

Dr. Wallach's Deficiency Chart

Dr. Joel Wallach, author of "Dead Doctors Don't Lie", is famous for connecting over 900 different health problems to deficiencies of the 90 Essential Nutrients that the body does not make. During the past 40 years, Dr. Wallach has discovered that most health problems fall into 1 of 4 categories as illustrated below. Please complete the self-evaluation questionnaire on the next page to determine which category you have the most deficiencies.



Category	Deficiency	Health Problems Resulting
1 Hard Tissue Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Calcium & Magnesium	Arthritis, Back Pain, Bell's Palsy, Bone Spurs, Bone Fractures, Brittle Nails, Calcium Deposits, Cartilage Damage, Cognitive Impairment, Depression, High/Low Blood Pressure, Insomnia, Irritability, Joint Pain, Kidney Stones, Ligament Damage, Muscle Cramps, Nervousness, Osteofibrosis, Osteoporosis, Panic Attacks, PMS, Prolonged Blood Clotting Time, Receding Gums, Restless Legs, Tooth Decay, Vertigo
2 Soft Tissue Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Essential Fatty Acids & Selenium	Acne, ALS, Alzheimers, Asthma, Blood Clots, Brittle Hair, Cracked Heels, Dementia, Extended Menopause, Menstrual Pain, Eczema, Psoriasis, Fibromyalgia, Fried Food Cravings, Gallstones, Infertility, Low Libido, Low Sperm Count, MS, Muscular Dystrophy, Kidney Dysfunction, Heart/Lung Disease
3 Blood Sugar Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Chromium & Vanadium	ADD/ADHD, Adrenal Failure, Anxiety, Bed Wetting, Bipolar Disorder, Cardio-vascular Disease, Depression, Diabetes, Elevated Cholesterol and Triglycerides, Fainting Spells, Fatigue, Hyperactivity, Hypoglycemia, Infertility, Learning Disabilities, Migraine Headaches, Moodiness, Narcolepsy, Night Sweats, Peripheral Neuropathy
4 Digestion Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Enzymes & Flora	Allergies, Athletes Foot, Belching, Bloating, Gas, Burping, Celiac, Crohn's Disease, Dermatitis, Diarrhea, Constipation, Diverticulitis, Food Sensitivities, Heartburn, Hiatal Hernia, Indigestion, Irritable Bowel, Leaky Gut, Acid Reflux, Stomach or Intestinal Pain, Yeast Infections