

## TABLE OF CONTENTS

<b>INTRODUCTION</b>	<b>7</b>
<b>A WORD ABOUT SUPPLEMENTS</b>	<b>8</b>
<b>A WORD ABOUT FATS AND OILS</b>	<b>9</b>
<b>HOW TO USE THIS BOOK</b>	<b>10</b>
<b>PART ONE: AILMENTS AND REMEDIES</b>	<b>12</b>
<b>ACNE</b>	<b>12</b>
<b>ACNE ROSACEA</b>	<b>15</b>
<b>ADDICTIONS</b>	<b>17</b>
<b>Alcohol Addiction</b>	<b>17</b>
<b>Coffee Addiction</b>	<b>19</b>
<b>Smoking Addiction</b>	<b>20</b>
<b>Sugar Addiction</b>	<b>21</b>
<b>ADRENAL EXHAUSTION</b>	<b>23</b>
<b>AGORAPHOBIA</b>	<b>24</b>
<b>ALLERGIES</b>	<b>25</b>
<b>Allergies (Inhaled)</b>	<b>25</b>
<b>Allergies (Food)</b>	<b>28</b>
<b>ALLERGIC SKIN REACTIONS (See Skin Conditions)</b>	
<b>ALZHEIMER'S DISEASE</b>	<b>30</b>
<b>AMENORRHEA</b>	<b>34</b>
<b>ANEMIA</b>	<b>35</b>
<b>ANGINA PECTORIS</b>	<b>37</b>
<b>ANOREXIA</b>	<b>40</b>
<b>ANXIETY</b>	<b>41</b>
<b>ARTHRITIS</b>	<b>42</b>
<b>ASTHMA</b>	<b>46</b>
<b>ATHEROSCLEROSIS</b>	<b>48</b>
<b>ATHLETE'S FOOT</b>	<b>52</b>
<b>ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)</b>	<b>53</b>
<b>AUTISM</b>	<b>61</b>
<b>BACK PAIN</b>	<b>63</b>
<b>BAD BREATH</b>	<b>66</b>
<b>BED WETTING</b>	<b>68</b>
<b>BITES</b>	<b>69</b>
<b>BLADDER INFECTIONS</b>	<b>70</b>
<b>BOILS</b>	<b>72</b>
<b>BRONCHITIS</b>	<b>74</b>
<b>BRUISING</b>	<b>76</b>
<b>BURNING FEET</b>	<b>77</b>
<b>BURNING MOUTH</b>	<b>78</b>
<b>BURNS</b>	<b>79</b>
<b>BURSITIS</b>	<b>80</b>
<b>CALLUSES AND CORNS</b>	<b>81</b>
<b>CANCER</b>	<b>82</b>

<b>CANDIDIASIS (See Yeast Overgrowth)</b>	
<b>CANKER SORES</b>	<b>88</b>
<b>CARPAL TUNNEL SYNDROME</b>	<b>80</b>
<b>CATARACTS</b>	<b>90</b>
<b>CHRONIC FATIGUE SYNDROME</b>	<b>91</b>
<b>COLD EXTREMITIES</b>	<b>94</b>
<b>COLDS AND FLU</b>	<b>96</b>
<b>COLD SORES</b>	<b>100</b>
<b>COLIC</b>	<b>102</b>
<b>COLITIS</b>	<b>104</b>
<b>CONGESTIVE HEART FAILURE (CHF)</b>	<b>107</b>
<b>CONSTIPATION</b>	<b>109</b>
<b>DANDRUFF</b>	<b>112</b>
<b>DENTAL PROBLEMS</b>	<b>114</b>
<b>DEPRESSION</b>	<b>115</b>
<b>DIABETES</b>	<b>118</b>
<b>DIAPER RASH (See Baby Tips)</b>	
<b>DIARRHEA</b>	<b>122</b>
<b>DIGESTIVE DISORDERS</b>	<b>124</b>
<b>DIVERTICULOSIS</b>	<b>126</b>
<b>DIZZINESS</b>	<b>128</b>
<b>DRY SKIN (See Skin Conditions)</b>	
<b>DYSLEXIA (See Attention Deficit Hyperactivity Disorder (ADHD))</b>	
<b>EARACHES</b>	<b>129</b>
<b>ECZEMA</b>	<b>131</b>
<b>EDEMA</b>	<b>133</b>
<b>EMPHYSEMA</b>	<b>135</b>
<b>ENDOMETRIOSIS</b>	<b>137</b>
<b>EPILEPSY</b>	<b>140</b>
<b>EYE PROBLEMS</b>	<b>143</b>
<b>FATIGUE</b>	<b>144</b>
<b>FEVER IN INFANTS (See Baby Tips)</b>	
<b>FIBROCYSTIC BREASTS</b>	<b>145</b>
<b>FIBROIDS</b>	<b>148</b>
<b>FIBROMYALGIA</b>	<b>151</b>
<b>FLAT FEET</b>	<b>154</b>
<b>GALL BLADDER DISEASE</b>	<b>155</b>
<b>GAS</b>	<b>157</b>
<b>GOUT</b>	<b>158</b>
<b>GUM DISEASE</b>	<b>160</b>
<b>HAY FEVER (See Allergies)</b>	
<b>HEADACHES</b>	<b>162</b>
<b>HEARTBURN</b>	<b>168</b>
<b>HEART DISEASE (See Angina Pectoris)</b>	
<b>HEAT EXHAUSTION</b>	<b>170</b>
<b>HEMOCHROMATOSIS</b>	<b>171</b>

<b>HEMORRHOIDS</b>	<b>172</b>
<b>HIATUS HERNIA</b>	<b>174</b>
<b>HYPERACTIVITY (See Attention Deficit Hyperactivity Disorder)</b>	
<b>HYPERTENSION</b>	<b>176</b>
<b>HYPERVENTILATION</b>	<b>178</b>
<b>HYPOGLYCEMIA</b>	<b>179</b>
<b>HYPOTHYROIDISM</b>	<b>181</b>
<b>INCONTINENCE</b>	<b>185</b>
<b>INFECTIONS</b>	<b>187</b>
<b>INFERTILITY: FEMALE</b>	<b>188</b>
<b>INFERTILITY: MALE</b>	<b>191</b>
<b>INSOMNIA</b>	<b>192</b>
<b>INTESTINAL POLYPS</b>	<b>194</b>
<b>IRRITABLE BOWEL SYNDROME (IBS)</b>	<b>195</b>
<b>KIDNEY DISEASE: CHRONIC</b>	<b>197</b>
<b>KIDNEY STONES</b>	<b>199</b>
<b>LACTOSE INTOLERANCE</b>	<b>201</b>
<b>LEAKY GUT</b>	<b>203</b>
<b>LEG CRAMPS</b>	<b>206</b>
<b>LIVER DISEASE</b>	<b>207</b>
<b>MASTITIS</b>	<b>209</b>
<b>MENOPAUSE</b>	<b>210</b>
<b>MENSTRUAL PAIN</b>	<b>215</b>
<b>MIGRAINES (See Headaches)</b>	
<b>MONONUCLEOSIS</b>	<b>217</b>
<b>MULTIPLE SCLEROSIS (MS)</b>	<b>218</b>
<b>NAIL ABNORMALITIES</b>	<b>220</b>
<b>NAUSEA</b>	<b>221</b>
<b>NECK PAIN</b>	<b>222</b>
<b>NIGHT BLINDNESS</b>	<b>224</b>
<b>NOSEBLEED</b>	<b>225</b>
<b>OBESITY</b>	<b>227</b>
<b>OSTEOPOROSIS</b>	<b>230</b>
<b>PARASITES</b>	<b>233</b>
<b>PHLEBITIS</b>	<b>235</b>
<b>POISON IVY</b>	<b>236</b>
<b>PREMENSTRUAL SYNDROME (PMS)</b>	<b>239</b>
<b>PROSTATE PROBLEMS</b>	<b>241</b>
<b>PSORIASIS</b>	<b>243</b>
<b>RAYNAUD'S SYNDROME</b>	<b>245</b>
<b>RECTAL ITCH</b>	<b>247</b>
<b>RESTLESS LEG SYNDROME</b>	<b>248</b>
<b>SHINGLES</b>	<b>250</b>
<b>SINUS INFECTIONS</b>	<b>251</b>
<b>SKIN CONDITIONS</b>	<b>253</b>
<b>SMELL AND TASTE PROBLEMS</b>	<b>255</b>

<b>SORE THROAT (See Colds and Flu)</b>	
<b>SPRAINS</b>	<b>256</b>
<b>STRESS</b>	<b>257</b>
<b>SUNBURN</b>	<b>258</b>
<b>TEETH PROBLEMS (See Dental Problems)</b>	
<b>TEMPOROMANDIBULAR JOINT SYNDROME</b>	<b>259</b>
<b>TENDONITIS</b>	<b>260</b>
<b>ULCERS</b>	<b>261</b>
<b>VAGINITIS</b>	<b>263</b>
<b>VARICOSE VEINS</b>	<b>264</b>
<b>WARTS</b>	<b>265</b>
<b>WOUND CARE</b>	<b>266</b>
<b>YEAST OVERGROWTH</b>	<b>267</b>
<b>YEAST QUESTIONNAIRE</b>	<b>270</b>
<b>STEP-BY-STEP YEAST TREATMENT</b>	<b>271</b>
<b>PART TWO: ADVICE AND INFORMATION</b>	<b>273</b>
<b>ANTIBIOTICS VERSUS PROBIOTICS</b>	<b>273</b>
<b>BIRTH CONTROL</b>	<b>274</b>
<b>BLOOD AND SALIVA TESTING</b>	<b>276</b>
<b>EMOTIONAL FREEDOM TECHNIQUE (EFT)</b>	<b>279</b>
<b>FIRST AID</b>	<b>280</b>
<b>INFANT TIPS</b>	<b>281</b>
<b>PREGNANCY</b>	<b>284</b>
<b>SURGERY PREPARATION</b>	<b>288</b>
<b>TRAVELER'S ADVICE</b>	<b>290</b>
<b>X-RAYS</b>	<b>291</b>
<b>PART THREE: OPTIMUM EATING</b>	<b>293</b>
<b>BREAST FEEDING</b>	<b>293</b>
<b>INFANT FEEDING GUIDE</b>	<b>294</b>
<b>OPTIMUM EATING PLAN</b>	<b>397</b>
<b>FOOD PORTIONS</b>	<b>303</b>
<b>FOOD ELIMINATION AND CHALLENGE</b>	<b>303</b>
<b>BEET KVAASS</b>	<b>304</b>
<b>SPROUTING</b>	<b>304</b>
<b>MAKING SENSE OF SOY</b>	<b>305</b>
<b>PART FOUR: CLEANSING</b>	<b>307</b>
<b>CLEANSING PROGRAM</b>	<b>307</b>
<b>DETOXING SUGAR AND ASPARTAME</b>	<b>309</b>
<b>PART FIVE: HOMEOPATHIC AND HERBAL REMEDIES</b>	<b>313</b>
<b>INTRODUCTION</b>	<b>313</b>
<b>USING HOMEOPATHY FOR YOUR CHILD'S EMOTIONAL HEALTH</b>	<b>314</b>
<b>COMMON REMEDIES IN ALPHABETIC ORDER</b>	<b>317</b>

<b>MAKING YOUR OWN REMEDY</b>	<b>332</b>
<b>APPENDIX</b>	<b>333</b>
<b>RESOURCES</b>	<b>338</b>

**[Click here for free access to Dr. Dean's Future Health Now Program!](#)**

## INTRODUCTION

We are increasingly aware that we have the ability to manifest what we hope for in a positive way. Some doctors even wonder if most drugs work by the placebo effect, which harnesses hope. We would never admit to 'hoping for the worst' but that's what we do when we view our health and our world in a pessimistic manner. In this Future Health Now Encyclopedia we want to offer the hope and possibility that you can improve your health, stay well and live a long and healthy life using the best treatments available for the physical body and the psyche.

*Future Health Now Encyclopedia* acknowledges that 50 percent of health is physical and 50 percent is psyche, or 'attitude.' The science of attitude began with the discoveries of Dr. Hans Selye who studied the layers of stress in the body. Psychoneuroimmunology identifies the inescapable connection between mind and body. Author, Bruce Lipton PhD in his book *The Biology of Belief* makes sense of complex physics and the interconnectedness of all beings. Ho'oponopono acknowledges the interconnectedness of all things. *The Law of Attraction* by Esther and Jerry Hicks is a number one best seller dedicated to the power of positive thinking. Energy medicine tools such as EFT (emotional freedom technique) offered by its creator Gary Craig are tapping into people's attitudes and beliefs and helping rid them of unhealthy blocks and biases. Alternative medicine doctors are investigating energy machines that measure the electrical current in the body to diagnose imbalance or invasion by infections or toxins. The culmination, for me, is the study of *Total Biology*, a scientific system that helps discover the stressful conflicts in the mind that are systematically downloaded into the body. CT scans of the brain can identify focal points that correspond to the affected body part. It is breakthrough medicine that informs my work with clients and will be the topic of future writings

*When You Can't Reach the Doctor* is the original title of the first edition of this book written in 1988. It's subsequent title in the second and third edition with Keats Publishing and then NCT Publishing was *Natural Prescriptions for Common Ailments*. *Future Health Now Encyclopedia* is the title of the fifth edition. It's a health encyclopedia that offers a natural approach to health that has produced successful results for thousands of clinic patients and telephone clients from around the world.

Instilled in this book is the knowledge that the body is in a constant state of growth and repair, and ever in need of suitable building blocks. As important is the awareness that there are limitless causes of ill health and equally limitless solutions. You may have been attracted to this book because you reject the suggestion that there are only drug solutions to your problems or that your health is solely in the hands of your doctor or that staying healthy is too complex a goal for you to attempt. You may also live with the hope and expectation that you can be well and you can be healed. We all do. *Future Health Now Encyclopedia* provides simple solutions to put you in control of your own health with nontoxic, noninvasive health options and choices.

The outlined treatments offer safe alternatives to drugs and surgery, or they may be used in conjunction with medication or while awaiting the results of diagnostic tests. In the gap of time between discovering symptoms and being given a specific diagnosis, definitive medical treatment is usually withheld. This period of time can be best utilized by investigating and incorporating safe natural remedies suited to your situation. Most diseases have multiple causes and are only treatable by skillfully combining various therapies, as you will see in this book.

We are living in an ever-changing world of many options and choices at all levels of society, including medicine. We can no longer ascribe to the allopathic notion that one symptom evokes one diagnosis which only a prescription drug can “cure”. To ignore this common truth is to remain in a suffocating box without light and air and without knowledge.

It is, however, very important to remember that conventional medicine and natural medicine are not mutually exclusive. It is no longer a matter of using either/or; we have the ability to use both. We can take advantage of highly sophisticated medical technology to diagnose disease and then use natural medicine either in place of or in conjunction with necessary surgery or prescription medication. Frequently, natural remedies can solve the problem entirely – we see it all the time. Other times, natural approaches can speed healing and alleviate the side effects of more conventional and invasive therapies. And certainly, nutritional approaches are the best course of action to prevent the onset of certain diseases. If you have lingering or undiagnosed health problems, especially after much effort has been made, please avail yourself of every possible option, which includes seeking out the advice of both medical doctors and naturopathic doctors.

## **A WORD ABOUT SUPPLEMENTS**

We have been conditioned to believe that taking a medication is the primary treatment for disease and we take that belief with us wherever we go. If we now turn toward natural medicine, we assume that a nutritional supplement is what we need to alleviate our symptoms. Nothing could be further from the truth. Although parts of this book are prescriptive, I want to assure you that supplements alone are no substitute for a good diet, oxygen, water, exercise, attitude, and stress reduction. In fact, you will probably find the recommendations very redundant because I try to work with a limited number of nutrients finding that the body is better served when you allow it to choose what it needs from food-based and organic food powders and nutrients instead of high dose single nutrients that are often synthetic.

Our present supplement industry is worth billions of dollars. FDA regulations being imposed on nutritional supplements in 2007 are said to be more stringent than those guiding the drug industry. Financially, few small or medium-size companies can bear the cost of compliance with these regulations. Therefore, the largest supplement companies will survive and go forward to be traded on the public stock

exchange. Publicly traded companies' first allegiance is to the stockholders and they are required by law to show quarterly profits. Even though consumers take their products for health reasons, the efficacy and the quality of the product is often of less concern than the profit. Therefore, like any other commodity, the bottom line of profit drives the company to use cheap raw materials, often spending more money on marketing than on the product.

Even now, most vitamins are made from synthetic molecules, chemically derived from petroleum. Therefore, I recommend natural and organic food powders and food-based organic vitamins. Most mineral supplements are mined from the earth and have not gone through necessary processing by nitrogen-fixing bacteria and mold in the soil or chelation by plants and then proper digestion by hydrochloric acid in our stomachs to make them into the angstrom-sized minerals that the cells of our body can absorb. Since minerals require so many steps before they can pass through our angstrom-sized cell mineral channels, the minerals that you take should be angstrom-sized.

Companies can change rapidly in their ownership and product line, therefore I keep an updated list of product recommendations on my website. However, the area of ionic minerals and angstrom minerals is growing and the manufacturer that I trust is RP Gunwall. See [www.drcarolyndean.com/resources](http://www.drcarolyndean.com/resources) for his company website.

**NOTE:** Working with a knowledgeable doctor, especially one who has both medical and naturopathic training, is the key. Dr. Dean has received countless requests from readers asking for referrals to doctors that have her credentials; as yet, there are very few such practitioners. Dr. Dean does provide Telephone Wellness Consultations on a limited basis to help meet this need. You can find her services listed at [www.drcarolyndean.com](http://www.drcarolyndean.com).

## A WORD ABOUT FATS AND OILS

Healthy sources of fat include nuts, especially organic and raw almonds, walnuts, pecans, hazelnuts, filberts; seeds, sunflower and pumpkin. Other sources of good, natural fats include wild salmon, avocados, butter from free-range cows, flaxseed oil on cooked cereal or salads, olive oil on salads, and coconut oil for cooking. These fats are a mix of omega-3 and omega-6, which are best taken in equal amounts. However, the typical diet contains about 6 times more omega-6 than omega-3 fats. Vegetable oils, animals fed grain and farm-raised fish have high amounts of omega-6 fats.

Omega-3 fatty acids are found in plants (linseed or flaxseed) and fish oil (herring, cod, or salmon). Omega-3 fatty acids contain alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Plant oils are very high in ALA and fish oils are high in EPA and DHA. Theoretically, ALA can be converted to EPA and DHA but it takes numerous biochemical steps and enzymatic

reactions and only about 10-15 percent is converted. Therefore, if your intent is to obtain more EPA and DHA, you should take fish oils in case your body is not able to make the proper conversions.

Herbalist, Susan Weed, has expressed concern that flaxseed oil goes rancid within a few weeks of processing and she does not recommend it. I have found that it produces strong body odor when used on a regular basis. I've also heard reports that it increases symptoms of arthritis and joint pain. ALA acts as a general anti-inflammatory, however it can block some of the body's natural anti-inflammatory activity.

## **HOW TO USE THIS BOOK**

*Future Health Now Encyclopedia* is several books in one. Part One identifies 134 health conditions listed in alphabetical order that are major health concerns for many people. Since the first edition of this book was self-published in 1988, and later published by Keats Publishing and then McGraw Hill, several conditions, which were relatively rare two decades ago, have been added. Their inclusion serves to highlight the decline in our health. Some of these emerging conditions are: Chronic Fatigue Syndrome, Fibromyalgia, Adrenal Exhaustion, Autism, IBS, Leaky Gut, and Congestive Heart Failure.

For each of the ailments listed there are recommendations under various headings - first aid, diet, supplements, herbs, and homeopathy. You can turn to the problem that is most important to you, but don't hesitate to read the entire book; you will then be well prepared if you or a family member develops a particular problem. For each condition there are usually many possible solutions but too many choices can be overwhelming, therefore the most common and effective remedies have been included.

Aromatherapy using essential oils is a more recent addition to the practice of alternative medicine although it has been in existence for centuries. Essential oils are powerful aromatic compounds distilled from flowers, trees, shrubs, roots, bushes, and seeds. Aromatherapy is a science in itself and has a very wide scope; it deserves careful study that goes beyond the scope of this book. Brief mention of essential oils in conjunction with other therapies will be made for certain conditions. However, if you wish to use essential oils exclusively, be aware that they are very powerful substances that are absorbed directly into the body through the skin and must be processed by the liver. The source of the oil you use is also important; make sure they are certified organic. Otherwise pesticides and herbicides, which may be used extensively on expensive flower crops, will be concentrated in the oil.