

## Growth Problems

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The pituitary is a small gland in the brain which secretes substances necessary for basic life processes, such as growth.

**Alfalfa- Internal Purposes:** Alfalfa is very high in vitamins and minerals and nourishes the entire system. Promotes pituitary gland function balancing the pituitary gland. Also high in Chlorophyll and nutrients that promote pituitary gland function. This herb comes in tablet or capsule and can be eaten fresh in foods rich in alfalfa, such as alfalfa sprouts,

**Cod liver oil-** Importance: High. Comments: Provides needed vitamins such as A and D. Promotes healthy bones and tissues. Stimulates growth.

**Kelp-** Importance: High. Comments: Provides iodine. Lack of iodine can contribute to this disorder.

**Zinc-** Importance: High. Comments: Lack of zinc can contribute to impaired growth. Zinc gluconate lozenges and OptiZinc are recommended forms.

**Calcium and Magnesium-** Importance: Moderate. Comments: Promotes healthy bone growth.