis

A diet for diverticulitis / diverticulosis focuses primarily on high fiber foods.

Fiber is the non-digestible component of fruits and vegetables. The body cannot break down fiber. As such, the fiber passes through the colon and enhances the amount of fluid in the waste material (feces) and enhances the transit of the feces through the 24-foot length of the intestines. This makes for softer bowel movements that move through easier and faster.

In addition to enhancing fiber in the diet, reducing, but not eliminating nuts, seeds and corn may provide some benefit. Complete elimination of these food groups is not required for patients with diverticulitis, but I would avoid excessive consumption of them. Do not eat a jar of peanuts or bag of popcorn at the movies. You can eat a modest amount of these at times as a treat.

High Fiber Bread, Cereal, Rice, and Pasta:

- Bran Cereal (any cereal with more than 5 grams of fiber per serving)
- Whole Grain/Whole Wheat Bread

- Oatmeal
- Whole Grain Rice/Wild Rice
- Whole Grain Pasta
- Graham Crackers
- Quinoa
- Buckwheat
- Millet

Fruits:

High Fiber Fruits ($\frac{1}{2}$ cup servings unless indicated):

- Prunes, 5 dried
- Raisins
- Figs
- Apricots, 4 whole
- Apple, unpeeled
- Avocado, half
- Dates, 3
- Pear, unpeeled
- Blackberries
- Blueberries
- Mango
- Orange, medium
- Raspberries

Lower Fiber Fruits:

- Strawberries
- Peach, peeled
- Cherries
- Mango
- Applesauce, cooked
- Tangerine, medium
- Nectarine
- Banana

High Fiber Vegetables:

- Brussels Sprouts
- Artichokes
- Pumpkin, canned
- Potato, with skin
- Sweet Potato
- Okra
- Jicama
- Lima beans
- Pork and beans
- Kidney beans
- Mushrooms, canned
- Carrot
- Turnip Greens
- Rhubarb

- Spinach, cooked or raw
- Broccoli
- Green Peas

Lower Fiber Vegetables:

- Carrots
- Peppers
- Celery
- Onions
- Green Beans
- Cauliflower
- Asparagus

Reflux/Gerd/Heartburn

Avoid the following foods:

- Coffee (including decaf)
- Alcohol of all types
- Carbonated Beverages
- Chocolate
- Citrus and Citrus Juices
- Fried Foods
- Tomato Sauce (Fresh Tomatoes are ok)
- Garlic
- Onions
- Mint
- Ketchup
- Mustard
- Vinegar

Avoid eating less than 2 or 3 hours before lying down.

Decrease portion size. Do not overeat.

Some people find that ginger is extremely soothing to the gastrointestinal tract. Try candied ginger, ginger tea, or steep a piece of ginger in hot water for 20 minutes and drink three times a day.

Constipation

Fiber is the non-digestible component of fruits and vegetables. The body cannot break down fiber as it does proteins, carbohydrates and fats. As such, fiber passes through the colon and enhances the amount of fluid in the waste material (feces) and enhances the transit of the feces through the 24-foot length of the intestines.

High Fiber Bread, Cereal, Rice and Pasta:

- Bran Cereal (any cereal with more than 5 grams of fiber per serving)
- Whole Grain/Whole Wheat Bread
- Oatmeal
- Whole Grain Rice/Wild Rice
- Whole Grain Pasta
- Graham Crackers
- Quinoa
- Buckwheat
- Millet

Fruits:

High Fiber Fruits ($\frac{1}{2}$ cup servings unless indicated):

- Prunes, 5 dried

- Raisins
- Figs
- Apricots, 4 whole
- Apple, unpeeled
- Avocado, half
- Dates, 3
- Pear, unpeeled
- Blackberries
- Blueberries
- Mango
- Orange, medium
- Raspberries

Lower Fiber Fruits:

- Strawberries
- Peach, peeled
- Cherries
- Mango
- Applesauce
- Tangerine, medium
- Nectarine
- Banana

Vegetables:

High Fiber Vegetables:

- Brussels Sprouts

- Artichokes
- Pumpkin, canned
- Potato, with skin
- Sweet Potato
- Okra
- Jicama
- Lima Beans
- Navy Beans
- Kidney Beans
- Mushrooms, canned
- Carrot
- Turnip Greens
- Rhubarb
- Spinach, cooked or raw
- Broccoli
- Green Peas

Lower Fiber Vegetables:

- Carrots
- Peppers
- Celery
- Onions
- Green Beans
- Cauliflower
- Asparagus

Fiber supplements are very useful. We prefer extra fiber in the form of:

Metamucil is manufactured here in Phoenix, Arizona! It is psyllium based. Use 1 tablespoon mixed in a glass of liquid of your choice. You can take it 1 to 3 times per day.

Citrucel is methylcellulose based. Use 1 tablespoon mixed in 8 oz in a liquid of your choice. You can take 1 to 3 times per day.

Iron Needs

The following is a list of foods that are high in iron content.

Excellent Sources of Iron:

- Lean Red Meats (Beef, Lamb, Pork, Veal)
- Organ Meats (Liver, Gizzards)
- Poultry
- Eggs
- Seafood
- Nuts
- Beans (Dried Peas, Dried Beans)

Good Sources of Iron:

- Vegetables (Dark Green Leafy Vegetables)
- Beans (Green, Lima, Peas)
- Roots (Beets, White Potatoes)
- Cauliflower
- Sprouts (Bean, Alfalfa)
- Artichokes
- Fruits (Dates, Prunes, Raisins)
- Enriched, Fortified and Whole Grain Breads and Cereals (check nutrition labels)
- Grains (Wild Rice, Oats, Wheat, Bran)
- Molasses (Blackstrap)
- Brewer's Yeast (Dried)

- Chocolate

Iron Supplements Can Also Be Used:

We recommend **Slow Fe** (over the counter). This is a high potency iron supplement. Take once or twice daily with some orange juice or chewable Vitamin C to enhance absorption.

- Do not take more than twice per day as the excess will constipate you and not absorb well.
- Iron supplements will make the bowel movement black, so be aware.
- Iron can be constipating, so higher fiber foods or a fiber supplement are appropriate to add when needed.

We also recommend **Natural Factors Easy Iron**, chewables, 20 mg. If you are sensitive to the digestive irritation of iron or have had gastric bypass surgery and cannot take regular iron, try this iron supplement. It is less potent, but still effective. It too can be taken with orange juice or chewable vitamin C to enhance absorption. Take 1 tablet, 1 to 3 times per day.

Natural Factors Easy Iron 20mg has 60 chewable tabs in each bottle. Get it at Whole Foods...it is in the women's vitamin section.

High Potassium Foods For Those On Diuretics

Potassium is an important mineral in the regulation of all body systems. Diuretics can deplete potassium. Proper potassium balance is essential for general health.

High Potassium Foods:

The following foods contain more than 200 milligrams of potassium per serving, and are therefore considered to be high in potassium.

Compare this with potassium pills.

Potassium chloride supplements are either 10 or 20 milliequivalents (meq)...a different increment than milligrams.

Convert milliequivalents to milligrams as follows:

- 10 meq Potassium Chloride = 390 mg of potassium = approximately 1 banana, 420 mg
- 20 meq Potassium Chloride = approximately 2 servings of any of the high potassium foods listed below.

So...if you want to get as much potassium from your food as you would from a prescription or supplement, you need to convert as follows:

- Potassium Chloride 10 meq = 2 servings of any foods listed below
- Potassium Chloride 20 meq = 4 servings of any foods listed below

Fruits:

- Apricots (Raw, 2 medium; Dry, 5 halves)
- Avocado, ¼ of the whole
- Banana, ½ of the whole
- Cantaloupe, ½ cup
- Dates, 5 whole
- Dried fruits, ½ cup
- Figs, dried, ½ cup
- Grapefruit juice, ½ cup
- Honeydew, ½ cup
- Kiwi, 1 medium
- Mango, 1 medium
- Nectarine, 1 medium
- Orange, 1 medium
- Orange juice, ½ cup
- Papaya, ½ of the whole
- Pomegranate, 1 whole

- Pomegranate juice, ½ cup
- Prunes, ½ cup
- Prune juice, ½ cup
- Raisins, ½ cup

Vegetables:

- All portions are ½ cup.
- Acorn Squash
- Artichoke
- Bamboo Shoots
- Baked Beans
- Butternut Squash
- Beets, fresh boiled
- Black Beans
- Brussels Sprouts
- Chinese Cabbage
- Carrots, raw
- Dried Beans and Peas
- Greens, except Kale
- Hubbard Squash
- Kohlrabi
- Lentils
- Legumes
- Mushrooms, canned
- Parsnips

- Potatoes, White and Sweet
- Pumpkin
- Refried Beans
- Rutabagas
- Spinach, cooked
- Tomatoes, Tomato Products
- Vegetable Juices

Other Foods:

- Bran and Bran Products, ½ cup
- Chocolate, 1.5-2 ounces
- Granola, ½ cup
- Milk, all types, 1 cup
- Molasses, 1 tablespoon
- [Nutritional supplements]?
- Nuts and Seeds, 1 ounce
- Peanut Butter, 2 tablespoons
- Salt Substitutes, ½ cup
- Salt Free Broth, ½ cup
- Yogurt, ½ cup

Vitamin K Information While On Coumadin®

In order to stabilize protime and Coumadin dosages it is important that you are consistent with your intake of vitamin K. It is not necessary to avoid foods high in vitamin K, but be aware which foods are high in vitamin K so that you can avoid sharp increases or decreases in your vitamin K intake

- Brussel Sprouts
- Green Onions
- Kale
- Mustard Greens
- Parsley
- Spinach
- Swiss Chard
- Turnip Greens
- Green Tea
- Broccoli
- V-8 Juice

Lactose Intolerance

The key to controlling symptoms in lactose intolerance is avoiding foods that contain high amounts of lactose, or using Lactaid (lactose enzyme supplementation) when you do eat foods that contain lactose.

How much enzyme you will need for controlling symptoms varies person to person and is based on the quantity that you consume and the amount of lactose it contains.

Avoid the Following Foods as They Are Dairy Products That Are High In Lactose:

- Whole Milk, Low Fat Milk & Nonfat Milk
- Half & Half, Cream, Evaporated, Condensed or Powdered Milk
- Chocolate Milk, Ovaltine or Instant Breakfast Drinks
- Cheese and Cheese Spreads
- Pizza
- Butter
- Margarine,
- Cream, Sour Cream or Cream Cheese
- Ice Cream
- Sherbet

- Chocolate
- Puddings

The Following Foods Contain Hidden Lactose:

- Bread, Baked Goods
- Processed Breakfast Cereals
- Instant Potatoes, Soups and Breakfast Drinks
- Margarine
- Lunch Meats (other than kosher)
- Salad Dressings
- Candies and other Snacks
- Mixes for Pancakes, Biscuits and Cookies.
- Powdered Meal-Replacement Supplements.
- Many Protein Bars

Dairy Products That Are Relatively Low In Lactose & Provide Needed Calcium:

- Plain, Low Fat Yogurt (1 cup: 415 mg calcium, 5 g lactose)
- Reduced Fat Milk (1 cup: 295 mg calcium, 11 g lactose)
- Swiss Cheese (1 oz: 279 mg calcium, 1 g lactose)
- Ice Cream (½ cup: 85 mg calcium, 6 g lactose)

- Cottage Cheese (½ cup: 75 mg calcium, 2-3 g lactose)

Look For These Words On Nutrient Labels That Indicate Lactose:

- Milk
- Lactose
- Whey
- Milk By-products
- Chocolate
- Blackstrap Molasses
- Dry Milk Solids
- Non-Fat Dry Milk Powder

Substitute Foods High In Calcium That Do Not Contain Lactose:

- Soymilk (1 cup: 200-300 mg calcium)
- Sardines, with edible bones (3 oz: 270 mg calcium)
- Salmon, canned with edible bones (3 oz: 205 mg calcium)
- Broccoli (1 cup: 90 mg calcium)
- Oranges (1 medium: 50 mg calcium)
- Pinto Beans (½ cup: 40 mg calcium)
- Tuna, canned (3 oz: 10 mg calcium)
- Lettuce Greens (½ cup: 10 mg calcium)

Intestinal Healing/Low Residue

The Low Residue Diet is meant to reduce the quantity and frequency of bowel movements and is ideal for patients who would benefit from this after bowel surgery or an episode of bowel obstruction. Easy-to-digest diets are ‘relaxing’ to the bowel, making for less activity, less ‘work’ and this allows the intestinal tract to heal without disturbance.

So...this diet is not typically what is recommended as a healthy diet. It does not contain fresh fruits or vegetables (particularly, it does not contain the skins of fruits and vegetables).

Easy to digest items are ideal...and this would be epitomized by old-fashioned ‘white bread’ or Wonder Bread.

The list below is a good general guide. We have included sample meal selections.

Breads and Grains:

- Refined Breads (Wonder Bread), Toast, Crackers (Saltines), Melba Toast
- Rice
- Grits (well cooked)

- Strained Oatmeal
- Farina
- Cereals (Cornflakes, Rice Krispies, Cheerios)
- Refined Pasta
- Macaroni
- Ramen Noodles

Milk/Dairy:

- Mild Cheeses (American, Mild Cheddar),
Cottage Cheese (but limit to approximately
2 cups per day)

Meats/Protein:

- Well-cooked Ground Beef
- Pork
- Fish
- Bacon
- Eggs

Fruits/Vegetables:

- Canned Fruits
- Cooked Vegetables (to tenderness)
- Potatoes

Snacks/Condiments:

- Smooth Peanut Butter
- Butter
- Margarine

- Gravies
- Ketchup
- Salt
- Soy Sauce
- Popsicles
- Hard Candies

Liquids:

- Milk
- Decaffeinated Coffee
- Tea
- Carbonated Beverages (Sprite, 7-Up)
- Clear Fruit Juices
(Cranberry, Apple, White Grape)

Sample Meal Selections:

BREAKFAST:

- Cranberry or Orange Juice
- 2% Milk
- Corn Flakes
- White Toast with Butter and Jelly
- Scrambled Eggs

LUNCH:

- Sprite
- Milk
- Tomato soup

- Hamburger Patty with
- Ketchup and Mustard
- on White Bread
- Half Tuna Salad Sandwich
- on White Bread
- Brownie
- Canned Fruit Cocktail
- Vanilla Wafers

DINNER:

- White Rice
- Meatloaf
- Cooked Carrots
- Pillsbury Croissants
- Margarine
- Sherbet
- Baked Chicken
- Buttered Noodles
- Green Beans
- Butterscotch Pudding
- Water

Respiratory Infections

The symptoms of respiratory infections: coughing, nasal congestion and sore throat often reduce appetite. It is important to maintain hydration first. Clear liquids are always best.

Liquids:

- Water
- Electrolyte-enhanced water
- Gatorade (not sugar free as the calories will help energy level)
- Tea
- Clear fruit juices
- Broth
- Popsicles

Foods:

As with other illnesses in acute phases, appetite may wane. Here are some foods that may appeal to a person who is weak with fever and illness.

- Toast (plain white bread)
- Crackers
- Plain Noodles
- Breakfast Cereals
- Bananas, Citrus

- Applesauce
- Cooked Chicken and Meats
- Macaroni (with or without cheese)
- Plain Rice

Weight Gain After Illness

If an extended illness has led to weight loss, you need more than a supplement like Ensure. This list is more comprehensive and includes other supplements that will bring a body back to normal weight range.

- Ensure
- Ensure Plus
- Boost
- Polycose (a flavorless powder that can be added to liquids and semi-solids to boost caloric content)
- DuoCal (similar to polycose)
- Starbucks Frappuccinos and Flavored Lattes
- Ensure Pudding
- Ensure Bars
- Enlive (clear liquid with a juice-like flavor; must be ordered either online or from your pharmacist)
- Drinkable Yogurts
- Sports Bars such as Met Rx, Balance Bars, Cliff Bars, PR Bars
- Dairy Queen Blizzards (add protein powder)
- Jamba Juice

- Smoothie King
- Weight Gainer Fuel (a powder that is mixed into milk or water)
- Carnation Instant Breakfast
- Malt Powder (added to milk or yogurt)
- Milkshake

Pre-Diabetes

Pre-diabetes should be looked upon as a warning by the body that something is off balance. It is a sign that the body can no longer process carbohydrates the way it used to and therefore you need to adjust your dietary intake. If you are overweight the biggest adjustment you will need to make is to lose weight. Whether you are of normal weight or overweight, lessening (not eliminating) carbohydrate intake is key to blood sugar control and the avoidance of diabetes.

Carbohydrates are found in numerous foods. Below is a list of foods that might have the greatest effect on blood sugar. There is no need to eliminate them completely, but be cautious and consider that it is best not to have more than one of these at a meal.

- Fruit Juices
- Cereals (eliminate sweetened cereals)
- Breads
- Bagels
- Tortillas
- Pasta

- Rice
- Pineapple
- Mango
- Guava
- Banana
- Flavored Yogurts
- Snack Chips
- Pretzels
- Crackers
- Desserts (cakes, cookies, pies, ice cream)

Blood sugars are best controlled when carbohydrates are combined with a source of protein such as lean meats, fish, poultry, egg whites and cottage cheese.

Fat intake does not directly affect blood sugars but it does affect weight which then increases blood sugars.

If you need to lose weight watch your intake of the following foods as they are a very concentrated source of calories even if some of them are considered healthful fats:

- Salad Dressings
- Guacamole
- Avocado

- Butter
- Margarine
- Sauces
- Gravies
- Nuts
- Bacon
- Sausage
- Oils

Gallbladder Disease

Your gallbladder is activated by fat that you consume. The gallbladder concentrates and stores bile that is released in response to food being consumed. This activation of the gallbladder is intensified when high fat foods are eaten. To prevent issues, avoid the following foods or eat them in limited quantities:

- Rib eye Steak
- Porterhouse Steak
- T-bone Steak
- Prime Rib
- Bologna
- Salami
- Liverwurst
- Fried Foods
- Cheese (and foods that contain cheese such as pizza, calzones, quesadillas, ravioli)
- Gravy
- Cream Soups (unless low fat)

Use sparingly the following foods:

- Mayonnaise
- Butter
- Margarine

- Salad Dressings
- Guacamole
- Avocado
- Nuts and Seeds (limit to 1 or 2 Tablespoons)
- Nut Butters (limit to 1 to 2 Tablespoons)
- Dips
- Sauces
- Sour Cream
- Cream Cheese

Prevention and Care of Illness At Home

Home Medication Kit Version 1.0

This is a short list of simple, over-the-counter supplies to have handy at home in case of various medical needs. It is not a complete list, but rather a practical summary. It is also a great list for kids away from home, college students or travelers. Generic brand names (listed in parentheses) are A-OK. Here is a shopping list to get started; other recommendations follow:

1. Sudafed® (pseudoephedrine) 30 mg tablets
2. Chlor-Trimeton® (chlorpheniramine maleate) 4 mg tablets
3. Claritin® (loratadine) 10 mg tablets
4. Pepcid® AC (famotidine) tablets
5. Milk of Magnesia (magnesium oxide)
6. Advil® (ibuprofen) 200 mg tablets
7. Aspirin (any dose)
8. Robitussin® DM (guaifenesin) syrup
9. Immodium® AD (loperamide) tablets
10. Cortaid® 10 (hydrocortisone) cream
11. Bacitracin ointment

Cough and Colds:

Sudafed® (pseudoephedrine) 30 mg. This little red tablet is super for congestion and

drainage. Taken at this small dose, once or twice daily, it provides nice symptom relief and is safe for everyone (including those with high blood pressure). It may require a signature for purchase, as it is kept behind the counter by the pharmacist.

Chlor-Trimeton® (chlorpheniramine maleate) 4 mg. This antihistamine is great for allergy relief for a few hours, and is also good for congestion and drainage from colds. It is drying (too drying for some), but is safe for everyone in this low dose. Taking it at night is preferred, but not required. It can make you sleepy.

Robitussin® DM (guaifenesin). Another brand is Delsym®. These cough syrups can be helpful for mild cough. They do not help congestion. The additional DM (dextromethorphan) is the only over the counter product generally effective for cough.

Triaminic® (diphenhydramine and phenylephrine) Night Time Cough & Cold. This is an all-in-one product and I like it when taken in low dose (1–2 teaspoons). It is safe and

effective for congestion, drainage and cough with cold symptoms.

Fever/Aches/Pains:

Advil® (ibuprofen). This is my preferred anti-inflammatory, although Aleve® can be used as well. Taking 3 pills...3 times per day is a good, solid anti-inflammatory dose for fever, aches or pains. Although you can overdo such medications, taken for brief periods of time (3 to 5 days), it is safe in almost 100 percent of people.

Tylenol® (acetaminophen). This is a fine pain and fever medication, but provides no anti-inflammatory effect. Between 650 – 1000 mg at a time is effective for most people, and can be taken for 3 to 5 days without concern. Do not take more than 4000 mg total per day.

Aspirin (acetyl salicylic acid). Aspirin is fine to use as you would Advil, but has the added benefit of heart protection. It is useful to use aspirin in the setting of concerns about a heart attack, so having some aspirin around the house is a nice addition to the emergency kit.

Diarrhea:

Immodium® AD (loperamide). This is a very effective medication for diarrhea and can work quickly. For severe diarrhea, take 2 pills immediately and then 1 after each loose bowel movement, up to 8 per day. You can take them one after another if you require, until symptoms resolve.

Nausea:

Nausea is a 'built in' coping mechanism for exposure to toxic or poisonous foods and chemicals. This response can also be activated by infections or irritations of the intestinal tract. **There are no effective over-the-counter medications for nausea and vomiting.** It is nice to have a prescription around if you are prone to developing these symptoms with infections (some people are more prone than others). Suppositories (medication taken rectally) are preferred for nausea and vomiting so that the medication can absorb into your system. Compazine or phenergan suppositories are preferred and can be used immediately with

significant symptoms and then repeated in 4 to 6 hours if need be.

(Suppository facts: These medications look like little torpedoes. The pointy end is not the end to insert into the anus...insert the flat end. This will allow the body to retain the suppository best as the pointy end will gently 'close the door' once inserted rectally, and will prevent it from being expelled quickly.)

Constipation:

Milk of Magnesia or magnesium oxide (400 mg) tablets. These are the single most effective medications for immediate relief of constipation and are the best single medication to have around the house for this purpose.

For urgent relief: 2 tablespoons every 2 to 4 hours until you 'clear out' (or 2 pills of magnesium oxide every 2 hours.)

Glycerine suppositories. These are also quite effective when taken rectally and get rapid results in constipation. When taken rectally, the suppository acts as an irritant and generally

results in a reflexive evacuation of a bowel movement within 30 minutes.

Indigestion:

Pepcid® AC. For indigestion, heartburn, reflux, or general sour stomach, I prefer Pepcid AC. You can take 1 tablet, once or twice per day, to keep the stomach settled.

Mylanta. Two tablespoons are good for digestive upset and sour stomach or heartburn. You can dose repeatedly every hour if you need it, but be aware that too much can result in abdominal cramping and diarrhea.

Allergy Medications:

For allergic reactions, the following are preferred:

Chlor-Trimeton® 4 mg tablets or Benedryl® 25 mg. Either of these are great for itching eyes or itching skin, sinus congestion and drainage from allergies, or any allergic reaction to a medication or other event such as a run in with a bee or wasp. The only drawback is that some people experience drowsiness from these types of antihistamines.

Claritin® 10 mg. This is great to have for longer-lasting relief without any sedation. Use with seasonal allergy symptoms (nasal drainage,

itching eyes, cough and drip), or an allergic reaction of the skin. This helps to suppress allergy symptoms for 24 hours and can safely be taken for several days in a row.

Cortaid 10 (hydrocortisone cream). This is a good, general, mild steroid cream for any skin rash or if hives develop. It is safe to apply to all parts of the body (except directly in the eyes).

Topical Medications:

Cortaid 10 (hydrocortisone cream). This is good for general irritations and itches topically (see above).

Bacitracin ointment. This is the best of the over-the-counter anti-infectives and is good for scrapes and burns or bites.

Hydrogen peroxide. This is good for topical application to scrapes and wounds or bites. Use it with the initial injury, but it is not ideal to use on a repeated basis. Pouring this on a scrape or bite initially can act to remove bacteria and cleanse debris material from the area.

Motion Sickness:

Dramamine® (dimenhydrinate) or Bonine® (meclizine). Either of these medications is

effective for nausea that develops from any type of motion sickness (car, boat, airplane). Dramamine is sedating, the Bonine less so.

Expiration Dates

Although there is an 'official' expiration date for medications, I feel comfortable taking medications for up to 3 years after the official expiration date. This will allow you to fill your home kit and not feel the need to renew the medications on a constant basis. This is safe and will save you money

Vitamin Guidance

Views On Vitamins

As a rule, we do not recommend much in the way of supplemental vitamins for healthy adults. The best way to get vitamins into your body is through food—fresh and organic fruits, vegetables, grains, meats, nuts and dairy products.

That said, if your diet contains a limited amount any of the above dietary staples, then use of a supplemental vitamin is appropriate.

We recommend purchasing a multipurpose vitamin (multivitamin or MVI) from a reputable manufacturer, so that quality controls are in place to verify the vitamins and quantities present.

Here is a list of what we want you to be aware of when it comes to vitamin supplementation.

- **The data for supplementation is, at best, mixed; at worst, there may be negatives for supplementation.**
- There is little to no scientific evidence of the benefits of vitamin supplementation, except for specific disease states, which are

listed below in the section on legitimate supplements.

- **The production of vitamins and supplements may be suspect.** Regulation of their production is not FDA sanctioned, which means you are depending on the good graces of the manufacturer to provide the supplements in the quantities that are mentioned and to confirm that the process of production are safe and without tainting from potentially toxic byproducts or contaminants. Given the concerns about production in foreign countries, we feel there is legitimate reason for concern.
- **There may be negatives from significant vitamin supplementation.** The logic is as follows: Cancer cells grow at a faster rate than normal cells. To grow quickly, cells require the ‘building blocks’ of cell growth, of which vitamins are a key element. Providing supplementation of needed materials would seem to benefit cancer cells more readily than normal cells, as the cancer cells are growing fast and uncontrolled, while

normal cells are growing slower and in a controlled manner.

- **Vitamin and supplement peddlers are focused mostly on profit.** Financial profit is their ultimate motive and thus they portray the benefits of their products preferentially, as opposed to their negatives. Vitamin companies are not objective.
- **The advertisements for vitamins depend on testimonials.** These testimonials are ‘hearsay’ commentary, and rarely involve legitimate scientific validation. When science is invoked, it is generally done so in a non-rigorous context and conclusions from such are suspect and uncertain.

Legitimate Supplementation

There are vitamins and minerals that have been studied scientifically. All have proven benefits in certain diseases. Here are some of the best examples.

- Calcium and Vitamin D taken together are needed after the diagnosis of osteoporosis. Keep in mind that you can get these through diet. See page 4.

- Vitamin B-12 supplementation is required in pernicious anemia (this must be given as an injection since the oral medication is not well-absorbed in patients who are deficient).
- Iron supplementation is necessary in the case of iron deficiency anemia. Again, diet can supply iron. See page 17.
- Lutein (10 mg) can help in the relief of macular degeneration. In the diet, fresh tomatoes are a good source of this substance.
- Vitamin E may be taken for fatty liver (400 to 800 units daily).

Possible Legitimate Supplementation

The examples below are either in the process of being studied or have shown enough limited improvements in patients that their recommendation is viable.

- Omega 3 fatty acids (fish oil) may be helpful in heart disease, atrial fibrillation, high cholesterol. (1000 to 3000 mg daily)
- Glucosamine chondroitin has been studied for patient in the setting of osteoarthritis in the knees, hips and hand joints (1500 mg daily)

- Co-enzyme Q10 shows promise in the treatment for high cholesterol with statins (because statins may deplete this enzyme) in doses of 10 to 100 mg daily
- Milk thistle may be useful in liver disease (200 mg total per day in divided doses...3 times per day)

“Brevity is the soul of wit.”

— Shakespeare

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