



## Phone Consult Follow Up by Dr Ben

For: Tinea Versicolor

**Symptoms noted:** asthma, psoriasis, adrenal fatigue

[Click the Product Name highlighted in blue and it will take you to the product page at [www.HealthEGoods.com](http://www.HealthEGoods.com)]

Product Name	Time of Day to take	Serving Size	w/ or w/o meals	Duration	Reasoning
<a href="#">Saprox Natural Antifungal</a>	Apply when convenient	Thin layer over affected areas	n/a	Daily until tinea versicolor is gone	To kill the tinea versicolor with Saprox.
<a href="#">Body Balance Oil</a>	Add to AM smoothie	2 teaspoons	In smoothie	Long term maintenance	Nourish adrenals, protect cellular membranes
<a href="#">Adrenal Support Plus</a>	AM and lunch	2 capsules AM and 1 capsule at lunch	Before, during or after meals. Just don't take a long time away from food.	2 months at this amount. Then reduce to 2 capsules in the AM as maintenance	Nourish adrenals, reduce fatigue
<a href="#">Premium Shower Filter</a> (you have this already)	Showers	N/A	N/A	Daily	To reduce skin damage
<a href="#">Vitamin D3 5,000 IU</a>	Anytime	1 capsule	With meals	During dark months. Measure blood levels of D3 after 3 months of use.	Maintain immune support & skin. Low D3 is associated w/ skin issues.
<a href="#">ProBiota 12 Powder</a>	Evening	½ teaspoon	With dinner	Until bottle is gone	To improve digestion, improve immune system, reduce asthma symptoms
<a href="#">Tulsi Neem Soap</a>	Showering	Wash daily	N/A	Daily as you find it effective	To keep fungus off your skin.
<a href="#">Optimal Multivitamin</a>	AM and lunch	3 capsules AM, 3 caps lunch	With or without meals but better with	Daily	Maintain health and prevent disease. Provide nutrients for immunity.
<a href="#">Sterol 117</a>	AM and PM	1 capsule two times a day	w/o food. Take on rising from bed & at bedtime.	Until asthma is gone.	To calm immune system & reduce asthma.



## Phone Consult Follow Up by Dr Ben

### Lifestyle Recommendations:

1. Eat smaller more frequent meals every 2 hours with some form of protein. Eat .4 grams of protein per pound of body weight. So if you weigh 140 pounds, eat about 50 grams of protein a day. This will stabilize your blood sugar which will improve your adrenal fatigue.
2. Eat a protein snack before bed such as almonds. They are high in magnesium and protein. Eat about 15 of them. I recommend soaking them for 24 hours, rinsing and then eating. Chew them very well. Drink water and go to bed.
3. Walk barefoot on the grass each morning as this stimulates your thyroid and immune system.
4. Limit drinking with meals as this dilutes digestive enzymes.
5. Avoid [Xenoestrogens](#). Canned foods are especially bad. Choose Eden Foods brand if you buy canned foods.
6. Wear breathable shirts and try to shower after exercise. If you cannot shower after exercise, remove your shirt and put on a clean one. Key is to keep your skin dry and wick the moisture away.
7. Sterol 117 is extremely potent and effective at reducing inflammation and helps balance the over-stimulated immune system. Any time your immune system is over stimulated, symptoms like asthma and psoriasis occur. Continue to have your inhaler by you at all times while you are taking Sterol 117. Over time, you will soon experience that the inhaler is no longer needed. Still keep it close by you just in case; however, I do believe with taking Sterol 117, the Body Balance Oil, the Optimal Multivitamin and Adrenal Support, your asthma will significantly improve.
8. Weakened adrenals lead to low cortisol levels. Low cortisol levels lead to hyperactive uncontrolled immune responses. Supporting your adrenals through the nutrients I recommended above along with eating as suggested above, you will experience increased energy and decreased asthma symptoms. Pretty cool, eh?
9. Read books: [Alternative Approach to Food Allergies by Theron Randolph](#)
10. Avoid Wheat and Dairy products for 2 weeks. See how you feel. I venture to guess much better. If so, avoid them longer. If you eat them again, introduce them only 1 time per every 4 days. Don't eat more often than that. Given that you had ear infections and eczema as a child, you no doubt are sensitive to dairy products. This sensitivity causes increased immune reactivity and asthma and skin rashes.
11. You wanted information about naturopathic medicine. My school: [www.Bastyr.edu](http://www.Bastyr.edu) and association is [www.naturopathic.org](http://www.naturopathic.org)
12. Mix 1 teaspoon and squeeze a fresh lemon into a ½ cup of filtered water. Drink this every AM before meals. It will stimulate digestion and healthy bowel movements.