

Fr. McCormick -

Here are some of  
the problems of  
Fr. Paul Shanley.  
1987

Diet. Unfortunately one Doctor's diet fights the other e.g. High fibre for cholesterol and diarrhea vs. low fibre for stomach \*

Avoid

- nuts
- pickles
- garlic
- onions
- cholesterol
- fat
- \* fibre
- chocolate
- caffeine
- red meat
- olives
- fruit with skin or seeds
- tomatoes
- spices
- \* bran
- gravy
- fried foods
- yogurt
- mustard
- liquor
- raisins
- cheese
- margarine
- butter
- coconut
- \* fresh fruits + vegetables
- dried fruit
- popcorn

Eat

- pita bread
- ice milk
- skim milk
- rice
- fish
- pasta
- \* fibre
- \* bran
- \* fresh fruits + vegetables

Illnesses

Medications

1. Very high cholesterol. Cardiac risk. diet.
2. Allergies
3. Erratic sleep patterns
4. Asthma
5. Sinus
6. Back injury - susceptible
7. Anaphylactic shock syndrome
8. Irritable colon (spastic)
9. Irritated duodenal bulb
10. Hiatal hernia, diverticula
11. diarrhea
12. bursitis
13. stomach cramps
14. periodontal disease
15. frequent severe colds
16. recurrent sinusitis
17. bunion - occasionally disables  
may eventually prevent walking  
or standing
18. frequent swollen glands
19. Arthritis
20. cigarette smoke aversion/allergy
21. Urination problems
22. headaches
23. recurrent scalp growths
24. lower throat spasms & hiccups
25. Retina problems expected to exacerbate
26. Hearing loss - not amenable to hearing aids
27. Palsy/tremors of hands
28. Scoliosis of spine
29. Prostate problems - avoid cranberry products

288. despite Metamuc  
Fibre

Nasalide, Opticrom  
~~Vitalin, Vitalin~~  
Ventolin, Inhal, inhaler  
Neo-Synephrine  
Avoid lifting, walk 3  
times a day. Nantibus  
3 times a week  
Emergency kit life threat  
Paviscon, fibre, metamuc  
but they cause stomach  
distress

Zantac - very expensive  
No carbonation  
Metamuc, but causes  
stomach distress, so  
diet forbids  
stretching exercises  
diet.  
regular visits Periodontia  
prescription  
prescription  
special shoes.  
- Operation eventually

Avoid clergy meetings

Regular check

- 30 skin cancer - several operations. No sun. Use sun screen even on rainy days. Lip balm  
Vigilance
- 31 hernia  
avoid heavy lifting
- 32 hip socket problem - undiagnosed
- 33 susceptible to recurrent pneumonia - flu shots
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