

When you wake up in the morning or are awakened at 2am or 4am with any issues (i.e. headache, dizziness, nausea, spasm, restless legs, indigestion, constipation, blurred vision, joint pain, anything.... you name it!) always ask yourself "what did I eat after 2pm yesterday?".

If you had anything other than protein, vegetables or herbal tea, you know the cause of your problem.

The acid food or sugar-loaded food caused the subluxation in your spine that caused your symptom. Common culprits (if eaten after 2pm) are fruit, fruit juice, sugar, starchy carbs, POPCORN, tomato sauce, tomatoes, barbecued *anything* (the sauce is s_ _ _....oh, sugar has five letters in it) and the list goes on....