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**LIA Lifestyle Instruction Aid**

**abc9. Fatigue and the Pain Relief Diet, What can you do?**

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Some causes of fatigue

- Depression
- Thyroid dysfunction
- Anemia
- Obesity
- Allergies

Specifically, foods you may be reacting too that set off your immune system.

Or foods that contain proteins called Lectins that plug up your blood flow.

- Lack of sleep
- Strenuous exercise you are not used to
- Caffeine
- Nicotine
- The Flue
- The Common Cold

**What to do?**

- Get a medical checkup to ensure that you don't have a medical problem that can be fixed easily.
- Avoid all foods on the PRD-poison-food-list  
(See the book Dr. Ouellette's Pain Relief Diet Manual.)
- Exercise regularly unless you have the flue or a medical condition
- Get sunshine
- Get extra sleep
- Get extra relaxation
- Take a multivitamin at twice the regular dose for four days
- Hot Tub, Jacuzzi, hot bath

If you have a cold you will have to wait out the cold until your immune system clears things up. In the mean time, do everything you can to get rid of the cold.

**Pain Relief Diet Secret Formula for Colds**

What to do when you get a cold; the secret is in the combination of several things.

- Avoid wheat, dairy, and corn. Avoiding all the PRD-poison-foods would be wise. This will reduce the immune system load and allow your immune system to focus on the germs
- Take one garlic clove chopped well. It should loosely fill a tablespoon. If your throat is sore then chew the garlic and coat your throat. Ug. This is tough. But, it feels great. The added benefit is that it keeps everyone away from you. Garlic kills germs on contact. Use the garlic for two days in a row at the first sign of a cold. Note, this will likely cause a loose bowel movement for one day or two. This is good.
- Take an extra antioxidant product, for instance 1000 mg of vitamin C a day for a week. This helps white blood cells do their job better.
- Take a multi vitamin and mineral if you are not already on a good high potency multivitamin. Double the daily dose of a regular vitamin product for about four days.
- Do not miss meals. You need regular nutrition. Drink soup broth if you do not want solid food.
- Do not miss bowel movements. Don't try to hold a bowel movement in. Take a fibre supplement if you are cutting back on your food intake or if you do not have easy to pass movements already. When you go to the washroom bowel movements should be over with in three or four minutes. If you are taking longer than this then you probably have a problem. Psyllium seed husks are a good choice to help and are quite inexpensive. If you have constipation then take small amounts and increase gradually. Start with one level teaspoon twice a day for the first day then increase to a rounded teaspoon on the second day then a level tablespoon on the third day. After that you can take a rounded tablespoon twice a day. You can lessen the amount if you don't feel you need that much. An added benefit is that the fibre in the psyllium seed husks help to lower cholesterol.
- Eat more alkaline ash foods. These are usually vegetables and fruit. Meats and grains are acidic and bad when you have a cold. The alkaline foods neutralize the acidity caused by the cold.
- Eat extra fibre. Bowel movements often get disturbed during a cold. First comes loose stools, then constipation. Use psyllium seed husks twice a day. Take one level tablespoon mixed into water, morning and night to keep the stools soft and smooth.
- Drink lots of fluids, preferably plain water. This helps dilute toxins and keeps the kidneys working well.
- Hot, hot, hot! Heat helps kill germs. That is why we get fevers. Take a hot bath and do the sweat routine. This increases body temperature which will help kill germs. (The sweat routine is taking a hot bath then getting into bed and covering up to sweat.) Drink extra fluids too. Drink lots of fluids while you are in the tub.