Fr. McCormick —

Here are some of
The problems.

Fr. Paul Sheehy.

11/77.
Diet: Unfortunately one Doctor's diet fights the other e.g. High fibre for cholesterol and diarrrhea vs. low fibre for stomach 

Avoid 
- nuts 
- pickles 
- garlic 
- onions 
- chocolate 
- fat 
- fibre 
- red meat 
- olives 
- fruit with skin or seeds 
- tomatoes 
- spices 

* bread 
* gravy 
* fried foods 
* yoghurt 
* mustard 
* liquor 
* raisins 
* cheese 
* margarine 
* butter 
* coconut 

* fresh fruits + vegetables 
* dried fruit 
* popcorn 

Eat 
- thin bread 
- skim milk 
- rice 
- fish 
- pasta 
- fibre 
- bran 
- fresh fruits + vegetables
Mild symptoms
2. Allergies
3. Erratic sleep patterns
4. Asthma
5. Sinus
7. Anaphylactic shock syndrome
8. Irritable colon (spost)

9. Irritated duodenal bulb
10. Acid reflux, diverticulitis
11. Ulceration
12. Bursitis
13. Stomach cramps
14. Peptic ulcer disease
15. Frequent severe colds
16. Recurrent sinusitis
17. Anemia - occasionally disables
18. May eventually prevent walking, operation eventually
19. Frequent swollen glands
20. Arthritis
21. Cigarette smoke, aversion/allergy
22. Vision problems
23. Headache
24. Recurrent scalp problems
25. Lower thoracic spines & hips
26. Fatigue problem expected to exacerbate
27. Hearing loss - not amenable to hearing aids
28. Raynaud's symptoms of hands
29. Scoliosis of spine
30. Prostate problems - several coronary procedures. Regular check