THE HUMAN INSTINCT FOR HEALTH

Symptoms are the Sign Posts to find DIS-EASE, this book shows you how subtle signs can help you find disease early.

EDITED BY

Desire ' Delicious Dubounet
## Contents

Symptoms that can pinpoint hidden health problems ...................................................... 6

- Like to sit on your legs? .................................................................................................. 6
- You may have bad circulation. ...................................................................................... 6
- If you have a craving for lettuce, it could be bad news... ............................................. 6

Emotional Food Cravings ................................................................................................. 15

Stress Causes Food Cravings .......................................................................................... 18

Physical Meaning of Food Cravings ................................................................................. 18

Possible meaning behind food cravings............................................................................ 19

Food CRAVINGS CAN Reveal important information .................................................... 53

Pains you should not ignore ............................................................................................ 62

Early Warning Signs of Cancer ....................................................................................... 65

  Call your doctor ASAP if you experience these symptoms ........................................ 65

Stress Warning Signs and Symptoms ............................................................................. 68

  Signs and Symptoms of diabetes .................................................................................. 70

**Signs and Symptoms of** Major Mental Illnesses ......................................................... 74

Signs and Symptoms ....................................................................................................... 74

**Signs and Symptoms of** Anxiety Disorders ................................................................. 77

**Signs and Symptoms of** Eating Disorders .................................................................... 78

Treatment & Recovery of mental illness ........................................................................ 79

Lyme Disease Signs ........................................................................................................ 84

Addison’s Disease Signs .................................................................................................. 85

Irritable bowel is a symptom not a disease, it is a sign .................................................. 104

Misc Signs and Symptoms pics

---

If you study this book you will gain great insight on medicine and the people around you
Symptoms are not our Enemy
They are our Friend
They Point to the Real Problem

Symptoms are the signposts of inner Dis-Ease, by learning these signs we can treat disease earlier
You just go with your gut instinct, because your gut is smarter than your heart.

Gerard Way

Hope was an instinct only the reasoning human mind could kill. An animal never knew despair.

Graham Greene

There was the natural human survival instinct to be optimistic.

Barbara Demick

To live is like to love - all reason is against it, and all healthy instinct for it.

Samuel Butler

No one has yet determined the power of the human species . . . what it may perform by instinct, and what it may accomplish with rational determination.

Brian Herbert

Every time I've done something that doesn't feel right, it's ended up not being right.

Mario M. Cuomo
The Human Being is a Biological Animal with instincts to be drawn towards Nutrition and Healthy Things and an Instinct to be Repelled from Toxins, Poisons, Unclean Dirt and other Unhealthy Things. Some People have too much of this instinct and they overreact. And sometimes people can confuse or reverse these instincts, both are disease.
Symptoms that can pinpoint hidden health problems

Like to sit on your legs?
You may have bad circulation.

If you stand or sit crossed-legged it may indicate you have low blood pressure

STANDING OR SITTING CROSSED-LEGGED
POSSIBLE CAUSE: low blood pressure (hypotension)
You might assume this is just a habit, but it could signify something more serious.
If you are prone to low blood pressure, standing with one leg entwined around the other is very effective in limiting the fall in blood pressure that occurs when we get up from a chair quickly.
Your cross-legged stance is your brain's way of ensuring it retains a good blood supply.
Likewise crossing your legs or sitting on them also prevents your blood pressure lowering by reducing the amount of blood that drains downwards into your legs.

If you have a craving for lettuce, it could be bad news...
When his usually sensible wife Elsie, then 50, developed an obsession with eating lettuce, Jim Campbell knew something was wrong. 'She was devouring five lettuces a day, keeping them in the fridge and cutting wedges from them like a watermelon,' says Jim, 57, from Derby. 'We knew she wasn't pregnant, and I couldn't think of any other reason why she would crave them.'
A few weeks later, in February 2002, Elsie noticed a small depression in her left breast. She wasn't unduly concerned, but Jim felt instinctively that something was wrong.

'I went to the internet and typed in the words "cancer" and "lettuce", and my hair stood on end. There were hundreds of thousands of entries confirming that lettuce contained a compound called sulphoraphane which slows down the multiplication of cancerous cells. 'Elsie went straight to her GP, and within three weeks she had had a lumpectomy followed by radiotherapy. A day or so after her operation, the craving for lettuce vanished.' It seemed to Jim that Elsie's body 'knew' she had cancer and was telling her what food she needed to help herself. 'I began to wonder how often this happened, and what mechanism was driving it,' says Jim.

'It seemed to Jim that Elsie's body knew she had cancer and was telling her what food she needed...'

These were not the rambling thoughts of a curious layman, for Jim is one of the country's top forensic scientists (he used to work for the Home Office and trained as an analytical chemist and toxicologist), with more than 30 years' experience in drug screening. He is often called as an expert witness in drug-related court cases.

'As a forensic scientist I was taught that every outcome is caused by a specific set of circumstances,' he says. 'For example, one of my areas of expertise was tracking the pattern of blood sprays caused by injuries. Those patterns may look random, but they are not. 'My job was to work out why they were in a certain position and then I would know how those injuries had been caused.

'In short, there is a reason for everything that happens, even if the reason is sometimes obscure.'

His curiosity piqued by what had happened with Elsie, Jim started analysing other unusual signs of underlying health problems, using scientific research to try to work out why they were occurring.

Today, with Elsie's cancer firmly in remission, he's collated more than 100 of these in his new book, The Body Language Of Health. Here, in this exclusive extract, we explain some of the baffling or seemingly innocuous body language signs and their possible meanings.

But first a note of warning from Jim. 'Although my research is sound, I am not a doctor - if you have any concerns at all about your health, or spot something from my book which raises a worry, see your GP straight away.'
<table>
<thead>
<tr>
<th>What You Crave</th>
<th>What You Really Need</th>
<th>Healthy Food Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate</td>
<td>Magnesium</td>
<td>Nuts, seeds, vegetables, fruit</td>
</tr>
<tr>
<td>Sweets</td>
<td>Chromium</td>
<td>Broccoli, grapes, legumes</td>
</tr>
<tr>
<td></td>
<td>Carbon</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td></td>
<td>Phosphorous</td>
<td>Vegetables, nuts</td>
</tr>
<tr>
<td></td>
<td>Sulphur</td>
<td>Cranberries, horseradish, cabbage, cruciferous vegetables (broccoli, cauliflower, kale, etc.)</td>
</tr>
<tr>
<td></td>
<td>Tryptophan</td>
<td>Raisins, sweet potatoes, spinach</td>
</tr>
<tr>
<td>Breads, Pasta, etc.</td>
<td>Nitrogen</td>
<td>Dark leafy greens (kale, collards, etc.), nuts, seeds</td>
</tr>
<tr>
<td>Oily &amp; Fatty Foods</td>
<td>Calcium</td>
<td>Broccoli, asparagus, kale, mustard greens, bok choy, figs, dates, plums</td>
</tr>
<tr>
<td>Coffee or Tea</td>
<td>Phosphorous</td>
<td>Vegetables, nuts</td>
</tr>
<tr>
<td></td>
<td>Sulphur</td>
<td>Cranberries, horseradish, cabbage, cruciferous vegetables (broccoli, cauliflower, kale, etc.)</td>
</tr>
<tr>
<td></td>
<td>NaCl (salt)</td>
<td>Celery, swiss chard, seaweeds</td>
</tr>
<tr>
<td></td>
<td>Iron</td>
<td>Nuts, seeds, spinach, plums, legumes, figs, kale, dandelion</td>
</tr>
<tr>
<td>Salty Foods</td>
<td>Chloride</td>
<td>Celery, tomatoes, lettuce, seaweeds</td>
</tr>
<tr>
<td></td>
<td>Silicon</td>
<td>Cashews, nuts, seeds</td>
</tr>
<tr>
<td>Soda/Carbonated Drinks</td>
<td>Calcium</td>
<td>Broccoli, asparagus, kale, mustard greens, bok choy, figs, dates, plums</td>
</tr>
<tr>
<td>Pre-menstrual Cravings</td>
<td>Zinc</td>
<td>Pumpkin seeds, leafy vegetables, root vegetables</td>
</tr>
</tbody>
</table>
### what does your food craving mean?

<table>
<thead>
<tr>
<th>Craving This</th>
<th>Your Body May Need This</th>
<th>Eat This Healthy Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread or Toast</td>
<td>Nitrogen</td>
<td>High protein foods</td>
</tr>
<tr>
<td>Burnt food</td>
<td>Carbon</td>
<td>Fresh fruits</td>
</tr>
<tr>
<td>Chewing ice</td>
<td>Iron</td>
<td>Black cherries, fish, greens, meat, poultry, seaweed</td>
</tr>
<tr>
<td>Chocolate</td>
<td>Magnesium</td>
<td>Fruits, legumes, raw nuts &amp; seeds</td>
</tr>
<tr>
<td>Cold Drinks</td>
<td>Manganese</td>
<td>Almonds, blueberries, pecans, walnuts</td>
</tr>
<tr>
<td>Oily/Fatty foods</td>
<td>Calcium</td>
<td>Broccoli, kale, legumes, and turnip greens</td>
</tr>
</tbody>
</table>

---

### FOOD CRAVINGS

<table>
<thead>
<tr>
<th>Craving this:</th>
<th>Reason is:</th>
<th>Restore with this:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COMMON FOOD</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>Essential Fatty Acids deficiency</td>
<td>Omega 3's (EPA and DHA)- Flax oil, ground flaxseeds, chia seeds, walnuts</td>
</tr>
<tr>
<td></td>
<td>Calcium deficiency</td>
<td>Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens</td>
</tr>
<tr>
<td>Pasta, white bread, pastries</td>
<td>Chromium deficiency</td>
<td>Onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato</td>
</tr>
<tr>
<td>Bread and toast</td>
<td>Nitrogen deficiency</td>
<td>Foods containing proteins, i.e.. Green leafy veges, nuts, seeds, legumes, grains</td>
</tr>
<tr>
<td>Red meat</td>
<td>Iron deficiency</td>
<td>Beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption</td>
</tr>
<tr>
<td>Popcorn</td>
<td>Stress hormone fluctuations</td>
<td>Meditation, breathing exercises, exercise, leafy greens, vitamin B and C</td>
</tr>
<tr>
<td>Crisps</td>
<td>Chloride deficiency</td>
<td>Celery, olives, tomato, kelp, Himalayan sea salt</td>
</tr>
<tr>
<td></td>
<td>Essential Fatty Acids deficiency</td>
<td>Omega 3's (EPA and DHA)- Flax oil, ground flaxseeds, chia seeds, walnuts</td>
</tr>
<tr>
<td>Craving</td>
<td>Reality</td>
<td>Eat This</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>----------------------------------------------</td>
<td>---------------------------------------------------</td>
</tr>
<tr>
<td>Chocolate</td>
<td>Magnesium</td>
<td>Raw nuts and seeds, legumes, fruits</td>
</tr>
<tr>
<td>Sweets</td>
<td>Chromium</td>
<td>Broccoli, grapes, cheese, dried beans, calves liver, chicken</td>
</tr>
<tr>
<td></td>
<td>Carbon</td>
<td>Fresh fruits</td>
</tr>
<tr>
<td></td>
<td>Phosphorus</td>
<td>Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains</td>
</tr>
<tr>
<td></td>
<td>Sulfur</td>
<td>Cranberries, horseradish, cruciferous vegetables, kale, cabbage</td>
</tr>
<tr>
<td></td>
<td>Tryptophan</td>
<td>Cheese, liver, lamb, raisins, sweet potato, spinach</td>
</tr>
<tr>
<td>Bread, toast</td>
<td>Nitrogen</td>
<td>High protein foods: fish, meat, nuts, beans</td>
</tr>
<tr>
<td>Oily snacks, fatty foods</td>
<td>Calcium</td>
<td>Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame</td>
</tr>
<tr>
<td>Coffee or tea</td>
<td>Phosphorous</td>
<td>Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes</td>
</tr>
<tr>
<td></td>
<td>Sulfur</td>
<td>Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables</td>
</tr>
<tr>
<td></td>
<td>NaCl (salt)</td>
<td>Sea salt, apple cider vinegar (on salad)</td>
</tr>
<tr>
<td></td>
<td>Iron</td>
<td>Meat, fish and poultry, seaweed, greens, black cherries</td>
</tr>
<tr>
<td>Alcohol, recreational drugs</td>
<td>Protein</td>
<td>Meat, poultry, seafood, dairy, nuts</td>
</tr>
<tr>
<td></td>
<td>Avenin</td>
<td>Granola, oatmeal</td>
</tr>
<tr>
<td></td>
<td>Calcium</td>
<td>Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame</td>
</tr>
<tr>
<td></td>
<td>Glutamine</td>
<td>Supplement glutamine powder for withdrawal, raw cabbage juice</td>
</tr>
<tr>
<td></td>
<td>Potassium</td>
<td>Sun-dried black olives, potato peel broth, seaweed, bitter greens</td>
</tr>
<tr>
<td>Chewing ice</td>
<td>Iron</td>
<td>Meat, fish, poultry, seaweed, greens, black cherries</td>
</tr>
<tr>
<td>Burned food</td>
<td>Carbon</td>
<td>Fresh fruits</td>
</tr>
<tr>
<td>Sodas and other carbonated drinks</td>
<td>Calcium</td>
<td>Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame</td>
</tr>
<tr>
<td>Salty foods</td>
<td>Chloride</td>
<td>Raw goat milk, fish, unrefined sea salt</td>
</tr>
<tr>
<td>Acid foods</td>
<td>Magnesium</td>
<td>Raw nuts and seeds, legumes, fruits</td>
</tr>
<tr>
<td>Preference for liquids rather than solids</td>
<td>Water</td>
<td>Flavor water with lemon or lime. You need 8 to 10 glasses per day.</td>
</tr>
<tr>
<td>Preference for solids rather than liquids</td>
<td>Water</td>
<td>You have been so dehydrated for so long that you have lost your thirst. Flavor water with lemon or lime. You need 8 to 10 glasses per day.</td>
</tr>
<tr>
<td>Cool drinks</td>
<td>Manganese</td>
<td>Walnuts, almonds, pecans, pineapple, blueberries</td>
</tr>
<tr>
<td>Pre-menstrual cravings</td>
<td>Zinc</td>
<td>Red meats (especially organ meats), seafood, leafy vegetables, root vegetables</td>
</tr>
<tr>
<td>General overeating</td>
<td>Silicon</td>
<td>Nuts, seeds; avoid refined starches</td>
</tr>
<tr>
<td></td>
<td>Tryptophan</td>
<td>Cheese, liver, lamb, raisins, sweet potato, spinach</td>
</tr>
<tr>
<td>Lack of appetite</td>
<td>Tyrosine</td>
<td>Vitamin C supplements or orange, green, red fruits and vegetables</td>
</tr>
<tr>
<td></td>
<td>Vitamin B1</td>
<td>Nuts, seeds, beans, liver and other organ meats</td>
</tr>
<tr>
<td></td>
<td>Vitamin B3</td>
<td>Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes</td>
</tr>
<tr>
<td></td>
<td>Manganese</td>
<td>Walnuts, almonds, pecans, pineapple, blueberries</td>
</tr>
<tr>
<td></td>
<td>Chloride</td>
<td>Raw goat milk, unrefined sea salt</td>
</tr>
<tr>
<td>Tobacco</td>
<td>Silicon</td>
<td>Nuts, seeds; avoid refined starches</td>
</tr>
<tr>
<td></td>
<td>Tyrosine</td>
<td>Vitamin C supplements or orange, green and red fruits and vegetables</td>
</tr>
<tr>
<td>If you crave this...</td>
<td>What you really need is...</td>
<td>And here are healthy foods that have it:</td>
</tr>
<tr>
<td>----------------------</td>
<td>--------------------------</td>
<td>----------------------------------------</td>
</tr>
<tr>
<td>Chocolate</td>
<td>Magnesium</td>
<td>Raw nuts and seeds, legumes, fruits</td>
</tr>
<tr>
<td>Sweets</td>
<td>Chromium</td>
<td>Broccoli, grapes, cheese, dried beans, calves liver, chicken</td>
</tr>
<tr>
<td></td>
<td>Carbon</td>
<td>Fresh fruits</td>
</tr>
<tr>
<td></td>
<td>Phosphorus</td>
<td>Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains</td>
</tr>
<tr>
<td></td>
<td>Sulfur</td>
<td>Cranberries, horseradish, cruciferous vegetables, kale, cabbage</td>
</tr>
<tr>
<td></td>
<td>Tryptophan</td>
<td>Cheese, liver, lamb, raisins, sweet potato, spinach</td>
</tr>
<tr>
<td>Bread, toast</td>
<td>Nitrogen</td>
<td>High protein foods: fish, meat, nuts, beans</td>
</tr>
<tr>
<td>Oily snacks, fatty foods</td>
<td>Calcium</td>
<td>Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame</td>
</tr>
<tr>
<td>Coffee or tea</td>
<td>Phosphorus</td>
<td>Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes</td>
</tr>
<tr>
<td></td>
<td>Sulfur</td>
<td>Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables</td>
</tr>
<tr>
<td></td>
<td>NaCl (salt)</td>
<td>Sea salt, apple cider vinegar (on salad)</td>
</tr>
<tr>
<td></td>
<td>Iron</td>
<td>Meat, fish and poultry, seaweed, greens, black cherries</td>
</tr>
<tr>
<td>Alcohol, recreational drugs</td>
<td>Protein</td>
<td>Meat, poultry, seafood, dairy, nuts</td>
</tr>
<tr>
<td></td>
<td>Avenin</td>
<td>Granola, oatmeal</td>
</tr>
<tr>
<td></td>
<td>Calcium</td>
<td>Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame</td>
</tr>
<tr>
<td></td>
<td>Glutamine</td>
<td>Supplement glutamine powder for withdrawal, raw cabbage juice</td>
</tr>
<tr>
<td></td>
<td>Potassium</td>
<td>Sun-dried black olives, potato peel broth, seaweed, bitter greens</td>
</tr>
<tr>
<td>Chewing ice</td>
<td>Iron</td>
<td>Meat, fish, poultry, seaweed, greens, black cherries</td>
</tr>
<tr>
<td>Burned food</td>
<td>Carbon</td>
<td>Fresh fruits</td>
</tr>
<tr>
<td>Soda and other carbonated drinks</td>
<td>Calcium</td>
<td>Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame</td>
</tr>
<tr>
<td>Salty foods</td>
<td>Chloride</td>
<td>Raw goat milk, fish, unrefined sea salt</td>
</tr>
<tr>
<td>Acid foods</td>
<td>Magnesium</td>
<td>Raw nuts and seeds, legumes, fruits</td>
</tr>
<tr>
<td>Preference for liquids rather than solids</td>
<td>Water</td>
<td>Flavor water with lemon or lime. You need 8 to 10 glasses per day.</td>
</tr>
<tr>
<td>Preference for solids rather than liquids</td>
<td>Water</td>
<td>You have been so dehydrated for so long that you have lost your thirst. Flavor water with lemon or lime. You need 8 to 10 glasses per day.</td>
</tr>
<tr>
<td>Cool drinks</td>
<td>Manganese</td>
<td>Walnuts, almonds, pecans, pineapple, blueberries</td>
</tr>
<tr>
<td>Pre-menstrual cravings</td>
<td>Zinc</td>
<td>Red meats (especially organ meats), seafood, leafy vegetables, root vegetables</td>
</tr>
<tr>
<td>General overeating</td>
<td>Silicon</td>
<td>Nuts, seeds; avoid refined starches</td>
</tr>
<tr>
<td></td>
<td>Tryptophan</td>
<td>Cheese, liver, lamb, raisins, sweet potato, spinach</td>
</tr>
<tr>
<td></td>
<td>Tyrosine</td>
<td>Vitamin C supplements or orange, green, red fruits and vegetables</td>
</tr>
</tbody>
</table>

IMUNE
International Medical University for Natural Education
Evidence Based Natural Energetic Medicine Education
crave salt? 
drink more water. 
craving salty food is a sign of dehydration.

![FOOD CRAVINGS](http://stepintomygreenworld.com/images/food cravings.png)

<table>
<thead>
<tr>
<th>YOUR CRAVING</th>
<th>WHAT YOU NEED</th>
<th>WHAT TO EAT INSTEAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHOCOLATE</td>
<td>MAGNESIUM</td>
<td>Nuts, seeds, veggies &amp; fruits</td>
</tr>
<tr>
<td>SUGARY FOODS</td>
<td>CHROMIUM</td>
<td>Broccoli, grapes, cheese, chicken</td>
</tr>
<tr>
<td></td>
<td>CARBON</td>
<td>Fresh fruits</td>
</tr>
<tr>
<td></td>
<td>PHOSPHORUS</td>
<td>Chicken, beef, fatty fish, eggs, diary, nuts, veggies, grains</td>
</tr>
<tr>
<td></td>
<td>SULPHUR</td>
<td>Cranberries, horseradish, cabbage, cauliflower</td>
</tr>
<tr>
<td></td>
<td>TRYPTOPHAN</td>
<td>Cheese, raisins, sweet potatoes, spinach</td>
</tr>
<tr>
<td>BREAD, PASTA &amp; OTHER CARBS</td>
<td>NITROGEN</td>
<td>High protein foods: meat, fatty fish, nuts, beans, chia seeds</td>
</tr>
<tr>
<td>OILY FOODS</td>
<td>CALCIUM</td>
<td>Organic milk, cheese, green leafy vegetables</td>
</tr>
<tr>
<td>SALTY FOODS</td>
<td>CHLORIDE</td>
<td>Fatty fish, goat milk</td>
</tr>
<tr>
<td></td>
<td>SILICON</td>
<td>Cashews, nuts, seeds</td>
</tr>
</tbody>
</table>

Source: Coaching & Weight Management
For better understanding of the oriental signs and symptoms go to our book
The tongue coat is a good indicator of the state of the Stomach and Spleen. It also shows the strength, depth and temperature of pathogenic factors.

A normal tongue coat is thinnest at the edges, thicker in the center and thickest at the root. It is thin and white, slightly moist and has a root.

Learning Examples

- Body colour: Reddish-Purple.
- Body shape: Swollen and cracked.
- Coating: peeled.

A Reddish-Purple tongue body colour usually indicates Blood stasis deriving from or associated with Heat (whereas a Bluish-Purple colour generally indicates Blood stasis deriving from Cold). In this case, the tongue colour is consistent over the whole tongue so...
Emotional Food Cravings

Some cravings are brought on by unmet emotional needs. For example, a craving for chocolate could indicate a need for stimulation or feeling deprived of bonding, love and romance. Cravings for baked goods may mean that you are tense and need to relax.

There are four main emotions that lead to food cravings. As soon as you recognize and face the emotions that trigger your cravings, you will start to understand the meaning of food cravings and begin the task of keeping them under control.

- **Fear** is the first emotion involved in food cravings. Because we are often afraid to look at ourselves and identify issues that trigger our cravings, fear is a big obstacle to overcome. Often it is easier for others to recognize your issues than it is for you to reflect on certain issues yourself.

- **Anger** is another emotion that can trigger food cravings. Experts say that anger results in cravings for crunchy foods. If you feel angry, whether it is at yourself or others or even about a situation, take positive steps to resolve your anger. It may seem easier to eat a chocolate crunch bar than it is to confront someone who has made you angry, but resolution will produce better results in the long run. You will feel better and your waistline won't suffer for it.

- **Shame** is another key emotion to consider when striving to understand the meaning of food cravings. You may feel shame because you are overweight, so you reach for the chocolate pudding to soothe your insecurities. This, of course, makes the problem worse because then you feel guilty for eating the chocolate pudding! Learn to forgive yourself and you will see that others do not see you as critically as you see yourself.

- **Stress** may be one of the biggest triggers of food cravings. This is because of the emotional, as well as the physical, issues surrounding stress. Learning how to effectively reduce stress will help considerably to control cravings. Exercise is a terrific way to relieve stress and, as a bonus, is also a great way to control your weight. You may feel like you don't have time to exercise, but even a short **walk** will not only help you to relax, but will also energize you to finish the task at hand. You will find that you can accomplish more if you make time for exercise.
<table>
<thead>
<tr>
<th>If You Prefer...</th>
<th>You May Be...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chewy or hard foods, like beef jerky or nuts</td>
<td>Angry</td>
</tr>
<tr>
<td>Soft and sweet foods, like ice cream</td>
<td>Anxious</td>
</tr>
<tr>
<td>Sugary Foods</td>
<td>Depressed</td>
</tr>
<tr>
<td>Starchy foods, like pasta and bread</td>
<td>Lonely, Sexually Frustrated</td>
</tr>
<tr>
<td>Salty foods, like chips</td>
<td>Stressed</td>
</tr>
<tr>
<td>All other foods</td>
<td>Jealous</td>
</tr>
</tbody>
</table>

If you crave meat, you must be angry

“Researchers have found out that our moods can dictate what we eat,” says JR, a medical doctor and recovering food addict. According to research, here is a list of food cravings and the moods they address:

<table>
<thead>
<tr>
<th>If you reach or crave for</th>
<th>You may be feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, hard and crunchy foods</td>
<td>angry</td>
</tr>
<tr>
<td>Sugars</td>
<td>depressed</td>
</tr>
<tr>
<td>Soft, sweet foods like ice cream</td>
<td>anxious</td>
</tr>
<tr>
<td>Salty foods</td>
<td>stressed</td>
</tr>
<tr>
<td>Bulky, filling foods (crackers, pasta)</td>
<td>lonely, sexually frustrated</td>
</tr>
<tr>
<td>Anything and everything</td>
<td>jealous</td>
</tr>
</tbody>
</table>
Fight food cravings by eating more vegetables

MotiveWeight.Blogspot.com
Stress Causes Food Cravings

Physical causes of food craving usually involve deficiencies in vital nutrients or an imbalance of certain chemicals in your body. So your chocolate ice cream craving may indicate an emotional need—you feel depressed—or a physical need—you have a need for chromium in your body. Once again, stress may be the culprit. The meaning of food cravings for you may be that you are under stress which produces a chemical called cortisol from your adrenal glands. Cortisol stimulates the production of insulin in your body. Insulin causes your blood sugar to fall and low blood sugar leads to a decrease in the brain chemical called serotonin. Low levels of serotonin trigger cravings for carbohydrates. The cycle never seems to end.

Resolving all of the stress in your life is impossible; but you can reduce a great deal of stress by learning different methods of stress management. Exercise is one way, along with meditation, getting enough rest and even just learning to say "No" when people ask for more than you are able to give.

Physical Meaning of Food Cravings

Here is the meaning of food cravings that are linked to nutritional deficiencies:

- **Carbohydrates**—This kind of craving could indicate low levels of serotonin in your brain. Serotonin is processed by the amino acid **Tryptophan**. Increase Tryptophan by eating complex carbohydrates like whole grains and legumes.

- **Sugar**—Sugar cravings are also caused by a lack of Tryptophan as well as chromium, phosphorus and carbon. This deficiency can be corrected by eating **fresh fruits**, **vegetables** like broccoli and cabbage, **cheese** and **lean proteins**.

Sugar cravings are also related to the release of dopamine, which is produced when you eat sugar. While this chemical produces a “feel good” response in your brain, it also is what causes you to become addicted to sugar. Sugar addiction can contribute to blood sugar imbalances which causes more cravings.

- **Salt**—If you crave salt, this could indicate that you have adrenal exhaustion. This is usually a problem in people who lead fast-paced, high-stress lives. Consuming high quantities of salt contributes to hypertension and is also linked to diabetes.

Gradually work on replacing salt with herbs and other, healthful flavorings. Also, include in your diet foods that are high in Vitamin C and potassium like citrus fruits, peppers, broccoli and **wheat**. These foods will help kill cravings for salt.
Possible meaning behind food cravings...

*Craving sweet foods may mean you need more sweetness in your life or that you do not feel sweet enough.

*Craving smooth or creamy foods could mean that you are feeling like life is very rough and turbulent or there is an area in your life that you wish was easier.

*Craving crunchy, salty foods may mean that you are angry or frustrated at something or someone. Kind of like the “stew and chew”...

*Craving warm foods could mean you are longing for some emotional warmth from someone.

*Craving spicy foods may mean you want more excitement in your life.
NAIL BITING

POSSIBLE CAUSE: lack of calcium and other minerals

Millions of us do it and are seemingly unable to give up the habit. It's surprising that we bite our nails at all considering they harbour so many bacteria and that bitten nails look so unpleasant. But there might be a good reason for it. The mineral content of hair and nails is similar to that of bone, comprising sodium, calcium, potassium, magnesium, iron, copper and zinc. These elements are often deficient in our food, so nail material is a good source. It is thought that your body realises that nail-biting, known as onychophagia, is a convenient way to replenish those missing minerals. When you bite your nails, a reward cycle is generated in the brain and that is why your nail biting becomes a habit. Research also suggests that the alkali metals (calcium, potassium, sodium) in nails also help remove excess acids produced by your body at times of stress, hence nail biting is often associated with stressful situations. Taking a good mineral supplement might help you break the habit.

CHICKEN SKIN ON YOUR UPPER ARMS

POSSIBLE CAUSE: lack of essential fatty acids

The tiny raised rough bumps on your skin are known keratosis pilaris (KP, or literally 'heaps of keratin', a protein found in skin, hair and nails). Although they tend to appear on the arms, they can emerge anywhere on the body. The lumps are surprisingly hard to remove with creams or exfoliation because they are partly due to genetic factors and diet. KP develops when there is an excess build-up of keratin within skin follicles. This occurs because of a lack of sebum, the natural protective oil which lubricates the skin. Without enough sebum, the natural process of skin shedding is disrupted and the keratin builds up, particularly in areas such as the upper arms, legs and buttocks where lubrication is naturally lower anyway. Essential fatty acids (EFAs) are vital in the production of sebum. A low level of EFAs is associated with many skin disorders such as eczema and dermatitis; inadequate sebum levels allow the skin to dry out and become damaged.
The best way to optimise your sebum production is to eat more essential fatty acids, which are found in oily fish and fish oil, olive oil, eggs, walnuts, flax-seed oil and hemp seed oil.

**YELLOW SKIN**

**POSSIBLE CAUSE: an underactive thyroid**
A slightly yellow skin tone all over the body is something we tend to associate with jaundice and liver disease, but a more common and less threatening condition linked to it is an underactive thyroid gland (or hypothyroidism).
Other symptoms include feeling cold, tiredness, dry skin, poor hair quality and brittle nails.
An underactive thyroid can occur as the result of an autoimmune disease - basically your immune system turns on the gland. As a result, the thyroid is not able to produce enough of the hormone thyroxine.
One of the things that thyroxine does is to convert the antioxidant carotene (found in carrots) into retinol. So if there is not enough thyroxine you get too much carotene, which gives the skin a yellow tone.

**NOSE BLEEDS OR BLEEDING GUMS**

**POSSIBLE CAUSE: a lack of vitamin K or vitamin C**
Unexplained nose bleeds that take a long time to stop, regular bleeding from gums after teeth cleaning and slight skin injuries that bleed too much and for too long are all symptoms that your blood is not clotting efficiently.
This could be due to lack of a blood clotting protein called prothrombin. It's more common in picky eaters, old people and those who have suffered malnutrition, because their diet lacks vital elements.
Vitamin K plays an important part in blood clotting, and without it even the smallest cut would cause continuous bleeding. It's given as an injection to infants at birth and is present in green vegetables such as spinach, broccoli and Brussels sprouts.
Bleeding gums can also be a sign of gum disease, which is linked to vitamin C deficiency.

Excessive sweat could mean you have diabetes
EXCESSIVE SWEATING

POSSIBLE CAUSES: diabetes and/or lack of chromium
Excessive sweating can be spontaneous and embarrassing. For women over 40 the most likely cause is the onset of the menopause, while obese people often sweat profusely as their body has to work harder.
However, sweating can also be caused by a more sinister underlying problem.
Type-1 diabetics (those who develop the condition in childhood) are often hotter than most people around them because diabetes disrupts the function of the sweat glands as a result of reduced circulation of blood.
People with Type-2 diabetes can develop ‘hypersweating’ in areas such as under the arms as a result of hot flushes due to changes in their insulin levels.
Several studies have suggested chromium can stabilise blood sugar and lower insulin levels.
But it is often removed from foods during processing, so if you sweat excessively, a chromium supplement is worth a try.

RUBBING YOUR EYES

POSSIBLE CAUSE: stress
Small children rub their eyes when they're tired, but adults often rub their eyes, too, or pinch the top of their nose when they are wide awake.
When you rub your eyes, you apply pressure around the rectus muscles that move the eyeball.
This stimulates the so-called ocular cardio reflex by causing a response in the vagus nerve - a main nerve in the body which controls how the heart works - in turn, lowering heart rate.
For most people this feels good, and may be why stressed people gain benefit from rubbing their eyes and face with their fingers and hands. If this describes you, take a look at what could be stressing you out.

HAND TREMORS

POSSIBLE CAUSES: a lack of magnesiuim and vitamin B1
Five per cent of people over 40 may have ‘essential’ - i.e. unexplained - tremor which is not caused by any neurological condition. It can affect the hands, neck, face and feet. You may also be irritable, sensitive to noise and apprehensive, as well as suffer from insomnia, an irregular pulse and muscle weakness.
Your problem could be a lack of vitamin B1 and magnesium, which are both essential for nerve control.
In 1963, the American Journal of Clinical Nutrition reported that magnesium depletion in patients with alcoholic disorders contributed significantly to tremor and twitching, while an Indian study found babies who suffered from tremors were also deficient.
Vitamin B1 and magnesium are soluble and are easily flushed out of the body, so need to be replenished constantly.
A CREASE ON THE TIP OF YOUR NOSE

POSSIBLE CAUSE: an allergy
If an infant or small child suffers from nose congestion they often breathe through their mouth, sniff frequently and rub their nose because they haven't yet learnt how to blow it. This is often dismissed as childhood snuffles. But another body signal may be rather more obvious: if the child habitually pushes up their nose with the palm of the hand until a crease develops at the tip they could have an allergy.
The nose is a first line of defence against airborne irritants, so inflammation of the nose is a sign that allergens have been inhaled.
The habitual nose rubbing that accompanies childhood allergies is sometimes known as the 'allergic salute'. Unless the allergy is eradicated, the crease on the nose may remain for life.

Rubbing your eyes can be a symptomatic of stress

STRETCH MARKS

POSSIBLE CAUSE: a lack of zinc
Stretch marks are most common during pregnancy, but can also occur at other times of rapid body size change, such as the teenage years. They can fade, but usually never vanish completely.
Zinc helps produce collagen, which is what makes skin elastic, so a deficiency can lead to stretch marks being more pronounced.
Zinc deficiency also affects healing, fertility and many other health factors, so stretch marks are a classic early warning sign. To avoid problems, you should include plenty of the zinc-rich foods in your diet such as shellfish (especially oysters), wheatgerm, nuts, cheese, eggs and meat. But zinc is quite hard to absorb from food: much of it will go into the cooking water, so that liquid should be consumed as well - as a soup or in a gravy.

**COLOURED SWEAT**

**POSSIBLE CAUSE:** bacterial infection of the skin
Yellow, green, blue or even black sweat is, despite its alarming look, nothing to worry about. It's a sign of apocrine chromhidrosis, where pigment-forming bacteria have collected in the sweat glands in the armpits, genitals and breasts. The colours are the result of the bacteria's exposure to air.

**BURNING FEET**

**POSSIBLE CAUSE:** a lack of vitamin B5
Burning-feet syndrome is the name given to the condition which causes them to suddenly feel hot, swollen and redden, most commonly at night. The cause is a lack of vitamin B5.
Known as the 'anti-stress vitamin', it's also involved in the production of the brain chemicals which control your nervous system and it releases energy from fat stores. A deficiency appears to upset the production of energy from the fatty deposits in the extremities - causing burning feet and sometimes lower legs, especially when resting in the evening or at night when blood circulation reduces.

**EXCESS EAR WAX**

**POSSIBLE CAUSE:** A lack of essential fatty acids and a susceptibility to virus
Ear wax cleans, lubricates and protects the ear canal by trapping dirt and excess water, and it generally flakes and falls out by itself. But an excess can build up into a hard plug inside the canal and cause dulled hearing and itchiness.
Excess ear wax is a classic symptom of deficiency in EFAs. These control compounds called prostaglandins. If there's an excess of prostaglandins in the ear, the body thinks there is an infection and goes about trying to get rid of it - by producing more wax.

- The **Body Language of Health** is available from book shops or direct on [www.mybodylanguage.co.uk](http://www.mybodylanguage.co.uk) for £11.95. Sales help support The Prince’s Trust, Water Aid and Watershed.
The quirky urge. A funny tingle. That little voice in your head. These are your gut feelings talking. But what are they telling you, and should you listen? Here's how to make the most of your own innate wisdom.

Most of us have experienced the sense of knowing things before we know them, even if we can’t explain how. You hesitate at a green light and miss getting hit by a speeding truck. You decide on a whim to break your no-blind-dates policy and wind up meeting your life partner. You have a hunch that you should invest in a little online startup and it becomes Google.

If only you could tap into those insights more often, right? Turns out you can, especially if you learn to identify which signals to focus on — whether they’re sweaty palms, a funny feeling in your stomach, or a sudden and inexplicable certainty that something is up.

According to many researchers, intuition is far more material than it seems. Hope College social psychologist David Myers, PhD, explains that the intuitive right brain is almost always “reading” your surroundings, even when your conscious left brain is otherwise engaged. The body can register this information while the conscious mind remains blissfully unaware of what’s going on.

Another theory suggests you can “feel” approaching events specifically because of your dopamine neurons. “The jitters of dopamine help keep track of reality, alerting us to those subtle patterns that we can’t consciously detect,” Jonah Lehrer, author of How We Decide (Houghton Mifflin, 2009) notes.

So how do you choose which gut feelings to trust? Judith Orloff, PhD, a Los Angeles–based intuitive psychiatrist and author of Second Sight (Three Rivers Press, 2010), suggests that it’s a matter of “combining the linear mind and intuition,” and striking the right balance between gut instinct and rational thinking. Once you’ve noticed an intuitive hit, she says, you can engage your rational mind to weigh your choices and decide how best to act on them.
To that end, here are five gut feelings that Orloff and other experts recommend you pay attention to —
and some reasons why you’ll be glad you did.

1. “Something feels wrong in my body.”

Listening to your body’s subtle signals is a critical part of exercising your intuitive sense, says Orloff, who
also trains UCLA medical students and psychiatric residents to use intuition when treating patients.

“Your body is a powerful intuitive communicator,” she explains in Second Sight. “Intuition allows you to
get the first warning signs when anything is off in your body so that you can address it. If you have a gut
feeling about your body — that something is toxic, weak or ‘off’ — listen to it. Go and get it worked up.”
She’s seen too many people ignore their sense that something isn’t right with their bodies, and
subsequently find that small problems have become big ones.

Physical symptoms can also have symbolic value. “If you’re around somebody and your energy goes
down, that’s an intuition not to ignore,” Orloff says. Sudden sleepiness can mean that you’re in the
presence of an energy-draining person or circumstance; it can be your body’s way of communicating that
these conditions are taking more energy than they give. If you stay in a situation that makes you feel
instantly depleted (like taking a job after you left the interview feeling exhausted), it can easily lead to a
situation where you become depressed, anxious and — not surprisingly — stuck.

Ronald A. Alexander, PhD, a psychologist, mindfulness expert, leadership consultant, and director of the
Open Mind Training Institute in Santa Monica, Calif., also recommends paying close attention to any
sudden physical sensations you experience during the course of an interaction. He tells a story of
traveling in India where he decided not to get in a cab because of a “burning sensation” in his gut, and he
later saw the driver being arrested in the train station for suspected robbery. He says he typically feels
intuitions in his chest or his stomach; the latter is relatively common given that the intestines house the
enteric nervous system, sometimes called the “second brain.”

“That second brain really is the intuitive brain,” Alexander explains, and he recommends that when it
speaks, you listen.

Related: 9 Physical Symptoms You Shouldn’t Ignore

2. “I’m in danger.”

The feeling you get about a person in the first 10 seconds expresses an “ancient biological wisdom,” says
speedily detect whether a stranger was friend or foe were more likely to survive, he says, and they would
create descendants who were able to read emotional signals in another person’s face almost instantly.

Of course, the human capacity to judge can go badly awry, as it did in the 1999 fatal police shooting of
Amadou Diallo in New York City. Police fired when they thought the young Guinean man was reaching for
a weapon, but he was actually unarmed and digging in his pocket for his identification.
Because social conditioning helps to create unconscious beliefs, and these beliefs can produce first impressions and snap decisions that are utterly flawed, Orloff suggests that it’s important to check your gut feelings against your rational mind whenever possible. And there are simple ways you can attend to what feels like a warning signal in the short term, she says.

“If you don’t trust somebody, even if it turns out to be inaccurate, it is something to pay attention to,” she explains. “If you’re walking down the street at night and you get the feeling ‘stay away from that person,’ just cross the street.”

Related: [Use Your Intuition in a Crisis](#)

3. “I want to help.”

While you might think of our gut instincts as something we’ve maintained mostly to avoid danger, the human species has evolved an equally powerful capacity to sense when our fellow beings need support. “Sympathy is one of humanity’s most basic instincts, which is why evolution lavished so much attention on the parts of the brain that help us think about what other people are feeling,” notes Lehrer.

Since evolution has made you a quick read of other faces and their emotional signals, you don’t always need to wait for a verbalized cue before you reach out. The sympathy instinct nudges you to change the subject when wedding talk makes a newly divorced colleague cringe, or to start up a conversation with a nervous seatmate during an airplane landing — subtle gestures that can make a big difference in someone’s day. The capacity to empathetically identify with other faces can even be what compels you to donate money after a natural disaster. Studies of humanitarian relief efforts show that people are markedly more compelled to give after seeing a photo of an individual in need than after reading statistics about damage.

Finally, this ability to “read” other faces isn’t just good for those you help. One recent brain-imaging study suggests that generosity makes the pleasure centers in the brain light up like the Las Vegas Strip. When participants were given $128 of hard cash along with the choice to keep it or donate it to charity, the reward centers of those who chose to donate went wild.

Multiple studies have also demonstrated a phenomenon known as the “helper’s high,” which causes individuals aiding others to experience improvements in mood, immunity and overall well-being. That’s why following your instincts for sympathy and generosity generally turns out to be a good investment in your own health and happiness, too.

Related: [Practicing Generosity](#)

4. “I know how to do this.”

Basketball announcers can be merciless when otherwise talented players choke at the free-throw line, but most of us can identify with the player’s sense of panic. You might have a well-developed yoga practice with one pose that still stumps you. Or maybe you’re a stellar driver who forgets how to parallel park whenever your intimidating sister-in-law is in the car. Or you’re a great cook who botches your favorite
dish each time you make it for guests. In situations like these, the can-do instinct you’ve developed through years of experience is being drowned out by an onslaught of overthinking.

“Choking [among athletes] is a vivid example of the havoc that can be caused by too much thought,” Lehrer points out. “Such deliberate thought processes interfere with the trained movements of their muscles.”

He cites a study at the University of Chicago showing that, while novice golfers did better when they thought carefully about their putts, the performance of more experienced golfers got much worse when they reflected on what they were doing.

Rational thought served the beginners, it turned out, because they were still developing muscle memory and technique. But for those players who had already integrated all that information, instinct naturally took over — and did a far better job. Overriding instincts and neural patterning in favor of logical thought absolutely destroyed their performance.

“Once you’ve developed expertise in a particular area — once you’ve made the requisite mistakes — it’s important to trust your emotions when making decisions in that domain,” Lehrer insists. If you know you can do it, trust your gut — not your head.

Next time you’re tempted to think too much about something you know how to do, try a little therapeutic distraction. Say the alphabet backward when your yoga teacher orders you into the dreaded handstand, or sing a favorite song to yourself at the free-throw line. Briefly engaging your conscious mind with something other than the task at hand can leave your instincts free to do their job — and free you to enjoy the satisfaction all that practice has made possible.

5. “This is it!”

When your intuition signals that you’ve found something or someone truly right for you, the choice often becomes strangely easy. “It feels healthy; it feels good; it doesn’t feel like you’re forcing it, there’s not a lot of conflict,” says Orloff.

Lehrer agrees that when you’re poised to make a big decision with lasting repercussions, like choosing your life partner, you’re best off deciding from the gut. Based on the bulk of his research into the cognitive mechanisms of decision-making, he actually recommends that you “think less about those choices that you care a lot about.”

According to Lehrer, the rational mind is really suited only to limited concrete choices, like deciding between two brands of car insurance. In situations where there are just a couple of relevant factors involved, the prefrontal cortex can weigh the comparative rewards of each and yield an excellent result. But there are so many factors involved in a complex decision like, say, buying a house, that the limited space in the prefrontal cortex gets overwhelmed. In that state, it becomes the wrong part of the brain for the job.
Several studies support the wisdom of emotional decision-making in the realm of big choices. In one study, Dutch researchers shadowed shoppers at IKEA, observing their shopping behaviors. Later interviews indicated that those who spent less time making their choices ended up more satisfied overall. Choosing a couch and choosing a spouse are decidedly different acts, to be sure, but both tend to provoke the kind of agonized overthinking that leads to poor choices. Using your intuitive brain in these situations, on the other hand, will almost always point you toward a lasting fulfillment.

Of all the reasons to use your gut instincts to make big decisions, this may be the best: It leads to the choices that are most fully satisfying — decisions that can improve the quality of your life.

“It allows you to find relationships that resonate for you, instead of what looks good on paper,” Orloff says. “It allows you to connect with people on a heart level, it allows you to deeply experience life instead of just letting it wash over you, and it allows you to be really smart about how you make your decisions.”
The acorn becomes an oak by means of automatic growth; no commitment is necessary. The kitten similarly becomes a cat on the basis of instinct. Nature and being are identical in creatures like them. But a man or woman becomes fully human only by his or her choices and his or her commitment to them. People attain worth and dignity by the multitude of decisions they make from day by day. These decisions require courage.

(Rollo May)

Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

William James

Our civilization is still in the middle stage; scarcely beast, in that it is no longer wholly guided by instinct; scarcely human, it that it is not yet wholly guided by reason.

(Theodore Dreiser)
The body is a magnificent machine. When things go awry, it generally doesn’t just shut down without warning, like an incandescent light bulb popping its filament. Instead it sends us little signals (think of them as gentle biological taps on the shoulder) letting us know that something is amiss.

“Physical signs and symptoms are ways your body tries to alert you to deeper imbalances,” says Elson M. Haas, MD, a San Rafael, Calif., physician with a natural-medicine approach and author of Staying Healthy with Nutrition (Celestial Arts, 2006). “Taking the time to decipher the body’s codes is always better than simply popping a pill and hoping the symptoms just go away. Ideally, we want to get to the causes of problems, not just suppress the end result of ill health.” But interpreting the body’s quirky Morse code requires a deep level of body awareness that, like any skill, takes time and practice to perfect. To that end, we recruited a handful of the country’s leading integrative health practitioners to help identify nine of the most common conditions underlying frequent, and sometimes mysterious, symptoms. Read on to clue into your body’s messages.

You’re drinking too much diet soda…

One likely signal: Headaches
**Background:** Artificial sweeteners, particularly aspartame (found in Nutrasweet and Equal), can trigger headaches, even migraines. At highest risk are people with a genetic disorder called phenylketonuria (or PKU for short); they lack the enzyme needed to metabolize a substance (phenylalanine) that is created when the body breaks down *aspartame*. But even those without the genetic disorder may find that drinking diet soda results in brain fog or headache. Why? Animal studies have shown aspartame to be a potent neurotoxin, at least in young rats. I’m concerned about whether aspartame might cause nerve damage in humans, as well — or at least disrupt the nerve signaling that enables the brain to register satiety,” says Sharon Fowler, MPH, a faculty associate at the University of Texas Health Science Center at San Antonio who studies the health effects of artificial sweetener use. One of the prime suspects is the methanol in aspartame, which is broken down into formaldehyde, a known carcinogen. People who are sensitive to formaldehyde may experience headaches after ingesting aspartame.

**Other signals:** Intense cravings for sweet or salty foods, inability to focus, irritability

**How to respond:** When the urge for diet soda strikes, Kathie Swift, MS, RD, LDN, chief nutrition adviser for the online-based sites MyFoodMyHealth and My Foundation Diet, suggests drinking sparkling water flavored with a splash of 100 percent fruit juice and a squeeze of lime.

For more info, see our article [Poor Substitutes (Dec. 2007)](http://example.com).

You’ve got candida overgrowth…

**One likely signal:** Itchy ears, throat or mucus membranes

**Background:** The average American downs nearly 150 pounds of sugar and high-fructose corn syrup a year, according to the United States Department of Agriculture. And if you’re eating anywhere near that much sugar, you may have more than just a sweet tooth — your body may be hosting an unhealthy overgrowth of *Candida albicans*. A small amount of this common, yeast like fungus living in the gut is OK when its numbers are kept in check by healthy flora. But when an intestinal imbalance allows it to run amok, it acts like kudzu, colonizing everything in its path. Among its favorite environs are the body’s warm, dark nooks and crannies, such as between the toes, under the breasts and, yes, in the ears. As it infiltrates, it irritates and inflames the skin, leading to the telltale signs of itching and redness.

**Other signals:** Mood swings, fatigue, weak immune system, weight gain, frequent yeast infections

**How to respond:** If you think you have candida overgrowth, the quickest fix is to starve the little buggers. Candida flourish in the presence of both refined and unrefined sugar, such as fresh fruit, dried fruit and fruit juice. Cutting off their food supply can bring their numbers back to a healthy level. They also love refined flour products and anything fermented, such as alcohol and soy, so if you have a serious overgrowth, you may need to cut out all of the above for a number of consecutive weeks.
You’re dehydrated…

**Likely signals:** Chapped lips, dry skin, constipation

**Background:** Lips are a reflection of the health and hydration of the entire body. “If you are well hydrated, then your lips will be well hydrated,” says Elizabeth Lipski, PhD, clinical nutritionist and author of *Digestive Wellness* (McGraw-Hill, 2004). Less water in the body means less moisture for the skin—the body’s largest organ. The delicate tissue of the lips is extra sensitive to drought. “If you are constantly using lip balm or lip gloss to soothe chapped lips, it’s a sign you need to drink up,” says Lipski.

**Other signals:** Headaches, infrequent urination, dark yellow or smelly urine, dry skin, slow turgor (meaning that if you pinch the skin on the back of your hand, it doesn’t snap right back into place). Although the aging process slows turgor down somewhat, even in older adults it still should return to normal within a second or two.

**How to respond:** Drinking eight 8-ounce glasses of water a day can be intimidating, says Swift, so if you’re not able to quaff that amount, you can still get hydrated by sipping herbal tea and working additional servings of fruits and vegetables into your daily diet. “The transition to a more whole-foods diet puts us on autopilot to get more water because they are naturally high in moisture,” says Swift. And, make sure to include whole foods that are rich in essential fatty acids, such as nuts and seeds, avocados, and anchovies and sardines, which help maintain healthy cell membranes and hold in moisture.

For more info, see the articles *All About Hydration (June 2004)* and *How to Hydrate (December 2007)*.

You’re not getting enough fiber…

**One likely signal:** Constipation

**Background:** Constipation is the clearest indicator of the body’s need for more fiber. “Our hunter-gatherer ancestors ate up to 100 grams of fiber a day and had an average stool weight of 2 pounds,” says
Mark Hyman, MD, the editor of *Alternative Therapies in Health and Medicine* and author of *The UltraSimple Diet* (Pocket Books, 2007).

“Today, the average American eats less than 8 grams of fiber a day, and the average bowel movement is a puny 4 ounces.” That’s a problem, he says, because the bowels are key to the body’s elimination process. When traffic is backed up, toxins from the bowel leach back into the body and can cause a multitude of inflammation-based health problems in everything from your digestion and skin to your heart and brain. They can also disrupt hormonal balance and immunity. The bottom line, Hyman says: “If stools are hard and hard to pass, you’ve got a problem.”

**Other signals:** Frequent hunger pangs, energy slumps, digestive trouble, skin problems, inflammatory conditions

**How to respond:** Eat more legumes, vegetables, fruits and whole grains. All are chock-full of fiber and other nutrients, making them natural go-to foods. Getting the recommended 35 to 40 grams of fiber a day not only improves bowel health, but it also lowers the risk of diabetes and heart disease, says Andrew Weil, MD, director of the Arizona Center for Integrative Medicine of the College of Medicine at the University of Arizona in Tucson.

If you want other ways to sneak extra roughage into your day, Swift suggests sprinkling rice-bran fiber on salads or oatmeal. She likes rice-bran fiber because it’s gluten-free and has been shown to help eliminate toxins, such as PCBs. Another one of her favorite fiber boosters is a seasoning she makes out of crushed pumpkin seeds, ground flax meal, sesame seeds, kelp flakes and sea salt — basically, a riff on gomasio, which is used as a salt alternative in Japanese cuisine. Put it in a wrap, sprinkle over brown rice or use to garnish soups, she says. “The nuts, seeds and ocean veggies are a nutrient- and fiber-licious powerhouse.” (Keep it in the fridge to lengthen its lifespan.)

You have a B-vitamin deficiency…
One likely signal: Cracks at the corners of the mouth

Vitamin B Deficiency
Vitamin B deficiencies, such as B1, B2, B3, B6 and B12 have the ability to produce symptoms of neuropsychiatric disorders.

<table>
<thead>
<tr>
<th>Symptoms of Vitamin B Deficiency</th>
<th>Symptoms of Neuropsychiatric Disorders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fears</td>
<td>Morbid Fears</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Severe Fatigue</td>
</tr>
<tr>
<td>Depression</td>
<td>Depression</td>
</tr>
<tr>
<td>Paranoia</td>
<td>Paranoia</td>
</tr>
<tr>
<td>Confusion</td>
<td>Confusion</td>
</tr>
<tr>
<td>Hostility</td>
<td>Anger</td>
</tr>
<tr>
<td>Rage</td>
<td>Suicidal Tendencies</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Anxiety</td>
</tr>
</tbody>
</table>

Vitamin B Complex Is Essential For:
- Brain function & function of entire nervous system; Nervous, mental & emotional function; Energy production; Digestion and elimination; Blood sugar or carbohydrate metabolism; Blood-building factors (red blood cells); The liver, heart, kidneys & other organs; The endocrine gland system; Production & regulation of certain hormones; Normal growth & development; Maintaining the genetic code of cells; Assisting cell division; Maintaining mucosal, epithelial & eye tissues; Many enzyme systems; Protein & lipid (fat) metabolism; Synergism with other vitamins & minerals (esp. Iron).

DID YOU KNOW?
Dr. Andrew W. Saul, co-author of Niacin: The Real Story, "When vitamin B3 or niacin was first added as an enrichment or as a fortification to flour, about half of the people in mental institutions went home. This is not a well-known fact. They were there not because they were mentally ill — because of genetic, environment, or social reasons — but because they were malnourished." Studies have confirmed the B vitamin can successfully help with attention deficit disorder, general psychosis, obsessive-compulsive disorder, depression and violent behavior.

www.oasisadvancedwellness.com
Eat more yogurt! Low levels of healthy gut bacteria could be the cause of mental health issues such as 'anxiety and schizophrenia'

- The average adult carries up to five pounds of bacteria
- Healthy bacteria are known as probiotics, commonly found in yogurt, soy yogurt or as dietary supplements
- Probiotics are also delivered in fecal transplants, in which stool from a healthy donor is delivered like a suppository to an infected patient
- Strep bacterium is linked to OCD
- Gut bacteria regulate dopamine levels
- A build-up of dopamine causes agitation and stress on the body
- Gut bacteria ‘talk to the brain’ through the immune system or parts of the nervous system

By DAILY MAIL REPORTER
PUBLISHED: 21.29 GMT, 12 September 2013 | UPDATED: 22.07 GMT, 12 September 2013

Good bacteria: Gut microbes are being linked to mental health issues

People suffering from anxiety, might just need to eat more 'healthy' bacteria.

Some scientists think there may be a link between our digestive tract microbes and disorders such as anxiety, schizophrenia and autism.
Vitamin B₁₂ Deficiency

Easy to diagnose and treat -- if you think of it.

Regardless of cause, takes years to develop.

Nervous system disease can precede blood changes.

Subacute combined degeneration of the spinal cord.

Now that food is heavily supplemented with folic acid, the neurologic presentation of B₁₂ deficiency will be more common and more severe.

Causes:
- No food of animal origin
- Autoimmune stomach disease
- Blind bowel loop with bacteria
- Fish tapeworm
- Crohn's terminal ileitis

Mental slowing

Mild neuropathy

Loss of proprioception
<table>
<thead>
<tr>
<th>B Vitamin</th>
<th>Alt. Name</th>
<th>Main function(s)</th>
<th>Best Sources</th>
<th>RDI</th>
<th>Deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td>Thiamin</td>
<td>Converts protein, carbs, and fat from food into energy, nervous system function; synthesis of DNA</td>
<td>Cereal, spirulina, beans &amp; lentils, flaxseed &amp; other seeds, milk, pork, nuts, oats, beef, rice, wheat</td>
<td><strong>Males:</strong> 1.2 mg/day  <strong>Females:</strong> 1.1 mg/day</td>
<td>- Fatigue  - Nerve &amp; brain damage  - Leads to beriberi</td>
</tr>
<tr>
<td>B2</td>
<td>Riboflavin</td>
<td>Converts protein, carbs, and fat from food into energy, skin health, eye health</td>
<td>Milk, dairy products, eggs, fish, green leafy veggies, cereals, whole grains, liver</td>
<td><strong>Males:</strong> 1.3 mg/day  <strong>Females:</strong> 1.1 mg/day</td>
<td>- Cracks in the lips, tongue swelling, and other skin issues  - Leads to anemia</td>
</tr>
<tr>
<td>B3</td>
<td>Niacin</td>
<td>Converts protein, carbs, and fat from food into energy, fatty acid synthesis, improves cholesterol</td>
<td>Yeast, meat, fish, milk &amp; dairy, seeds, eggs, green vegetables, beans, cereal, grains, nuts, poultry</td>
<td><strong>Males:</strong> 16 mg/day  <strong>Females:</strong> 14 mg/day</td>
<td>- Muscular weakness  - Loss of appetite  - Leads to pellagra</td>
</tr>
<tr>
<td>B5</td>
<td>Pantothenic Acid</td>
<td>Converts carbs and fat from food into energy, production of red blood cells, healthy digestion, hormone production</td>
<td>Fresh meat, vegetables, and unprocessed grains</td>
<td><strong>Males:</strong> 5 mg/day  <strong>Females:</strong> 5 mg/day</td>
<td>n/a</td>
</tr>
<tr>
<td>B6</td>
<td>Pyridoxine</td>
<td>Protein and amino acid metabolism, release of stored glucose, hormone production, brain function</td>
<td>Liver, meat, fish, poultry, wheat germ, bananas, beans &amp; legumes, cereal</td>
<td><strong>Males:</strong> 1.3-1.7 mg/day  <strong>Females:</strong> 1.3-1.5 mg/day</td>
<td>- Muscle weakness  - Anxiety  - Depression</td>
</tr>
<tr>
<td>B7</td>
<td>Biotin</td>
<td>Converts protein into energy, carb metabolism, fat synthesis, hair and nail health</td>
<td>Eggs, nuts, fish, nut butter, beans, whole grains, cauliflower, bananas, mushrooms</td>
<td><strong>Males:</strong> 30 mcg/day  <strong>Females:</strong> 30 mcg/day</td>
<td>- Loss of appetite  - Vomiting  - Depression</td>
</tr>
<tr>
<td>B9</td>
<td>Follic Acid</td>
<td>Protein and amino acid metabolism, DNA synthesis, formation of red blood cells</td>
<td>Grains, bread, cereal, vegetables, beans, oranges, bananas</td>
<td><strong>Males:</strong> 400 mcg/day  <strong>Females:</strong> 400 mcg/day</td>
<td>- GI pain  - Anemia</td>
</tr>
<tr>
<td>B12</td>
<td>Cobalamin</td>
<td>Food metabolism &amp; energy production, DNA synthesis, formation of red blood cells, brain &amp; nervous system function</td>
<td>Liver, yogurt, dairy products, fish, clams, oysters, nonfat dry milk, salmon, sardines</td>
<td><strong>Males:</strong> 2.4 mcg/day  <strong>Females:</strong> 2.4 mcg/day</td>
<td>- Nerve damage  - Fatigue  - Anemia</td>
</tr>
</tbody>
</table>
If the doors of perception were cleansed everything would appear to man as it is, infinite.

(William Blake)
## Vitamins - Rapid Reference Deficiency Chart

### How To Read Symptoms As Possible Indicators Of Vitamin Shortages

<table>
<thead>
<tr>
<th>NAME/SYMBOL</th>
<th>SYMPTOMS OF DEFICIENCY</th>
<th>BEST NATURAL SOURCES</th>
<th>ADDITIONAL NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Burning, itching, dry painful eyes. Scaly skin &amp; scalp. Skin &amp; lung infections. Frequent skin ulcers &amp; viral diarrhea. Poor hair quality.</td>
<td>Cod liver oil. Liver. Carrots &amp; other green vegetables.</td>
<td>Too little also causes kidney stones &amp; night blindness. Too much (200,000 IU/day) is toxic (nasea, hair loss). Beta carotene (veg. Vit A) is non toxic.</td>
</tr>
</tbody>
</table>

*IS FOUND IN raw (heat destroys it) apricot kernels (10 mg each), apple pips, cherry stones, millet seeds, buckwheat, plum stones, bitter almonds & some berries. It is a source of inorganic cyanide which destroys CANCER CELLS specifically. BUT too much is dangerous (not more than 1 gram of supplemen [or a few apricot kernels] at one time) (5 - 25 apricot kernels spread over a day are considered sufficient) - OVERDOSE SYMPTOMS: cold sweats, blue lips, breathlessness, nausea, headache & low blood pressure.*
Vitamins 101

<table>
<thead>
<tr>
<th>VITAMIN / MINERAL</th>
<th>ACTIONS</th>
<th>TOO MUCH CAN CAUSE...</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WATER-SOLUBLE VITAMINS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>B1, B2, B5</strong></td>
<td>Help process nutrients; maintain healthy nervous system, skin and digestion</td>
<td>No effects reported</td>
</tr>
<tr>
<td><strong>B3</strong></td>
<td>Helps process nutrients; supports nervous and immune systems; O2 transport in blood; helps maintain blood sugar</td>
<td>Skin redness; upset stomach</td>
</tr>
<tr>
<td><strong>B6</strong></td>
<td>Helps process nutrients; supports nervous and immune systems; O2 transport in blood; helps maintain blood sugar</td>
<td>Nerve damage to arms and legs</td>
</tr>
<tr>
<td><strong>B12</strong></td>
<td>Maintains nerve and red blood cells; needed for cell replication</td>
<td>No effects reported</td>
</tr>
<tr>
<td><strong>C</strong></td>
<td>Helps form connective tissue; antioxidant; supports immune system</td>
<td>Upset stomach, kidney stones, increased iron absorption</td>
</tr>
<tr>
<td><strong>H</strong></td>
<td>Helps body use nutrients; form red blood cells; good for nervous system</td>
<td>No effects reported</td>
</tr>
<tr>
<td><strong>Folic acid</strong></td>
<td>Cell reproduction; prevents birth defects</td>
<td>High levels could hide signs of B12 deficiency</td>
</tr>
</tbody>
</table>

| **FAT-SOLUBLE VITAMINS** | | |
| **A** Vision; healthy skin and mucous membranes; key to immunity, tissue repair, bone growth and embryo development; antioxidant | Nausea, vomiting, headache, dizziness, blurred vision, clumsiness, birth defects, liver problems, risk of osteoporosis |
| **D** Helps body absorb calcium and phosphorus; may help prevent fractures; prevents rickets and bone weakness; supports immune system | Nausea, vomiting, poor appetite, constipation, weakness, weight loss, confusion, heart rhythm problems, calcium and phosphate deposits |
| **E** Antioxidant; helps blood flow; body tissue repair | Minimal risk |
| **K** Blood clotting; bone formation | No effects reported |

Source: adapted from Vitamins and Minerals: What you should know by Familydoctor.org
### Vitamins - Rapid Reference Deficiency Chart

#### How To Read Symptoms As Possible Indicators Of Vitamin Shortages

<table>
<thead>
<tr>
<th>Name/Symbol &amp; RDA</th>
<th>Symptoms of Deficiency</th>
<th>Best Natural Sources</th>
<th>Additional Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Burning, itching, dry painful eyes. Scaly skin &amp; scalp. Spine &amp; lung infections. Frequent skin ulcers &amp; viral diarrhea. Poor hair quality.</td>
<td>Cod liver oil, Liver, Carrots (one large fresh can supply 10,000 IU), Leafy greens, Egg yolk, Apricots, Beets, Margarine, Kidney.</td>
<td>Too little also causes kidney stones &amp; night blindness. Too much (200,000 IU/day) is toxic (nausea, hair loss). Beta carotene (veg. Vit A) is non toxic.</td>
</tr>
<tr>
<td>(Pyridoxine) 2 mg</td>
<td>Split lips. Dry scaly skin (face). Swollen belly/fingers &amp;/or ankles. Sensitive to sun. Allergies. Anemia. Depression. Fits. Kidney stones.</td>
<td>Wheat bran/germ. Brewers yeast, Milk, Fatty fish, Nuts, Soya flour, Eggs, Bananas, Liver, Kidney, Cabbage, Wholegrains, Potato.</td>
<td>Although considered non toxic don’t exceed 25 mg in pregnancy or 200 mg at other times. This is a vital vitamin often low in modern diets.</td>
</tr>
<tr>
<td>(Pangamic Acid) 50 mg</td>
<td>Fatigue. Premature ageing (particularly nerve, glandular &amp; heart ailments). Reduced oxygenation of cells leading to general deterioration.</td>
<td>Wholegrains (in particular rice), Brewers yeast, Sesame seeds, Pumpkin. Maybe available as calcium pangamate in shops.</td>
<td>Works as an antioxidant to detoxify the body. Extends cell life. Improves immunity. Protects liver &amp; arteries. Improves vitality.</td>
</tr>
<tr>
<td>(Laetrile) 250 mg</td>
<td>IS FOUND IN raw (heat destroys it) apricot kernels (10 mg each), apple pits, cherry stones, millet seeds, buckwheat, plum stones, bitter almonds &amp; some berries. It is a source of inorganic cyanide which destroys CANCER CELLS specifically, BUT too much is dangerous (not more than 1 gram of supplement [or a few apricot kernels] at one time) (5 - 25 apricot kernels spread over a day are considered sufficient). OVERDOSE SYMPTOMS: cold sweats, blue lips, breathlessness, nausea, headache &amp; low blood pressure.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**The Art of Medicine:** The Ultimate Traveler's Guide - The work of which this is part. Visit it at www.artsandtech.co.uk or www.drmike.org

No warranties are expressed or implied for any information this site regarding or for any reason whatsoever.

Dedicated to all living, granted, spurious, probabilistic, or digital. This Work is for you... DO IT YOURSELF! |
SYMPTOMS OF VITAMIN B12 DEFICIENCY

- Weakness
- Fatigue
- Lethargy
- Increased heart beat
- Pale complexion
- Sore tongue
- Easy bruising and bleeding
- Frequently upset stomach
- Unexplained weight loss
- Constipation or diarrhea

**Test:** Blood test for vitamin B12

**Cost:** ₹1,500 – ₹2,000

**Normal value:**
200 - 900 pg/mL (picograms per millilitre).

**Deficiency:**
Values of less than 200 pg/mL are a sign of a vitamin B12 deficiency.
ARE YOU AT RISK?

1 Low dietary intake: “Veganism, lacto-ova vegetarianism, low animal based food intake are the main reasons for vitamin B12 deficiency. Vegetarian dietary habit has been found to be a substantial risk factor for B12 deficiency in the Indian population. Evidence indicates that low intake of animal-source foods, among lacto-ovo vegetarians causes vitamin B12 depletion,” says Dr Misra. Simple dietary measures like drinking milk can help. A study released this year published in the Nutrition Journal said that daily milk intake improved vitamin B12 status in young vegetarian Indians.

2 Absorption issues: Some people cannot absorb B12 even from foods. Various problems in the stomach or gut can interfere with the absorption of the micronutrient. It can be due to gastric atrophy (chronic inflammation of stomach), pernicious anaemia (an auto-immune condition), ileal disease, chronic pancreatitis, parasitic infection, medications or polymorphism. Malabsorption tends to cause vitamin B12 depletion more rapidly than low dietary intake of the vitamin, and malabsorption combined with low intake causes the most rapid depletion. Malabsorption of the vitamin is most commonly observed as food-bound cobalamin malabsorption.

3 Abuse of antibiotics: Indiscriminate popping of pills is something most of us are familiar with. While it is known to affect the kidneys and the liver, the consequence on vitamin B12 status is hardly known. “Since 80 per cent of our vitamin B12 comes from the gut, ensuring the presence of good bacteria there is paramount. Loading on antibiotics can land you with a deficiency of vitamin B12 or worsen it, as drugs can affect its absorption. Including probiotics like curd in your diet can help mitigate the effects of these pills,” says Dr Bhargava.
The Reason you are depressed is NOT because you are PROZAC DEFICIENT
Central Nervous System (CNS)
Damaged dividing and non dividing brain cells, Plaque formation, damaged neurotransmitters, accumulation of homocysteine, reduced SAMe (leading to depression), Paresthesia, Demyelination of posterior and lateral column (SACD Sub-Acute Combined Degeneration), Ataxia, Paralysis (esp Single Limb)

Vitamin B12 deficiency
A GI disease due to malabsorption and malutilisation

Central Nervous System (CNS)
(brain and spinal cord)
This Book is Designed to be an Assist to the IMUNE Videos and the IMUNE training on Pain Reduction

http://indavideo.hu/video/IMUNE_on_Pain_Therapy
**Background:** “You see nutritional deficiencies first in those tissues that turn over the quickest, such as the tongue and lips,” says Lipski. Studies show that cracks or sores that appear at the corners of the mouth (a.k.a. cheilitis) may be a sign that your body isn’t getting enough B vitamins. “Deficiencies of one or more of the B vitamins may occur fairly easily,” notes Haas, “especially with diets that include substantial amounts of refined and processed food, sugar or alcohol.”

**Other signals:** Anemia, low energy, fatigue, skin problems, dark circles under the eyes

**How to respond:** Your best bet is eating a whole-foods diet and prioritizing foods high in B vitamins. The richest dietary source of B vitamins is found in brewer’s yeast or nutritional yeast (although, if you have candida issues, you’ll want to skip those). Other solid picks include wheat germ, whole grains, legumes, egg yolks, sweet potatoes, salmon, red meat, liver and poultry.

Taking a good B-complex vitamin supplement can also be helpful (particularly if you’re a vegetarian). Under the care of a nutritionally inclined health professional, you may also be prescribed a supplement for a specific B vitamin (or even given a vitamin B-12 shot) to help correct a significant deficiency. But be careful mixing up your own B-vitamin cocktails. When taken in excess and out of balance with other B’s, certain B vitamins can wind up leaching nutrients out of your system. That’s why emphasizing B-rich foods should be your first priority.

For more info, see the “Vitamins and Minerals” section of our article Comfort Food for Your Brain (November 2009).

**You’re eating something that doesn’t agree with you…**

**One likely signal:** Eczema

**Background:** First a little background about food intolerances. When the body doesn’t tolerate a food well, ingesting that food creates a chronic, low-level irritation or inflammation in the gut. Over time, with regular exposure, the irritation worsens and creates fissures in the spaces between the cells. (Picture the walls of the gut, once tightly knitted together, looking more like an old afghan.) These holes allow bacteria and their toxins, as well as incompletely digested proteins and fats, to “leak” out of the gut and into the bloodstream. Called leaky gut syndrome (or increased intestinal permeability), this condition sets the stage for myriad health problems, including rashes and skin problems, like eczema.

The skin is the body’s largest elimination organ, notes Lipski, so it’s not surprising that it comes under assault when toxins careen through the bloodstream. “A skin rash or eczema is a sign that the body is trying to slough out these toxins,” she says. “It’s trying to eliminate the problem the best way it knows how.

**Other signals:** Gas, bloating, fatigue, sinus congestion, foggy thinking

**How to respond:** An elimination diet is the best way to pinpoint the offending food. “Start with one or two foods you suspect,” says Swift, who prefers to call this the “illumination diet” because its focus is on “illuminating your health.”
Don’t know where to start? Foods that are most likely to wreak havoc on the gut include wheat and gluten-containing products, dairy products, sugar, soy, eggs, corn and yeast. If you’re uber-motivated, take Haas’s advice and go off what he calls “the big five” for a week: wheat, dairy, sugar, caffeine and alcohol. “It’s not easy to do”, he admits, “but you’re guaranteed to learn a lot about your body’s signals.” You might also consider keeping a food journal. Spend a week or two writing down what you eat and how your body feels in the minutes, hours and days afterward (e.g., an hour after you eat dairy, you feel bloated). “It’s about pattern and symptom recognition and connecting the dots,” says Swift, which in turn helps you decide which foods to eliminate first.

You’re drinking too much caffeine...

**One likely signal**: Fatigue

**Background**: “Caffeine goes to an already low energy bank account and tries to lend it a little extra energy for the short term,” says Haas. “But it’s getting that energy from your own stores, meaning you have less and less on reserve, leaving you less able to generate your own energy on an ongoing basis.”

Caffeine works by stimulating the central nervous system. Specifically, the chemical gooses the adrenal glands into releasing hormones — namely cortisol and adrenaline that tell the body to go faster. The short-term result can be increased focus and better hand-eye coordination. But overdo caffeine on a regular basis and, eventually, the central nervous system runs out of gas. “If you don’t restore yourself with sleep, nutrients and relaxation, you’ll quickly get into a cycle of whipping a weakened horse,” says Haas.

**Other signals**: Jitters, agitation, insomnia, heartbeat irregularities, frequent urination

**How to respond**: Weil advises limiting your daily dose of caffeine to less than 300 milligrams (mg). As a reference, a 12-ounce cup of Starbucks brewed coffee packs 260 mg of caffeine, while a 12-ounce...
Americano (two shots of the coffee chain’s espresso added to hot water) contains 150 mg. A 12-ounce cup of black tea, on the other hand, contains roughly 100 mg and green tea only 50 mg. “If you’re going to indulge,” advises Swift, “think about the quality of the source. Are you drinking green tea or a chemical-laden energy drink? What’s a healthy amount for you? Most people know what amount their system can handle,” she says. In the meantime, support your adrenal glands with B vitamins (especially B5/pantothenic acid), vitamin C and licorice. Also, fuel up on healthy, whole foods that boost and maintain your energy.

For more info, see our article Eating for Energy (June 2007).

You’re low on stomach acid…

One likely signal: Burping and indigestion

Background: If you’re low on stomach acid, your body won’t digest foods efficiently, especially dense foods like fats and proteins. When food sits in the stomach, so does the air you naturally swallow when you eat. The air has only two options — get pushed down the digestive tract with food or catch the next flight up the esophagus and out the mouth. The longer food loiters in the stomach, the more likely you’ll burp.

Other signals: Gastric reflux, weak immune system, cracked fingernails, chronic infections, gas

How to respond: Boost the first phase of digestion by becoming a more “sensory-based eater,” says Swift. “That means enjoy the sight and smell of the meal before you dig in so that your gut has time to release digestive factors, such as hydrochloric acid, in anticipation of a meal.” Then, eat more mindfully. Chew your food so that it’s easier for the gut to digest, especially proteins and fats.

If you still feel like your food sits in your stomach like a rock, Haas recommends trying digestive enzymes, which can help you better digest your food. For example, he says, you might try a product called betaine hydrochloride with pepsin (a time-released protein digestant), found at health-food stores.

Hydrochloric acid is the main ingredient in stomach acid. By taking it as a supplement, you’re basically giving your stomach a head start, especially with proteins and fats, which are the hardest food stuffs to digest, meaning they require more stomach acids than carbs. After you begin eating a meal with protein and fat, for instance, take one capsule. See how you feel after a couple of meals. If you feel OK, you can try two capsules and gradually increase to three or four. If you have any sensation of burning or acid indigestion, cut back to a level where you didn’t experience any negative side effects.
You’re short on good flora…

**One likely signal:** Frequent colds

**Background:** The *immune system*'s command center is housed inside the gut. “An ecological imbalance of organisms in the gut means the body can’t defend itself against unfriendly microbes,” says Swift. “The result is we get sick a lot.” Ironically, says Hyman, it’s often medicine, such as antibiotics, that wipe out the gut’s supply of good bacteria. “When we wipe them out again and again with antibiotics and then eat a poor diet, it’s a disaster for the gut.” That, in turn, can spell trouble for the rest of the body.

**Other signals:** Intestinal gas, bloating, loose stools or constipation, vaginal yeast infections, urinary tract infections, skin rash, athlete’s foot, nail fungus

**How to respond:** The experts agree that one of the easiest (and most delicious) ways to restore the gut’s healthy flora is to eat more foods rich in good bacteria, such as *miso*, sauerkraut, *kombucha* (a fermented Japanese tea), yogurt that contains live bacteria, and kefir (a fermented milk drink). “The gut houses 5 pounds of beneficial bacteria,” notes Haas. “We have to feed this stuff.”

If you think your gut needs more than food can deliver, Weil recommends taking a daily *probiotic* that contains *Lactobacillus GG* or *Bacillus coagulans* (BC-30).

For more info, see our article [Good Bacteria Welcome (July 2007)](#).

Although many of the body’s messages can be decoded with a little guesswork and a lot of active listening, it’s important to remember that some of these same symptoms can be signs of more serious illnesses. If, after a couple of weeks of self-care, things don’t improve or resolve, it’s best to consult a health-care professional.
“A chronic ache or pain is an invitation to stop and take a look at your life,” says Lipski. “Your body is telling you it’s time to make a change. Respect its request and odds are you’ll be heading off a greater health issue down the pike.”

More Than One Way to Heal

A multipronged approach to health-care — seeking advice from both alternative medicine practitioners as well as Western doctors — can help you decode your body’s warning signals before they cascade into something more serious.

Western medicine has many strengths: stamping out infections; treating emergencies, like heart attacks; and swooping in with trauma care after an accident or disaster. But when a condition is hard to diagnose, or is chronic or nagging, like poor digestion, insomnia or general fatigue, going outside the doctor’s office may be your best bet.

“Most medical-school curriculum focuses on acute care and doesn’t adequately train for chronic health issues — which constitute the most common troubles for most of the patients they see,” says Elizabeth Lipski, PhD, CCN, and author of Digestive Wellness (McGraw-Hill, 2004).

As both a medical doctor and a naturopath, Elson M. Haas has a foot in each world. He tends to agree with Lipski’s take, and he also sees limitations in the way that Western medical practitioners typically try to snuff out the body’s attempts to heal.

“Many symptoms, such as sinus congestion, allergies and excess mucus, are ways it’s trying to rid itself of excess toxins,” he says. “Western medicine tries to control these symptoms, by suppressing the fever or drying up the congestion, instead of supporting the body’s natural means of elimination and detoxification.”

Alternative practitioners come in many forms. In addition to your primary care physician, consider seeing a chiropractor or osteopath if your condition is skeletal; a Traditional Chinese Medicine practitioner for hormone imbalances; or a naturopath for overall wellness, digestive, immunity and dietary advice. All of these modalities have regulating organizations that provide lists of qualified practitioners.
Food CRAVINGS CAN Reveal important information

Food cravings are nothing new or unusual. Many men and women will go through periods in their life where hankerings for certain food groups become full blown binges. It’s when these binges become a regular occurrence that they are termed cravings. So if you think it only affects pregnant women you might be in for a surprise. But what turns a yearning for a tasty ham sandwich or gorgeous chocolate bar into a craving?

It starts off with appetite
Millions of people are currently dieting and ruing their desires towards high calorie foods be they sugar or fat rich. They’re aware how demanding their appetite can be. Appetite begins in the stomach where a hormone called ghrelin (pronounced ‘grellin’) is produced by an empty stomach. If you haven’t eaten in a while you’ll be familiar with the blood sugar drop which makes you feel very lethargic, headachy and glum. A quick munch on something tasty and your body produces insulin to balance the sugars in your blood. The stomach releases leptin, the counterpart to ghrelin and gives you the satisfied hunger feeling.

Other chemical forces are at work too. Eating foods high in sugar or fat prompt the brain to release dopamine, commonly known as the ‘pleasure hormone’ that is also released when you orgasm or
indulge in illicit drugs. The brain also rewards us with a release of opioids promoting a feeling of well-being and immunity to mild pain. Exposure to external opioids such as morphine and heroin has a similar, but more pronounced, effect. [Read more].

Source
Evolutionary-wise this dopamine and opioids cocktail hit is an essential reward system since high energy foods are crucial to keep us warm-blooded animals alive. It’s not so helpful to us today when access to high calorie foods is too plentiful.

Too simple?
The preceding section is a simplified version of the origins and satiation of hunger pangs but it must also be remembered that psychological influences and other factors can play a significant part in our choice of foods but they are outside the scope of this article.
I’d recommend reading this article in Psychology Today for more information on how appetite, hormone release and hunger pangs are the tip of the chemical iceberg.

Cancer Detection?
Speaking of icebergs, there was an article on the Mail Online concerning a lady, Mrs Elsie Campbell, whose sudden onset of cravings for iceberg lettuce soon became a routine of her eating between three and four a day. These unusual cravings prompted her research scientist husband into action. Green leafy, cruciferous vegetables contain the mineral selenium and organic chemical, sulphorafane, which are known to have anti-cancer properties and cancer sufferers are often found to be deficient in them. Surely enough, Mrs Campbell discovered a lump in her breast which turned out to be malignant. Spotting it early had made her prognosis more promising and, thankfully, following treatment she was given the all-clear. She no longer craves lettuce.

Source her lettuce craving was because of her cancer

Pica – One of the Odder Symptoms of Anaemia
Pica is loosely described as an eating disorder where food cravings are for non-food items. Sufferers will consume soil, sand, chalk and other less appealing things.
Anaemia is a condition brought on where an individual either has an iron deficiency or a problem metabolising iron to form haemoglobin – the red blood cells. Symptoms of anaemia include extreme lethargy, breathlessness and characterised by pale gums. Untreated, this condition can be life shortening or, if severe enough, even fatal. It is thought that the iron content found in soil may drive the impulse to consume it. Aside from psychological and behavioural causes, pica has also been linked to zinc deficiencies.
Candida/Yeast Infections
Although, not life threatening, candidiasis can have extremely uncomfortable symptoms and can affect your quality of life. It can lead to leaky gut syndrome when the yeast begins to form rhizoids in the intestines that allow yeast, bacteria and food into the bloodstream.

A cravings for sugar rich foods, refined carbohydrates or alcohol can often be a symptom of a yeast infection as sugar is what the yeast thrives on to grow and develop. Read more.
Source Craving chocolate means you have a Vitamin C problem or maybe a lack of commitment in a relationship.

**ANATOMY OF YOUR CRAVING**

1. **The image of a bar of chocolate enters your mind.**
   YOUR brain knows it is high in fat and sugar, so it releases chemicals that intensify desire. You start salivating. The lure of chocolate gets stronger.

2. **Areas of your brain associated with memory and emotion kick into action.**
   It links the thought of chocolate with memories of the most delicious thing you ever tasted, how it felt in your mouth, how happy it made you.

3. **You hold the chocolate bar in your hands.**
   As you unwrap it and break off the first square, your brain registers a familiar, much-loved ritual, and levels of pleasure-inducing serotonin rise.

4. **As the sweetness hits your tongue...**
   YOUR body begins to absorb and process the sugar, boosting serotonin levels in the brain. Chemicals in chocolate called alkaloids boost serotonin levels. This pushes you to crave another square.

5. **The bar of chocolate is gone. Brain chemicals swiftly drop and your stomach pumps out leptin.**
   THIS lets you know it is full. The hormone insulin is flooded into the system to clear out the sugar.

6. **With low blood sugar, no serotonin or dopamine.**
   Feelings of guilt and disappointment enter your brain once more...
What other foods can you crave?
The list is almost endless but some of the most common food cravings that indicate nutrient deficiencies are elaborated on in an excellent article by Dr. Carol Ann Fischer. I’ve summarised the craving and the possible causes below.

1. Breads, pasta and potatoes: general lack of minerals

2. Milk: calcium and protein deficiency

3. Salt and coffee: weak adrenal gland function

4. Chocolate: calcium and magnesium deficiency

5. Onions and Garlic: liver stress due to low sulphur intake

Cravings Can Save Your Life
There is plenty of evidence to support how cravings can be beneficial in that they point towards a more serious condition. The human body needs a complex range of minerals and chemicals to run smoothly, to ward off infection and to ensure that it survives and prospers. While today we have a surfeit of high sugar and high fat foods, the other essential nutrients are more likely to be missed. So the next time you get cravings that last a few days or more I’d advise you discuss it with your GP just in case.

Sometimes, just sometimes, a craving is just that desire for a tasty treat.
**SUGAR ADDICTION: THE PERPETUAL CYCLE**

1. **YOU EAT SUGAR**
   - You like it, you crave it
   - It has addictive properties

2. **BLOOD SUGAR LEVELS SPIKE**
   - Dopamine is released in the brain = addiction
   - Mass insulin secreted to drop blood sugar levels

3. **BLOOD SUGAR LEVELS FALL RAPIDLY**
   - High insulin levels cause immediate fat storage
   - Body craves the lost sugar "high"

4. **HUNGER & CRAVINGS**
   - Low blood sugar levels cause increased appetite and cravings
   - Thus the cycle is repeated
I’m always intrigued when someone seems to know to go to the ER for something I might decide to wait out—even given everything I know about health and wellness. Maybe when something’s really wrong you can just sense it, but I also realize the importance of knowing what kinds of pain can be a sign of something more serious. Here’s a quick description of eight signs and symptoms that shouldn’t be ignored.

1. **Really, really bad headache.**
   A severe and sudden headache—the worst headache of your life—could be a sinus headache, but could also be a brain aneurism. If you also have stiffness and you can’t move your neck, meningitis is a possibility and you’ll need antibiotics immediately to prevent permanent damage. It seriously can’t hurt to go to the ER.

2. **Pain in the chest, arms, back, neck or jaw.**
   The most commonly reported heart attack symptom among men is chest discomfort, often described as a heaviness, tightness, or even a burning sensation. The feeling usually starts in the center of the chest and may or may not radiate to other areas of the body. It may go away and then come back, or it may be continuous.

   But sometimes the pain of a heart attack doesn’t occur in the chest. Instead there might be discomfort or pain in one or both arms or back, neck, jaw, or even stomach. Women are more likely than men to experience pain in the jaw or back during an attack. It can be hard to tell if the discomfort is related to a heart attack or something else entirely, but if the pain came on suddenly or if you are experiencing another symptom as well, call 911.

3. **Flashes of light.**
   The sudden sensation of flashing lights can indicate retinal detachment. Immediate medical attention is important as it may prevent permanent vision loss.
4. **Pain in the lower back or between shoulder blades.**
This can often be arthritis, but other possibilities include a heart attack, abdominal problems, or aortic dissection—which can appear as either a nagging or sudden pain. People who are at risk for aortic dissection have conditions that can change the integrity of the vessel wall, such as high blood pressure, a history of circulation problems, smoking, and diabetes.

5. **Unusual stomach pain.**
The main symptom of appendicitis is abdominal pain—it can feel like indigestion or like you need to have a bowel movement or pass gas, and often begins near the belly button before moving to the lower right side of the belly. But the pain can be in different parts of your stomach or even on your side. The pain of appendicitis is often described as “hard to describe.”

It may not be a very intense pain, but you may feel like something is wrong. If you have moderate belly pain that does not go away after 4 hours, call your doctor. If you have severe belly pain, call your doctor right away.

6. **Loss of vision or speech, sudden weakness.**
Do you know these warning signs for a stroke or mini stroke? Sudden weakness or numbness on one side of your body; sudden dimness, blurring or loss of vision; loss of speech or trouble understanding others; unexplained dizziness or unsteadiness, or a sudden fall; a sudden severe headache. If you have these signs or symptoms, every minute counts.
7. Pain in your calf.
Two million Americans a year are affected by life-threatening deep vein thrombosis (DVT), a blood clot that can happen in the deep veins of the leg. The risk is that a piece of the clot can detach and move to the lungs, which can be fatal. Risk factors include cancer, obesity, immobility due to prolonged bed rest or long-distance travel, pregnancy, and advanced age.

If you have pain or even just unexplained swelling in your calf, and especially if it’s accompanied by having shortness of breath, chest pain, or difficulty breathing—call 911.

If you’ve started to feel full after eating less than normal, and it has lasted longer than a week, it may be a cause for concern. If you have other symptoms such as nausea, vomiting, bloating, fever, and weight loss or gain it could indicate heartburn and irritable bowel syndrome, as well as more-serious problems like gastric outlet obstruction or esophageal cancer.
Early Warning Signs of Cancer

Is being anemic a red flag for cancer? A team of British researchers says YES — especially if you’re in a certain age group.

Researchers at Keele University in Staffordshire, England named iron-deficient anemia as one of eight symptoms doctors could use to make an early diagnosis of some cancers.

As you’ll see in a moment, anemia isn't one of the famous "Seven Warning Signs" the American Cancer Society tells us to look for. That makes this important news. I think this new British list of warning signs is more specific and useful.

According to results published in the September 2010 *British Journal of General Practice*, researchers compiled the list after analyzing twenty-five studies from the United Kingdom, the United States, the Netherlands, Belgium, Australia, Denmark and Germany.

Lead study author Dr. Mark Shapley said the eight symptoms provide an accurate enough prediction to mean the patient urgently needs more tests and follow-up.

But please know that a great deal depends on the patient’s age and gender. In the case of iron deficient anemia, researchers said the likelihood that it's a positive predictor of cancer is far greater for a 60-year-old male than for a 21-year-old female.

Now here's the full list of 8 warning signs the British researchers flagged. . .

**Call your doctor ASAP if you experience...**

1. **Rectal bleeding**—Face it; this is NEVER a good sign! Cancers of the colon and rectum can cause bright red bleeding from the rectum, which also may become evident in your stool. There are conditions other than cancer that can cause rectal bleeding — hemorrhoids, for instance. But you absolutely shouldn't take this symptom lightly.

2. **Iron deficiency anemia**—Cancerous tumors can wipe out your oxygen-carrying red-blood cells. What’s more, some cancers—such as those located in the colon—can produce hidden bleeding and therefore iron loss (red blood cells are rich in iron). Over time this can lead to moderate or severe iron deficiency anemia.

   Unfortunately, mainstream cancer treatments such as radiation and chemotherapy also destroy red blood cells—leaving you breathless, dizzy and weak. If a patient is already being treated with these therapies their effect has to be taken into account. Your doctor typically will suggest blood tests and may request an endoscopy or colonoscopy to check your stomach and colon.

3. **Rectal examination**—This test is typically part of a yearly physical exam. But if the exam reveals an enlarged prostate or hidden bleeding, a malignancy may be present.
4. **Hematuria**—Blood in your urine—whether visible to the naked eye or only through a microscope—could be a warning sign of kidney, prostate or bladder cancer.

Your doctor may recommend a computerized tomography (CT) scan, magnetic resonance imaging (MRI), an ultrasound or cytoscopy to diagnose the root cause.

5. **Hemoptysis**—Coughing up blood could be a sign of lung cancer, heart problems or tuberculosis. Doctors can use chest x-rays to pinpoint the location of a tumor. Checking a sputum sample under microscope can also detect whether cancer cells are present. (Sputum is anything you cough up from the respiratory tract — phlegm, mucus, whatever.)

6. **Breast lump(s)**—All breast lumps are not created equal. Some benign lumps feel smooth and squishy, like a water balloon. Others are firm, round lumps that usually don't change shape during your menstrual cycle.

Malignant tumors typically have an irregular shape with a rough surface similar to a golf ball. The tumor will be very hard. A clinical breast exam and mammogram can help diagnose a growth you're able to feel. And a needle biopsy will provide even more information about the lump. Please note these are the conventional tests for breast cancer. Here at Cancer Defeated we suggest you try a thermogram rather than a mammogram, and avoid needle biopsies if you can. For safer, superior breast cancer tests, see our Special Report Beat Breast & Prostate Cancer without Surgery, Chemo or Radiation.

7. **Post-menopausal bleeding**—Bleeding before menopause is a necessary inconvenience… but bleeding after menopause could indicate cancer of the cervix, ovaries, or possibly endometrial cancer (in the lining of the uterus).

Your doctor can perform a dilation and curettage (D&C) to scrape cells from your uterine walls for lab analysis. Routine cervical and pelvic exams, as well as pap smears can help detect any abnormal changes in the cervix or ovaries.

8. **Dysphagia**—This medical term refers to people who experience difficulty or pain when swallowing. According to the National Institutes of Health, cancer of the head, neck, or esophagus are possible causes.

Doctors may use fiber optic laryngoscopy to examine your throat with a lighted tube. They can also use ultrasound exams to produce images of internal body organs.

If you experience any of these conditions, don't panic! Although these eight red flags indicate there could be a problem—it may or may not be cancer.

How does this compare to the famous "Seven Warning Signs of Cancer" that's been published by the American Cancer Society since I was a kid (back before the Civil War). Here are the ACS's warning signs:

1. A change in bowel or bladder habits

2. A sore that does not heal
3. Unusual bleeding or discharge from any place
4. A lump in the breast or other parts of the body
5. Chronic indigestion or difficulty in swallowing
6. Obvious changes in a wart or mole
7. Persistent coughing or hoarseness

As you can see, there's quite a bit of resemblance between the two lists. The British list is more specific and is probably aimed more at guiding doctors than consumers. I think it's more helpful. The ACS list casts a pretty wide net. A couple of the items could potentially make people more frightened than they need to be about symptoms that may be harmless.

I've had a rough throat my whole adult life, but it's not cancer. It's allergies. All the same, if you suddenly develop a sore throat or cough that never goes away, get it checked out. It's a sudden change you need to look out for.

Likewise, it's a stretch to say chronic indigestion means it's likely you have cancer. But it does mean something is seriously wrong. You should never ignore gastro-intestinal distress. Figure out what's causing it and get it fixed. (I wish I could tell you it's easy, but more likely it means you need to change the way you eat and also check out the parasite angle.)
Stress Warning Signs and Symptoms

The following table lists some of the common warning signs and symptoms of stress. Use it to identify the symptoms you typically experience when you’re under stress. If you know your red flags, you can take early steps to deal with the stressful situation before it – or your emotions – spiral out of control. You may also want to see the American Heart Association’s How Does Stress Affect You and/or the Mayo Clinic’s Stress Symptoms: Effects on Your Body, Feelings, and Behavior publications to assess the signs and symptoms that affect you when you are under stress.

Keep in mind that the signs and symptoms of stress can also be caused by other psychological and medical problems. If you’re experiencing any of the warning signs of stress, it’s important to see a doctor for a full evaluation. Your doctor can help you determine whether or not your symptoms are stress-related.

Stress Warning Signs and Symptoms

Cognitive Symptoms Emotional Symptoms

- Memory problems
- Indecisiveness
- Inability to concentrate
- Trouble thinking clearly
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying
- Loss of objectivity
- Fearful anticipation
- Moodiness
- Agitation
- Restlessness
• Short temper
• Irritability, impatience
• Inability to relax
• Feeling tense and “on edge”
• Feeling overwhelmed
• Sense of loneliness and isolation
• Depression or general unhappiness

Physical Symptoms Behavioral Symptoms
• Headaches or backaches
• Muscle tension and stiffness
• Diarrhea or constipation
• Nausea, dizziness
• Insomnia
• Chest pain, rapid heartbeat
• Weight gain or loss
• Skin breakouts (hives, eczema)
• Loss of sex drive
• Frequent colds
• Eating more or less
• Sleeping too much or too little
• Isolating yourself from others
• Procrastination, neglecting responsibilities
• Using alcohol, cigarettes, or drugs to relax
• Nervous habits (e.g., nail biting, pacing)
• Teeth grinding or jaw clenching
• Overdoing activities (e.g., exercising, shopping)
• Overreacting to unexpected problems
• Picking fights with others

**SIGNS AND SYMPTOMS OF DIABETES**

Individuals can experience different *signs and symptoms of diabetes*, and sometimes there may be no signs. Some of the signs commonly experienced include:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Tiredness
- Lack of interest and concentration
- A tingling sensation or numbness in the hands or feet
- Blurred vision
- Frequent infections
- Slow-healing wounds
- Vomiting and stomach pain (often mistaken as the flu)

The development of type 1 diabetes is usually sudden and dramatic while the symptoms can often be mild or absent in people with type 2 diabetes, making this type of diabetes hard to detect. If you show these signs and symptoms, consult a health professional.
IMUNE'S MASSIVE LIBRARY OF THE MOST IMPORTANT BOOKS AND ARTICLES OF NATURAL MEDICINE ARE AVAILABLE ON THE HARD DRIVE

INTERNATIONAL MEDICAL UNIVERSITY MEDICAL TRAINING MOVIES
Signs and Symptoms of Hypoglycemia

Please keep this card, or a photocopy, with you in the classroom.

What is hypoglycemia?
Hypoglycemia happens when the amount of blood glucose in the body has dropped below 4 mmol/L.

Hypoglycemia is an emergency situation. It can happen within minutes of the youth appearing healthy and normal, so it is important to take care of it right away.

If blood glucose levels drop very low the youth may:
- Become confused and disoriented
- Lose consciousness
- Have a seizure

What are the signs of hypoglycemia?
- cold, clammy or sweaty skin
- pallor
- difficulty concentrating
- shakiness, lack of coordination (e.g. deterioration in writing or printing skills)
- irritability, hostility, and poor behaviour
- a staggering gait
- fatigue
- nervousness
- excessive hunger
- headache
- blurred vision and dizziness
- abdominal pain or nausea
- fainting and unconsciousness

What causes hypoglycemia?
Hypoglycemia can be caused by:
- More physical activity than usual
- Not eating on time
- Missing or delaying meals
- Taking too much insulin

If blood glucose levels do drop very low, your assistance might be needed. Encourage the youth to always wear their MedicAlert® or other emergency identification in case of an emergency like this.

What about hyperglycemia?
Hyperglycemia happens when blood glucose levels are higher than the youth’s target range. The youth will be thirsty, urinate more often and be tired. Emergency treatment is generally not required, but if you suspect hyperglycemia, refer to the parent’s instructions on the Kid with Diabetes Information card.
Emergency Treatment of Hypoglycemia

Please keep this card, or a photocopy, with you in the classroom.

DO NOT give food or drink if the student is:
• unconscious
• having a seizure or
• unable to swallow

DO
• roll the student on his/her side
• call 9-1-1 or emergency medical services
• contact the parent or guardian identified on the Kid with Diabetes Information card

* If the next meal is more than one hour away, or the youth is going to be active, ensure that the student eats a snack, such as a half-sandwich or cheese and crackers (something with 15 grams of carbohydrate and a protein source.)

If you are unsure whether the youth is hypoglycemic, always give sugar! A temporary excess of sugar will not harm the youth, but hypoglycemia is potentially serious.

It may take some coaxing to get the youth to eat or drink but you must insist. Usually their next regular meal or snack is adequate.

Don’t leave the youth unsupervised until recovery is complete. The youth can then resume regular class-work.

It is imperative that the youth be accompanied by a responsible person if they go home.

Parents should be notified of all incidents of hypoglycemia. Repeated low blood glucose levels are undesirable and unnecessary and should be drawn to the parent’s attention so that they can discuss the problem with their doctor.

Emergency medical identification

MediAlert®, or other emergency medical identification, can help speed up treatment and diagnosis. Check for a bracelet/necklet on an unresponsive person. Immediate treatment can be aided by the crucial medical information found on the back of the jewellery.

Signs and symptoms of hypoglycemia are on the reverse side of this card.
Major Mental Illnesses
Signs and Symptoms

The following is an overview of the major mental illnesses. There are many brochures regarding specific illnesses available from your mental health professional or community mental health organizations. You may not experience all of the symptoms listed for each illness.

Who Becomes Mentally Ill?

- It can affect anyone, regardless of age, ethnic background, income or gender.
- One in five Canadians has or will develop a mental illness.
- Sometimes mental illness is complicated by drug and alcohol use.

Addictions and Mental Disorders

Studies estimate that up to 50% of people who use mental health services also report having alcohol and drug problems. People who experience a mental illness and use alcohol, cannabis, or other substances excessively are said to have a “dual diagnosis” or “concurrent disorder”. People may use drugs or alcohol to reduce the symptoms of mental illness, or to lessen the side effects of prescribed medications. However, substance use often reduces the effectiveness of prescription drugs, can worsen symptoms and complicates the diagnosis, treatment and care process. It is important to address alcohol and drug issues as part of your recovery plan.

Mood Disorders

Depression (as a disorder on its own or a part of bipolar disorder)

Refers to severe and prolonged feelings of discouragement, frustration and even a sense of despair. Multiple causes such as specific, distressing life events, a biochemical imbalance in the brain or persistent psychological factors such as a negative or pessimistic view of life.

Common symptoms of depression:

- Irritability.
- Anxious mood.
- Trouble sleeping or sleeping too much.
- Loss of energy and excessive fatigue.
- Physical aches and pains.
- Diminished ability to think and concentrate.
- Feeling bored and not interested in many aspects of your life.
- Imagining you have an illness such as cancer when there are no physical indications.
- Feelings of worthlessness, hopelessness
- Possibility of suicidal thoughts
- Changes in personal grooming
- Isolation and withdrawal
- Inability to experience joy or pleasure

Bi-Polar Disorder

Refers to the “two poles” of the continuum of mood with alternating periods or cycles of mania (highs) and depression (lows) as described previously.

Common symptoms of mania:
- Persistently high or irritable.
- Decreased need for sleep.
- Appetite disturbance.
- Excessive spending.
- Reckless and impulsive behaviour.
- Inflated ideas about what you are capable of doing – grandiose thoughts.
- Delusional and psychotic thinking.
- Hyper sexuality
- Heightened senses to colour, noise, and smell
• Accelerated thoughts and speech.

Schizoaffective Disorder

This term is used when a person has both a mood disorder and a psychotic disorder within the same period of illness. This does not mean you have two disorders but a combination of symptoms. The depressive type of schizoaffective disorder is accompanied by symptoms such as loss of energy, concentration impairment, guilt, feelings of hopelessness, and suicidal thoughts. At the same time, the person experiences psychotic symptoms such as delusions, extreme paranoia, or hearing voices.

The manic type of schizoaffective disorder often takes the form of elation, with increased self-confidence and grandiosity. The person may feel energized, but may act inappropriately in social situations, and have trouble concentrating. Symptoms of psychosis are also present, and the person’s behaviour is markedly different from usual.

Psychosis

The word “psychosis” is used to describe conditions that affect the mind, in which there has been some loss of contact with reality. When someone experiences the symptoms of psychosis, their condition is referred to as a psychotic episode. It affects an individual’s thoughts, feelings and behaviours. Some people experience psychosis as a part of their mental illness or as a result of using or withdrawing from drugs and alcohol. It is most likely to occur in young adults. About 3 out of every 100 people experience a psychotic episode in their lifetime. It occurs equally in males and females and across all cultures and levels of socio-economic status.

Most people make a full recovery from the experience.

Common signs and symptoms of psychosis:

• Disorganized or confused thinking.

• Reduced concentration, attention

• Reduced drive and motivation, lack of energy

• Sleep disturbance

• Anxiety

• Social withdrawal

• Behavioural changes, irritability

• Hallucinations or delusions

• Disorganized speech
Anxiety Disorders

A group of disorders which affect behaviour, thoughts, emotions and physical health. Caused by biological and situational circumstances. Heightened and continuing response to a perceived threat.

Types of anxiety disorders:

General Anxiety Disorder

• Repeated and excessive worries lasting at least six months pertaining to routine life events and activities like work, relationships, finances and family.

Panic Attacks

• Fear of imminent death leading to heart palpitations, choking, nausea, faintness, dizziness, chest pain and sweating.

Panic Disorder

• Fear of situations which may cause a panic attack.

Phobias

• Overwhelming feelings of terror in response to a specific object, situation or activity.

Obsessive-Compulsive Disorder (OCD)

• Repetitive actions used to cope with recurring or unwanted thoughts.

Post-traumatic Stress Disorder (PTSD)

• A sense of re-experiencing a traumatic event for months and sometimes years after the incident.

Schizophrenia

Refers to an illness in which the changes in behaviour or symptoms have been present for a period of at least six months. Caused by a chemical disturbance of the brain’s functioning. Affects one out of every 100 people.

Common Symptoms:

• Hearing voices, hallucinations, may affect any/all the senses.

• Confused thinking, feeling ambivalent because you can’t make a decision.

• Paranoia and other delusional thinking
• Disjointed thoughts.

• Overwhelming thought – thoughts snowball, build until your senses are over stimulated.

• Thought withdrawal – your mind goes blank

• Thinking that you can control someone else’s thoughts or that someone is controlling your thoughts.

• Righteousness.

• Lack of motivation.

• Social withdrawal.

• Feeling that objects or events are meant as personal signs or omens.

• Religious preoccupation

---

**Eating Disorders**

Involve distorted body images that make it difficult for people to nourish themselves in a healthy way. Most common in women and men under age 30. Types:

**Anorexia Nervosa**

• Dramatic weight loss due to fasting and excessive exercise.

**Bulimia Nervosa**

• Binge eating followed by self-induced vomiting or other forms of purging.

**Personality Disorders**

Involves patterns of thinking, mood, social interaction and impulsiveness that cause distress to those experiencing them and others.

**Types of personality disorders:**

**Borderline Personality Disorder**

• Difficulty maintaining positive relationships.

**Paranoid Personality Disorder**

• Overwhelming distrust and suspiciousness of others.
Antisocial Personality Disorder

• Impulsive behaviour, aggression and violations of the rights of others.

For more information on mental illnesses and their symptoms log on to www.cmha.ca/english/info_centre

Treatment & Recovery

Treatment for any mental illness, whether or not it is complicated by drug and alcohol misuse, should occur as soon as symptoms appear.

Recommended treatment involves a combination of approaches:

• EDUCATION – To help you and your family/support system understand the illness, its causes and effects and ways of dealing with symptoms.

• MEDICATION – New ones are now available with fewer unpleasant side effects than older medications.

• PSYCHOLOGICAL THERAPY OR COUNSELLING - To help you understand what is happening, change your lifestyle to optimize the chances for recovery and learn new skills such as problem solving and relaxation techniques.

• SOCIAL, EMPLOYMENT AND EDUCATION SUPPORT – You may need support to stay at your job, or in school. This is important so you maintain skill development and continuation of income and do not become cut off from friends and workmates.

Research has shown that people who experience mental illness have fewer relapses when their family or other support system is involved in their care and treatment. The same is true when substance misuse is involved. If friends and family are knowledgeable and informed, they are in a better position for cure.
The Desi-astrous Sign of Stress Anxiety

Lack of concentration
Sleeplessness
Irritable
Overreacting
Stomach problems
Antsy

Fear
Muscle tension
Fatigue
Racing heart
Headache

Stress is caused by the desire for things to be different

Relax
Breathe fully
Yoga & exercise
Reduce distraction

Simplify
Plan & organize
Reduce clutter
Set limits

Identify triggers
Thoughts
Feelings
Food

Share
Thoughts
Feelings
Fears

Nourish spirit
& intellect
Live in the present
Journal
Identify spiritual beliefs

Avoid
Procrastination
Negative thinking
Catastrophizing

Learn to accept the things you can’t change & change the things you can... and find the wisdom to know the difference
WHAT ARE THE SYMPTOMS OF CELIAC DISEASE?

HAVE THESE SYMPTOMS? DON’T WAIT. GET TESTED.

ORAL
- Bad breath
- Gum disease
- Mouth sores
- Mouth ulcers
- Swollen gums
- Tongue sores
- Tooth enamel erosion

FEMALE-SPECIFIC
- Breast tenderness
- Early menopause
- Frequent miscarriages
- Hormonal level swings
- Heavy, painful periods
- Infertility
- Swollen bladder/cervix

BEHAVIORAL
- ADD
- Anxiety
- Brain fog
- Depression
- Irritability
- Irrational anger
- Loneliness/isolation
- Loss of interest in activities
- Memory loss
- Mood swings
- Night terrors
- Panic attacks
- Short temper
- Suicidal

SKIN
- Acne
- Brittle nails
- Bruising
- Burning scalp
- Dandruff
- Dark circles under the eyes
- Eczema
- Flaky skin around the eyes
- HIV
- Pale skin
- Skin cancer
- Skin rashes

INTESTINAL
- Acid reflux
- Bloating
- Constipation
- Diarrhea
- Gas that would clear a room
- Loss of appetite
- Nausea
- Stomach pain

JOINT/MUSCLE
- Ataxia
- Back pain
- Burning sensation in the joints
- Joint pain/stiffness/swelling
- Leg cramps
- Muscle spasms
- Swelling in hands and feet

VITAMIN DEFICIENCIES
- Anemia (low iron)
- Low calcium
- Low vitamin B12
- Low vitamin D

MISCELLANEOUS
- Asthma
- Bladder infections
- Blurred vision
- Chills & fevers
- Chronic fatigue
- Dandruff
- Coughing
- Dizziness/vertigo
- Fainting
- Fluctuating weight
- GERD
- Hair loss
- Headaches
- Heartburn
- Hemorrhoids
- High blood pressure
- Hypothyroidism
- Irregular heartbeat
- Low blood sugar
- Migraines
- Night sweats
- Racing heart
- Seizures
- Sinus pressure
- Sleeping issues

* Symptoms in red were mentioned the most often

Source:
These symptoms were provided by over 130 people currently living with celiac disease. Only symptoms that were mentioned more than once were listed. To see all of the responses, go to:
http://glutendude.com/ceeliac/what-are-your-specific-celiac-symptoms/
Heart Attack

Did you know that men and women often experience different symptoms?

**MEN...**

- Often, but not always, experience the classic warning signs of a heart attack:
  - Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that goes away and comes back.
  - Pain that spreads to the shoulders, neck or arms.
  - Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.
  - Trigger: Men most often report physical exertion prior to heart attacks.

**WOMEN...**

- May experience the classic symptoms, but they are often milder. Women may also have other symptoms like:
  - Shortness of breath or difficulty breathing
  - Nausea, vomiting or dizziness
  - Back or jaw pain
  - Unexplained anxiety, weakness or fatigue
  - Palpitations, cold sweats or paleness

**Every Second Counts!** If you or someone you know has any of these symptoms, immediately call 911 or get to an LVH Emergency Room as quickly as possible. Our doctors are ready to evaluate any patient complaining of chest pain within 10 minutes of arrival, and to provide the right treatment, 24 hours a day, every day.

**Trigger:**

- Women most often report emotional stress prior to heart attacks.
tell-tale signs of kidney disease

- Increase in water consumption and urination
- Decreased urination (oliguria)
- Lack of urination (anuria)
- Voiding urine during the night (nocturia)
- Blood in urine (hematuria)
- Decreased appetite (anorexia)
- Vomiting
- Weight loss
- Lethargy
- Diarrhea
- Hunched over posture or reluctance to move
- Poor or unkempt hair coat

It is important to note that some of the above symptoms also accompany other disorders, such as liver or pancreatic diseases and urinary tract disorders that do not involve the kidneys.

---

**TABLE 2**
OVERLAPPING SYMPTOMS OF CHRONIC KIDNEY DISEASE AND DEPRESSION

<table>
<thead>
<tr>
<th>Chronic Kidney Disease</th>
<th>Depressive Disorders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue, tiredness</td>
<td>Fatigue, loss of energy</td>
</tr>
<tr>
<td>Insomnia, sleep apnea, restless leg syndrome, periodic limb movements in sleep, daytime sleepiness</td>
<td>Insomnia or hypsomnolence</td>
</tr>
<tr>
<td>chronic pain (musculoskeletal, neuropathic, ischemic)</td>
<td>chronic pain</td>
</tr>
<tr>
<td>encephalopathy, dementia</td>
<td>loss of interest, psychomotor retardation or agitation</td>
</tr>
<tr>
<td>Anorexia, edema, interdiayltic weight gain</td>
<td>Weight gain or weight loss, diminished appetite</td>
</tr>
<tr>
<td>Decreased libido, difficulty in achieving orgasm, infertility, lack of vaginal lubrication, erectile and ejaculatory dysfunctions</td>
<td>loss of libido, amenorrhea</td>
</tr>
<tr>
<td>Cognitive problems</td>
<td>Diminished ability to think or concentrate, memory problems</td>
</tr>
</tbody>
</table>

## Lyme Disease Signs

<table>
<thead>
<tr>
<th>Early Symptoms</th>
<th>Late Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Solid Red Bull’s Eye Rash (usually at the site of the bite)</td>
<td>• Arthritis (pain/swelling of two large joints)</td>
</tr>
<tr>
<td>• Achiness</td>
<td>• Disorientation</td>
</tr>
<tr>
<td>• Headache</td>
<td>• Confusion</td>
</tr>
<tr>
<td>• Sore Throat</td>
<td>• Inability to concentrate</td>
</tr>
<tr>
<td>• Changes in Vision</td>
<td>• Dizziness</td>
</tr>
<tr>
<td>• Stiff, aching neck</td>
<td>• Short-Term Memory Loss</td>
</tr>
<tr>
<td>• Facial Paralysis</td>
<td>• Numbness in arms/hands or legs/feet</td>
</tr>
<tr>
<td>• Tingling or numbness in the extremities</td>
<td></td>
</tr>
<tr>
<td>• Abnormal Pulse</td>
<td></td>
</tr>
<tr>
<td>• Severe Fatigue</td>
<td></td>
</tr>
<tr>
<td>• Fever of 102 degrees</td>
<td></td>
</tr>
</tbody>
</table>

Lyme disease signs and symptoms are fever, undergoing depression, feeling fatigue and headaches. This infection is caused by bite from ticks which are infected. Along with these symptoms outward sign of skin rash in a circle can be seen on the patient. This circle becomes visible after thirty days of a tick bite. The rash is not painful, but red in color and warm to touch. The circular pattern is like a design on the body, in innermost area the skin remains dark red, and so does the outer ring, but the area in between, the red color diminishes in redness. European patients support lump, which is purple, on the scrotum, nipple or ear lobe. Pain in joints, tendons, and muscles are there but not in great proportion. Some people become prone to migraines and spells of dizziness, the blood pressure rises due to the infection as the bacteria starts spreading through the blood stream.
Addison’s Disease Signs

Symptoms:
- Fatigue, lassitude, malaise, weakness, anorexia
- Postural dizziness, syncope
- Gastrointestinal Symptoms
  - Nausea
  - Vomiting
  - Abdominal Pain
  - Diarrhea
  - Constipation
- Myalgias, arthralgias, rarely flexion contractures
- Decreased libido, amenorrhea

Signs:
- Weight loss
- Hyperpigmentation
- Hypotension
- Thinning of axillary and pubic hair
- Vitiligo
13  Understanding symptoms and signs in inflammatory bowel disease

CORNELIUS C. CRONIN AND FERGUS SHANAHAN

Introduction

The natural history of Crohn's disease (CD) and ulcerative colitis (UC) is highly variable, but most typically follows a course of relapses and remissions. Some patients have chronically active disease with no or few apparent remissions. In some, the condition appears to 'burn out', and they enter long term remission. Series from specialized centers may tend to over-estimate clinical severity [1]. Generally, symptoms of UC tend to be uniform; most patients complain of abrupt onset passage of blood, diarrhea and weight loss. Each acute relapse typically has similar clinical features. Because of its greater anatomical distribution potentially involving any part of the gastrointestinal tract, its transmural distribution and its propensity to give rise to complications such as strictures and fistulae, CD shows greater variability between patients in clinical features. Also, as the disease evolves involving different parts of the gastrointestinal tract, the clinical features in any one patient may also change through time.

Symptoms and signs of inflammatory bowel disease (IBD) ultimately depend on the extent, distribution and severity of the gastrointestinal inflammation. Many of the clinical features of CD and UC are related to the anatomical location of disease. Abdominal colic is caused by intestinal strictures and diarrhea by intestinal inflammation. Other features such as anorexia, weight loss and malnutrition, anemia and constitutional features are largely due to the systemic consequences of intestinal inflammation. In recent years, the role of soluble mediators of intestinal inflammation in the pathogenesis of non-intestinal features of IBD has been appreciated. Cytokines are produced by many different tissues in response to immune stimulation and mediate a multiplicity of immunologic and non-immunologic functions [2, 3]. As well as local (autocrine-paracrine) actions, cytokines have systemic (endocrine) effects, many mediated by the central nervous system [4, 5]. While the short-term, local effects of cytokines may be beneficial to the organism in the acute phase of an immune reaction, prolonged systemic cytokine activity as in IBD is often deleterious (Table 1) [6, 7].

Disease vs illness

There is an imperfect association between disease activity and patient disability. The objective assessment of disease activity often provides a poor guide to the subjective impact of the condition on the

<table>
<thead>
<tr>
<th>Table 1</th>
<th>Adaptations associated with pro-inflammatory cytokines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioral</td>
<td>Anorexia, Fatigue, Malaise, Altered sleep pattern, Altered level of consciousness</td>
</tr>
<tr>
<td>Physiologic</td>
<td>Elevated body temperature, Increased resting energy expenditure, Stress hormone response, Skeletal muscle wasting, Hepatic acute phase response, Trace mineral sequestration, Decreased gastric emptying, intestinal transit time, Bone marrow suppression, Diuresis</td>
</tr>
<tr>
<td>Nutritional</td>
<td>Weight loss, Negative nitrogen balance, Hypocalcemia, Hyperinsulinaemia, Hypertriglyceridemia, Hypocholesterolemia</td>
</tr>
</tbody>
</table>

Adapted from ref. 7

Hypothyroid S/Sx’s
- fatigue, lethargy
- weight gain
- dry, coarse skin
- cold intolerance
- swelling of hands
- legs and face
- chronic infections
- postnasal drip
- weakness
- muscle cramp
- arthralgias
- parasthesia
- memory loss
- carpal tunnel syn
- constipation
- dysglycemia

In hypothyroidism the thyroid gland can be small or large (goiter), depending on the cause of low levels of thyroid hormone.

Main symptoms of Diabetes

Central
- Polydipsia
- Polyphagia
- Lethargy
- Stupor

Eyes
- Blurred vision

Systemic
- Weight loss

Breath
- Smell of acetone

Respiratory
- Kussmaul breathing (hyper-ventilation)

Gastric
- Nausea
- Vomiting
- Abdominal pain

Urinary
- Polyuria
- Glycosuria

blue = more common in Type 1
Main symptoms of AIDS

**Neurological**
- Encephalitis
- Meningitis

**Eyes**
- Retinitis

**Lungs**
- Pneumocystis pneumonia
- Tuberculosis (multiple organs)
- Tumors

**Skin**
- Tumors

**Gastrointestinal**
- Esophagitis
- Chronic diarrhea
- Tumors
Signs of hormonal deficiency

- Headaches and hot flashes
- Hair becomes thinner and loses luster
- Teeth loosen and gums recede
- Breasts droop and flatten
- Nipples become smaller and flatten
- Backaches
- Skin and mucous membranes become drier; skin develops a rougher texture
- Abdomen loses some muscle tone
- Stress or urge incontinence
- Body and pubic hair becomes thicker and darker
- Bones lose mass and become more fragile
- Vaginal dryness, itching and shrinking
Symptoms of Hyperammonemia

**General**
- Growth retardation
- Hypothermia

**Muscular/Neurologic**
- Poor coordination
- Dysdiadochokinesia
- Hypotonia or hypertonia
- Ataxia
- Tremor
- Seizures
- Decorticate or decerebrate posturing

**Central**
- Combativeness
- Lethargy
- Coma

**Eyes**
- Papilledema

**Pulmonary**
- Shortness of breath

**Liver**
- Enlargement
Main symptoms of **Multiple sclerosis**

**Central:**
- Fatigue
- Cognitive impairment
- Depression
- Unstable mood

**Visual:**
- Nystagmus
- Optic neuritis
- Diplopia

**Speech:**
- Dysarthria

**Throat:**
- Dysphagia

**Musculoskeletal:**
- Weakness
- Spasms
- Ataxia

**Sensation:**
- Pain
- Hypoesthesias
- Paraesthesias

**Bowel:**
- Incontinence
- Diarrhea or constipation

**Urinary:**
- Incontinence
- Frequency or retention
Common sites and symptoms of Cancer metastasis

**Brain**
- Headaches
- Seizures
- Vertigo

**Respiratory**
- Cough
- Hemoptysis
- Dyspnea

**Lymph nodes**
- Lymphadenopathy

**Liver**
- Hepatomegaly
- Jaundice

**Skeletal**
- Pain
- Fractures
- Spinal cord compression
Symptoms of Tuberculosis

(Established) pulmonary tuberculosis

Poor appetite

Miliary tuberculosis

Productive cough

Night sweats

Return of dormant tuberculosis

Cough with increasing mucus

Coughing up blood

Primary pulmonary tuberculosis

Fever

Dry cough

Weight loss

Extrapulmonary tuberculosis

Common sites:
- Meninges
- Lymph nodes
- Bone and joint sites
- Genitourinary tract

Tuberculous pleuritis

Gastrointestinal symptoms

Chest pain
Symptoms of Fibromyalgia

Central
- Chronic headaches
- Sleep disorders
- Dizziness
- Cognitive impairment
- Memory impairment
- Anxiety
- Depression

Muscular
- Myofascial pain
- Fatigue
- Twitches

Joints
- Morning stiffness

Urinary
- Problems urinating

Eyes
- Vision problems

Joint of jaw
- Dysfunction

Systemic
- Pain
- Weight gain
- Cold symptoms
- Multiple chemical sensitivity

Skin
- Various complaints

Chest region
- Pain

Stomach
- Nausea

Reproductive system
- Dysmenorrhea
Symptoms of Acidosis

Central
- Headache
- Sleepiness
- Confusion
- Loss of consciousness
- Coma

Muscular
- Seizures
- Weakness

Intestinal
- Diarrhea

Respiratory
- Shortness of breath
- Coughing

Heart
- Arrhythmia
- Increased heart rate

Gastric
- Nausea
- Vomiting

Signs and Symptoms of Eczema
- Dry, sensitive skin
- Intense itching
- Red, inflamed skin
- Recurring rash
- Scaly areas
- Rough, leathery patches
- Oozing or crusting
- Areas of swelling
- Dark colored patches of skin
Signs and Symptoms of a Cervical Radiculopathy C5-C8

(A)
(B)
(C)
(D)

Representation of the anterolateral aspect of the neck, shoulder, and upper limb. The thick black line represents the sharp, radiating pain, which often has a dermatomal pattern. Interrupted lines indicate sharp pain with a C8 radiculopathy, which is on the inner aspects of the arm and forearm. The diffuse gray areas represent the poorly localized dull ache. A dull ache medial to the shoulder blade is a common complaint in all cervical radiculopathies and is no localizing value. The area covered by small dots indicates the location of paraesthesia and sensory impairment.

www.neckpainsupport.com
The Flu

The symptoms of Novel H1N1 Flu virus in people are similar to the symptoms of Seasonal Flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with Novel H1N1 Flu also have reported diarrhea and vomiting.

Is it a Cold or the Flu?

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Common Cold</th>
<th>Seasonal and Novel H1N1 Influenza</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>High (102-104°F) lasts for 3-4 days</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Prominent</td>
</tr>
<tr>
<td>General Aches and Pains</td>
<td>Slight</td>
<td>Usually often severe</td>
</tr>
<tr>
<td>Fatigue, Weakness</td>
<td>Quite mild</td>
<td>Can last up to 2-3 weeks</td>
</tr>
<tr>
<td>Extreme Exhaustion</td>
<td>Never</td>
<td>Early and prominent</td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Usually</td>
</tr>
<tr>
<td>Chest Discomfort</td>
<td>Mild</td>
<td>Common, can be severe</td>
</tr>
<tr>
<td>Cough</td>
<td>Moderate hacking cough</td>
<td>Can be severe dry cough</td>
</tr>
<tr>
<td>Vomiting or Diarrhea</td>
<td>Never</td>
<td>More common with Novel Flu less so with Seasonal Flu</td>
</tr>
<tr>
<td>Complications</td>
<td>Sinus and ear pressure</td>
<td>Pneumonia can be life threatening</td>
</tr>
<tr>
<td>Treatment</td>
<td>None</td>
<td>Anti-viral medication</td>
</tr>
<tr>
<td>Prevention</td>
<td>None</td>
<td>Vaccine expected Winter 2009</td>
</tr>
</tbody>
</table>

If you believe you have H1N1 Flu and are worried about your symptoms call your doctor or urgent care center. Please be careful not to make others sick. Cover your cough and please, stay home from work or school when you are ill.

Over ➔
### Signs and symptoms of hyperglycaemia and hypoglycaemia

<table>
<thead>
<tr>
<th>Hyperglycaemia</th>
<th>Hypoglycaemia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extreme thirst</td>
<td>Feeling shaky and irritable</td>
</tr>
<tr>
<td>Dry mouth</td>
<td>Sweating</td>
</tr>
<tr>
<td>Blurred vision</td>
<td>Tingling lips</td>
</tr>
<tr>
<td>Drowsiness</td>
<td>Feeling weak</td>
</tr>
<tr>
<td>Frequent need to pass urine</td>
<td>Hunger</td>
</tr>
<tr>
<td></td>
<td>Nausea (feeling sick)</td>
</tr>
</tbody>
</table>

---

**DIABETES MELLITUS - TYPE 1**

**SIGNs & SYMPTOMS:**

- **Polyuria**
  - ↑Urination
- **Polydipsia**
  - ↑Thirst
- **Polyphagia**
  - ↑Hunger

- Weight Loss
- Fatigue
- ↑Frequency of Infections
- Rapid Onset
- Insulin Dependent
- Familial Tendency
- Peak Incidence From 10 to 15 Years
Know the warning signs of Type 1 Diabetes
You just might save a life!

- Extreme thirst
- Fruity odor on breath
- Frequent urination
- Nausea or vomiting
- Sudden weight loss
- Drowsiness, lethargy
- Increased appetite
- Heavy, labored breathing
- Sudden vision changes
- Stupor, unconsciousness

TylerTypeOne.org
Tyler Type One Diabetes Foundation
Local Support Today
Signs & Symptoms of Worker Stress

Worker Stress

Psychological and Emotional
- Feeling heroic, invulnerable, euphoric
- Denial about one's stress level
- Anxiety and fear
- Worry about safety of self and others
- Anger or irritability
- Restlessness
- Sadness, grief, depression, moodiness
- Distressing dreams
- Guilt or "survivor guilt"
- Feeling overwhelmed, hopeless
- Feeling isolated, lost, or abandoned
- Apathy
- Identification with survivors
- Feeling misunderstood or unappreciated

Cognitive
- Memory problems and forgetfulness
- Disorientation and confusion
- Slowness in thinking and comprehension
- Difficulty calculating, setting priorities, making decisions
- Difficulty concentrating
- Limited attention span
- Loss of objectivity
- Inability to stop thinking about the disaster

Physical
- Increased heartbeat, respiration
- Increased blood pressure
- Upset stomach, nausea, diarrhea
- Change in appetite, weight loss or gain
- Sweating or chills
- Tremors or muscle twitching
- "Muffled" hearing
- Tunnel vision
- Feeling uncoordinated
- Headaches
- Soreness in muscles, back pain
- Feeling a "lump in the throat"
- Exaggerated startle reaction
- Fatigue that does not improve with sleep
- Decreased resistance to colds, flu, or infection
- Flare-up of allergies, asthma, or arthritis

Behavioral
- Change in activity level
- Decreased efficiency and effectiveness
- Difficulty communicating
- Outbursts of anger, frequent arguments
- Inability to rest or "letdown"
- Change in eating habits
- Sleep disturbances
- Change in patterns of intimacy, sexuality
- Change in job performance
- Periods of crying
- Increased use of alcohol, tobacco, or drugs
- Social withdrawal, isolation
- Vigilance about safety or environment
- Avoidance of activities or places that trigger memories
- Proneness to accidents
- Blaming and criticizing others

Source: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, Mental Health Response to Mass Violence and Terrorism, 2004
Rheumatoid arthritis usually affects joints symmetrically (on both sides equally), may initially begin in a couple of joints only, and most frequently attacks the wrists, hands, elbows, shoulders, knees and ankles.
In MODERATE COPD, inadequately controlled patients may exhibit\(^1\):

- Overuse of rescue medication
- Shortness of breath upon exertion
- Frequent cough, often with mucus
- Inability to walk distances that were previously achievable
- Difficulty climbing stairs
- Trouble sleeping
- Exacerbation(s)

Irritable bowel is a symptom not a disease, it is a sign.

**Cause**
- Abnormal contractions of muscles in the intestinal walls
- Develops after gastrointestinal infection
- Stress, anxiety or depression are often part of IBS
- Peristalsis becomes irregular and uncoordinated disrupting normal digestive process
- Over eating or binge eating known to aggravate IBS
- Too much fat in diet
- Eating too quickly, eating irregularly, smoking
Hey Doc I Feel Fine

Being Symptom free is NOT an Indicator of Health

But I'm Broke so Don't Fix Me
Ha Ha Ha
'We've reached the end of antibiotics':
Top CDC expert declares that 'miracle drugs' that have saved millions are no match against 'superbugs' because people have overmedicated themselves

By Snejana Farberov
PUBLISHED: 05:30 GMT, 26 October 2013 | UPDATED: 08:17 GMT, 26 October 2013

A high-ranking official with the Centers for Disease Control and Prevention has declared in an interview with PBS that the age of antibiotics has come to an end.

"For a long time, there have been newspaper stories and covers of magazines that talked about "The end of antibiotics, question mark?" said Dr Arjun Srinivasan. "Well, now I would say you can change the title to "The end of antibiotics, period."

The associate director of the CDC sat down with Frontline over the summer for a lengthy interview about the growing problem of antibacterial resistance.

Srinivasan, who is also featured in a Frontline report called 'Hunting the Nightmare Bacteria,' which aired Tuesday, said that both humans and livestock have been overmedicated to such a degree that bacteria are now resistant to antibiotics.

"We're in the post-antibiotic era," he said. "There are patients for whom we have no therapy, and we are literally in a position of having a patient in a bed who has an infection, something that five years ago even we could have treated, but now we can't."

Dr Srinivasan offered an example of this notion, citing the recent case of three Tampa Bay Buccaneers players who...
Symptoms are not our Enemy

They are our Friend

They Point to the Real Problem
Desire is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the Synthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded picaune minions of the chemical companies constantly attack with their anal retentive biased short sided views.

We must fight for freedom of choice and especially freedom of choice on medicine.

Education...  
...free from Borders  www.imune.net