

## Professional Natural Health Writing Portfolio of: Jaime A. Heidel

*"Promoting Natural Health with Passion, Commitment, and Skill."*

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## **5 Easy Secrets to Chronic Stomach Pain Relief**

*Get Rid of Stomachaches Once and For All!*

Is your stomach always in pain or uncomfortable? Are you plagued with chronic stomachaches, flatulence, constipation, acid reflux or diarrhea? If you've spent more money than you care to think about in the antacid isle and more time in the bathroom than you want to admit, relax and take a deep breath. This article will give you the 5 easy secrets to chronic stomach pain relief.

### **Secret #1 – Identify the Cause**

To get your chronic tummy troubles under control, you must first learn what's causing them in the first place. The over-the-counter or prescription drugs you're taking to get rid of the pain are only covering up the symptoms for a short period of time. For long-term relief, you'll need to do a little detective work. Here are some common causes of chronic stomach pain:

- **Gluten Intolerance**

Gluten is a protein found in wheat, rye, barley and oats. If you're intolerant to it, you'll likely experience frequent diarrhea, bloating, abdominal cramping, gas and brain fog. To find out if gluten is what's causing your symptoms, eliminate all sources from your diet for a period of one month, then reintroduce it to see if symptoms return.

- **Lactose Intolerance**

Lactose intolerance is quite common and means your body is unable to digest the lactose in dairy products. The easiest way to test if lactose intolerance is causing your stomach problems is to eliminate all sources from the diet for a period of one month, then reintroduce it to see if symptoms return.

- **Bowel Disease**

An inflammatory bowel disease such as Crohn's disease is a common cause for chronic tummy trouble. If you suspect you have an inflammatory bowel disease, try some natural dietary changes before getting on steroids or opting for surgery. You'll be pleasantly surprised at the results!

- **Leaky Gut Syndrome**

Leaky gut syndrome means that the lining of the gut is more porous than it should be, allowing undigested food to leak into the blood stream causing not only stomach distress but mental and neurological symptoms as well. If, in addition to gut pain, you have some of the symptoms of autism or Asperger's syndrome, leaky gut syndrome could be your cause. LGS can be caused by viral infection, overuse of antibiotics and untreated food intolerance. To learn more about LGS, [click here](#).

- Intestinal Parasites

It is estimated that over 50 percent of the American population is infected with some type of intestinal parasite. Don't worry, though. There are plenty of ways to eliminate parasites from the body. Take a look at this article for more information about getting rid of intestinal parasites.

- Intestinal Ulcers

With all the stress in today's world, it's amazing ALL of us don't have some sort of stomach ulcer. If you have a stomach ulcer, you may experience burning, gnawing pain in your gut between meals or at night. You may have acid reflux, nausea and vomiting as well. For some natural ways to treat stomach ulcers at home, [click here](#).

## Secret #2 – Clean up Your Diet

In today's hectic world, a trip to the fast food drive-thru sounds a lot more appealing than having to prepare a home-cooked meal each night. However, if fast and processed foods make up the large majority of your diet, your digestive health is suffering for it. Save fast food for an occasional treat. Instead, fill your body with whole, health-promoting foods such as:

- Organic Meats/Poultry
- Fresh Vegetables and Fruit
- Whole Grains
- Pure Tea, Juice and Water

Healthy doesn't have to mean boring. Always eaten food out of a box or a can? Start off slowly and become a label-reader. Stay away from dangerous additives like aspartame, high fructose corn syrup, polysorbate 80, BHT and BHA, food dyes and soy.

Also, remember this simple rule:

If you can't pronounce it, you shouldn't be putting it into your body!

### Secret # 3 – Add a Probiotic

Sure, you've seen the commercials on TV for yogurts that "regulate your digestive system" and while it may work for some, your ailing tummy needs special care. The stomach pain you have is most likely caused by an imbalance in your intestinal flora.

See, you were born with a healthy amount of good bacteria in your gut designed to crowd out invaders and keep your digestive system running smoothly. Somewhere along the line, an overuse of antibiotics, a compromised immune system, alcohol consumption and poor diet have stripped away these vital "friendly bugs" from your system.

You need to replace them if you're going to stop the chronic stomach pain.

Start out with a bottle of probiotics with at least 3 billion CFU (colony forming units) to get your intestinal flora back in balance. Go slowly, starting with only half a dose and working up so your body can gradually get used to them. Drink plenty of water and allow yourself time to rest while your body releases toxins and heals.

### Secret #4 – Take a Digestive Aid

If you have chronic stomach pain, chances are you're unable to fully and properly digest food. Supplementing your diet with a digestive enzyme will support your weakened digestive system and help you to fully digest and absorb nutrients from food. Properly digested food = an end to stomach pain!

Digestive aids changed my life.

I was sick for years on account of undiagnosed gluten intolerance and even when I cut the gluten from my diet, I still had chronic stomachaches, weakness and fatigue. I started taking digestive enzymes in 2007 and I've never felt better.

For a brand that I recommend, click [here](#).

## Secret #5 – Add Some Fiber

Fiber is one of the most important factors in healing the digestive system and stopping chronic diarrhea and constipation. If you suffer from constipation, especially, I recommend trading in over-the-counter stool softeners for bulk psyllium fiber. Over-the-counter laxatives can become addictive and are dangerous in that they create a dependency.

In other words, using them over time may result in you not being able to go without using them. Scary thought, huh?

I've used Yerba Prima Bulk Psyllium fiber for almost as many years as I've used Solgar Digestive Aids and I highly recommend it.

I'll be honest, it's not the tastiest stuff you'll ever drink and it may give you gas if you drink it on an empty stomach but it works, it's natural and it's safe to use often.

If your chronic stomach pain has been ongoing and neither you nor your doctor have known what to do, these 5 easy secrets to chronic stomach pain relief should help.

If symptoms persist or get worse, visit a trusted healthcare provider. Those with a serious medical condition should always contact their doctor before trying new supplements.

## **“Help! The TV is Force-Feeding Me!”: The Truth about Food Addiction and How to Beat it for Good!**

Do you know you're addicted to food? Did that stop you with a piece of candy mid-way to your mouth? It's okay. You're not alone. We're all addicted to food, in one way or another. The question you have to ask yourself is this: *How addicted to food are you and how is it affecting your health?*

### **You're Being Controlled**

If you've ever struggled to lose weight, you'll be relieved to know it's not your fault you're addicted to food. You might think, "I choose the food I eat. I know it's bad for me but I still eat it. So, it's my fault." To a point, yes. Nobody is holding a gun to your head forcing you to eat a donut or bag of chips. Still, just because nobody is threatening your life doesn't mean you're not being coerced, driven, motivated and otherwise *made* to eat the foods you do.

Sound a little creepy? It is.

How are you being made to eat the foods you do? Mind control. Stay with me here.

You're watching TV late at night. Your favorite program is interrupted by a commercial featuring an attractive young woman in a form-fitting outfit making sweet tender love (eating) a bowl of chocolate cereal. The sultry narrator's voice coos about the *sinful, delightful* taste of pure, sweet, *decadent* chocolate and how, after the hard day you've had, you *deserve* a special treat.

You weren't even thinking about food but now your mouth begins to water and you can't get the taste of chocolate out of your mind. You wrestle with feelings of guilt. You've just started your diet. Still, you *did* walk an extra mile today at lunch.

The lady on the commercial is right. You DO deserve a treat!

See what I mean? It wasn't really your idea, was it? Now, let's take a look at the brain-chemical cause of food addiction.

### **The Role of Dopamine on Food Addiction**

Dopamine is a neurotransmitter that relays signals between your neurons (nerve cells) and the brain. Activities such as exercise, sex and eating trigger feelings of pleasure and reward. These feelings come from dopamine. When you eat some of that sinful chocolate cereal you just saw on commercial, your brain releases a flood of this feel-good chemical and you get a reward for your behavior.

## You Are What You Eat

Those who eat processed and fast food as a once-in-the-while treat most likely don't suffer from a strong food addiction. Unfortunately, that does not include the large majority of people.

If you are addicted to the dopamine high you receive after eating a combo meal, drinking a sugar-laden soft drink or scarfing down a bag of greasy potato chips, you're much more likely to suffer from diet-related health problems including obesity.

It's okay. It probably never occurred to you that you weren't eating out of genuine hunger or that you even had an addiction.

## Why Obesity is On the Rise

Let's go back to the fact you're being conditioned by the media to eat until you're roughly the size of a small beached whale. It didn't just start in childhood, where you most likely learned your food habits from your conditioned parents. It started somewhere in the early 1950's with the invention of that nifty time-saver housewives everywhere marveled over: The T.V. dinner.

Unlike fresh, home-prepared meals, pre-packaged frozen dinners are pumped full of partially hydrogenated vegetable oils, trans fats, dyes and preservatives to make them taste good despite the freezing process.

In the beginning, T.V. dinners came on aluminum trays and were designed to be re-heated in a conventional oven for approximately thirty minutes.

Then, the late 1960's brought the microwave oven. Soon, T.V. dinners were being reheated in a machine designed to cook food in a matter of minutes. It seemed like the perfect invention. Unfortunately, studies have shown that microwave ovens not only suck nutrients from food but leech chemicals from the plastic trays into the food, making them incredibly unsafe to eat.

Why does your body seem to crave something so unlike real food, then? The chemicals in these pre-packaged products are designed to impart a "savory" taste, tricking your brain into believing you're eating something packed with protein, vitamins and minerals.



The microwave meal may taste fine and give you all the feelings of pleasure and reward you crave, but it will not nourish your body. Therefore, even though your belly may be full, you'll be hungry in a matter of hours because you're actually *starving*.

"Starving?" You may gasp. "What do you mean starving? All I do is eat!"

## How to Beat Food Addiction

That's my point. If you weren't starving, your body wouldn't constantly crave more food. You're not eating the right things. Think of it this way. If you ate a steady diet of cardboard and rocks, (presuming you could eat those things and not drop dead) your belly may be "full" but full of what? Cardboard and rocks.

You're not eating to feel full.

You need to understand the goal of putting food into your body.

The goal of eating is to put nutrients into your body that give you strength, energy, vitality, a strong immune system, strong muscles, healthy nails, teeth and hair, etc. Food is designed to keep your body running at its best and your mental health strong.

Beating food addiction is hard. If you've eaten mostly processed and fast foods for the majority of your life, it will take time. Food-related dopamine addiction is like any other addiction.

Understand: You are filling a void by eating empty calories that give you a temporary high but do nothing to sustain your health. As a matter of fact, it's ruining your health.

Start small.

The next time you eat processed food, think about this article. Just acknowledge what you're doing. That's all you have to do to start! Being aware of having an addiction of any kind is the first step in recovery.

Over the next couple of days, notice how you feel physically and mentally before, during and after eating food and completely embrace it. Do you feel light-headed, jittery, nauseous, gassy, guilty, bold, daring, doc, sleepy, happy? Note it.

*Nothing it on a piece of paper would be even more effective.*

Now comes the hard part: If you really want to beat food addiction, you have to quit eating processed food and introduce real food into your body.

The best way for you to do this is to get rid of all the junk food in your house and start over. Then, make a visit to your local farmer's market or grocery store and pick up whole foods.

What are whole foods?

- Organic Chicken, Meat and Wild-Caught Fish
- Organic Fruits and Vegetables
- Whole Grains
- Beans and Legumes
- Unsalted Nuts
- Pure, Fresh Water
- Organic Yogurt
- Butter, Extra Virgin Olive Oil
- Organic Eggs

Whole foods are not processed and do not contain addictive refined sugar, additives or preservatives.

Remember, withdrawal is a part of any addiction and detoxification process. Be kind to yourself and your body. Slipping up is okay. It happens. Just be aware of what you're trying to accomplish and get back on track. Eventually, you'll find your mind clearing up and your body feeling stronger.

And the next time you see a commercial featuring a hot guy offering you margarine-slathered refined white bread, you'll know enough to change the channel.

## **Review – Book – “Natural Cures “They” Don’t Want You to Know About”**

Do you suffer from any type of chronic condition such as [frequent heartburn](#), headaches, [backaches](#), autoimmune disease, food allergies/intolerances or mental illness? If so, you may have turned to a prescription or over-the-counter drug to combat the symptoms. You may then have experienced a side effect from the drug, say, dry mouth, but that’s just a part of the healing process, right?

So you take a second drug to counteract the first drug and now your mouth is no longer dry but you’re sensitive to sunlight. Now, as you sit in your darkened home gazing longingly at the world outside, you realize the original drug you took did little to alleviate the symptoms you were using it for in the first place and your mouth is, once again, dry.

Sound silly, doesn’t it? It is.

Millions of Americans suffer from one or more chronic ailments and although America boasts one of the best, brightest (and most expensive) health care system in the world, millions are still dying uncured.

I used to be one of those millions. I had chronic stomachaches, muscle aches, brain fog, itchy skin, headaches and was diagnosed with not one, but four mental illnesses by the time I was in my late teens: depression, ADHD, bipolar disorder and anxiety disorder.

It turned out that both my mental and physical symptoms were being caused by something very simple: gluten intolerance.

Unfortunately, instead of doctors looking for the cause of my symptoms, they simply shook their heads, shrugged and handed me a prescription. Which, as you can imagine, caused side effects.

Do you ever wonder why the sick stay sick and the sicker die? Has it ever crossed your mind that the pills you are taking to treat your illness are not helping but harming you? If so, you’re absolutely right.

Kevin Trudeau’s important book, **“Natural Cures “They” Don’t Want You to Know About”** explains, in eye-opening detail, why the American health care system is, in fact, a “sick care system”. How it spends millions of dollars each year producing vats of drugs and even

more of *your hard-earned tax dollars* covering up the truth about the negative side effects of the drugs you and your family take everyday!

This brave whistleblower also explains what the Food and Drug Administration is *really* all about and whose best interests they truly have at heart (hint: It's not you). Learn how [affordable alternative remedies](#) have not only been hidden but banned and how good-hearted men and woman have been paid off, jailed and sometimes even **killed** for trying to promote these [inexpensive, effective natural cures](#)!

Kevin Trudeau is one of the foremost consumer advocates of the twenty-first century. He's mad as hell and he's not going to take anymore and neither should you. If you or someone you care about is suffering with any type of chronic illness, even cancer (which, by the way, is curable, the cure has just been hidden for decades), his book, **"Natural Cures "They" Don't Want You to Know About"** will light a fire under you and have you wanting to shout the vital knowledge contained in its pages from every rooftop!

Don't sit back and let the powers-that-be lead you along by the purse or wallet strings any longer. Arm yourself with knowledge and take charge of your health. You don't have to be sick, tired and broke anymore. Join the millions of people who've already benefited from the life-changing information in this book. Pick up a copy of **"Natural Cures "They" Don't Want You to Know About"** today!

## **Review – Kevin Trudeau’s “More Natural “Cures” Revealed”**

Are you or a loved one suffering from a chronic physical or mental illness? Have you or someone who know been diagnosed with debilitating conditions such as rheumatoid arthritis, gout, tinnitus, restless legs syndrome, schizophrenia, depression, anxiety, bipolar disorder, OCD or similar affliction?

*If so, what you don’t know could kill you.*

Brave whistleblower and foremost consumer advocate, Kevin Trudeau turned the conventional medicine and pharmaceutical industry on its head with his first book, **“Natural Cures ‘They’ Don’t Want You to Know About”**. In it, he explains, in layman’s terms, why a nation with supposedly the best healthcare system in the world has millions taking dangerous drugs and undergoing unnecessary surgery before finally succumbing to death.

He unmask the Federal Drug Administration and reveals the truth behind the multi-million dollar pharmaceutical industry designed to keep us all sick and dependent on dangerous and addictive drugs.

This is why I also recommend reading his second jaw-dropping installment, **“More Natural “Cures” Revealed”**. It picks up where the second book left off, revealing do-it-yourself home remedies for virtually every disease and illness, lists of well-researched natural health companies and critical information on how to stay well, avoid doctors and hospitals and live a long and healthy life.

If you’ve suffered for years with a chronic health condition that has sapped your energy, threatened your livelihood, made your social life difficult and made trips to the doctor and pharmacy an almost weekly event, it’s time to take charge of your own health!

I went through the exact same thing you’re going through now. I suffered from chronic stomachaches, muscle pain, frequent colds, fatigue, brain fog and anxiety and was dependent on several medications just to get through the day and I was only in my early twenties! The problem is, the medications only masked the symptoms for a short period while my health continued to fail! Not to mention the side effects I experienced from the drugs.

When I'd complain of another symptom, the doctors would simply shake their heads and hand me a prescription. My problem was actually something quite simple and easily fixable: Gluten intolerance.

The trouble is, most conventional doctors treat symptoms, patients. They are not taught or trained to get to the root cause of disease and illness and they are paid handsomely to advocate dangerous drugs and risky surgery. Yes, you read correctly. Most conventional **doctors receive kick-backs for each prescription they get you hooked on** and each surgery they convince you to undergo!

If what you're reading is upsetting to you, that's a good thing. It means you're beginning to understand how you've been being fooled all this time.

Kevin Trudeau is mad as Hell and he's not going to take it anymore and neither should you.

Thinking of lap-band surgery for weight loss? Learn [how to lose weight easily](#) and naturally without starving yourself or going under the knife.

Been prescribed drugs and surgery for your chronic back pain? Learn how yoga and chiropractic medicine can help you [heal back pain without drugs](#) and at a fraction of the cost!

Living with a mental illness? Discover the startling **real** reasons behind mental illnesses and the right way to treat them.

Right now, you may be where I was nearly ten years ago. You're stuck in a cycle of illness, disease, pain, drugs and/or surgery. Before you visit one more doctor, have one more surgery or fill one more new prescription, pick up a copy of "**More Natural "Cures" Revealed**".

This book not only changes lives, it saves them!

## **Vitamins and Supplements: How to Get the Most Benefit for Your Money**

These days, every dollar counts, even when it comes to essential nutrition. If you're like most on-the-go families, you get your meals from a vending machine or drive-through window and turn to dietary supplements to fill in the gaps. It's important to learn why all vitamins are not the same and how to get the most benefit for your money!

### **Are All Vitamins the Same?**

#### *Commercial Vitamins*

Many commercial vitamins are synthetic versions of natural compounds found in food. Health-conscious families often take these vitamins mistakenly believing they are doing what's best for their health. The truth is, man-made vitamins can cause health problems because they are not able to properly be absorbed by the body. Daily, weekly and monthly use of these synthetic supplements cause these undigested compounds to build up in the body causing chronic inflammation, which can lead to serious health problems. Also, added fillers and preservatives may lead to allergic reaction in sensitive individuals and can promote illness.

Though these vitamins are often referred to as "natural", some contain only 10% natural ingredients. Though they are relatively inexpensive because they are cheaper to produce, they are actually a waste of money since the body absorbs little to no nutrients from these man-made compounds.

#### *Whole Food Supplements*

Unlike the vitamins you often find at your local supermarket or pharmacy, whole food supplements are derived from a live food source, instead of created in a laboratory. These supplements are natural and can have a positive impact on the health of your family. A whole food supplement clearly states, on the label, that the ingredients are all natural with no additives, preservatives or allergens. Whole food supplements contain only bioavailable micronutrients found in nature, which means they are able to be absorbed and utilized by the body.

Though whole food supplements may be a bit more costly, they are usable and beneficial to your family's health and can improve quality

of life. This may prevent the need for costly doctor visits and medications in the future. Whole food supplements, unlike synthetic vitamins, are a true investment in your family's good health and can be found at or below cost at select online retailers.

One of the companies I'd recommend looking into is [Rainbow Light](#). They offer a wide variety of certified organic vitamins and supplements that are backed by thirty years of expertise. Rainbow Light offers prenatal vitamins, supplements for teens, formulas specific to men and women's needs, weight management and more.

Most formulas are free of common allergens such as gluten, yeast, milk, eggs, soy, nuts, fish/shellfish and wheat. If you're looking for a balanced multivitamin, look into Rainbow Light – Just Once. This whole food vitamin meets most all your daily supplemental needs in just one dose!

### **Can You Get the Vitamins You Need From Food?**

The best way to get optimal nutrition is to eat a diet rich in organic, locally-grown vegetables, fruits, organic meats and whole grains. Unlike conventionally-processed vegetables, which are loaded with pesticides that can cause health problems, organic, locally-grown produce is fresh, pesticide-free and chock full of essential vitamins and nutrients the body needs to stay vibrant, healthy and full of energy.

### **Nourishing Vitamins**

#### **Rich Sources of Vitamin C**

Most of the vitamin C you find in processed juices is actually ascorbic acid, a man-made version of vitamin C, which is not only of no real nutritional benefit but has been linked to hardening of the arteries. To get a whole-food blast of this virus-fighting vitamin, opt for these foods instead:

- Oranges
- Grapefruit
- Tangerines
- Kiwi
- Limes
- Strawberries
- Raspberries
- Pineapple



- Tomatoes
- Mustard Greens

### A Natural Dose of Vitamin D

Vitamin D is essential for good physical and emotional well-being. Vitamin D deficiency is the most common vitamin deficiency in the United States. The vitamin D you get from pasteurized milk is actually a man-made equivalent that is added back into the milk after the pasteurization process. Below is a list of whole-food sources:

- Eggs
- Fatty Fish such as salmon, tuna or sardines
- Liver
- Butter
- Dried Shiitake Mushrooms

### Beta Carotene for Eyes and Circulatory Health

This powerful antioxidant is crucial for good eye and circulatory health. Some whole-food sources are:

- Carrots
- Pumpkin
- Sweet Potatoes
- Spinach
- Collard Greens
- Kale
- Turnip Greens
- Winter Squash
- Cabbage
- Goji Berries

### Calcium for Strong Bones

Just like the vitamin D in milk, the calcium is also synthetic. Better whole-food sources of calcium are:

- Raw Dairy Products
- Sesame Seeds
- Almonds
- Spinach
- Turnip Greens
- Mustard Greens

- Collard Greens
- Kale
- Black Beans
- Oysters

## **Essential Minerals**

### **Magnesium for a Balanced Nervous System**

Magnesium deficiency is another common vitamin deficiency that is responsible for a host of mental health problems including anxiety, depression, mania and insomnia. Busy professionals and students may find dealing with stress much less daunting by adding more magnesium-rich foods to their diet. These include:

- Halibut
- Cooked Spinach
- Pumpkin and Squash Seeds
- Black Beans
- Okra
- Scallops
- Bananas
- Dark, Leafy Green Vegetables
- Almond Butter
- Dark Chocolate

### **Potassium for Healthy Muscles**

Those who do not get enough potassium in their diets are at increased risk for developing disorders such as chronic fatigue syndrome and fibromyalgia, which is characterized by extreme fatigue and wide-spread muscle pain throughout the body. Food sources that are rich in this vital mineral are:

- Bananas
- Cantaloupe
- Avocado
- Potatoes
- Apricots
- Swiss Chard
- Bell Pepper
- Crimini Mushrooms
- Squash
- Parsley

The healthiest way to get vitamins and minerals from food is to do vegetable juicing at home. This eliminates the typical cooking process (steaming, boiling, frying, etc.) that robs vegetables of their vital micronutrients. It also provides maximum absorption of nutrients as the juicing process “pre-digests” vegetables before they are consumed, making them better assimilated by the body. Juicing offers the ability to quickly and efficiently consume a wide variety of healthy vegetables in one serving, giving you the most nutritional benefit for your money.

Those who are new to juicing should choose organic celery, fennel and cucumbers before working up to dark, leafy greens as they easiest to digest.

### **The Truth about Omega 3 Fish Oil**

The health benefits of fish oil and omega 3 fatty acids have been receiving quite a lot of attention in recent months. Many people are jumping on the fish oil bandwagon to alleviate arthritis pain, combat mental illness and lower blood pressure. While this is a smart and health-conscious move, it’s important omega 3 enthusiasts learn the truth about omega 3 fish oil.

Omega 3 is an essential fatty acid. This means, the body cannot produce it on its own. In an idea world, we would get the omega 3 we needed from fish. Unfortunately, the vast majority of our oceans are heavily contaminated with mercury. Farm-raised fish is not a healthier alternative either. These fish are often pumped full of hormones and have been found to contain carcinogens such as dioxin and PCBs (polychlorinated biphenyls).

The biggest problem with fish oil supplementation is that most people buy it in bulk, 90-180 pills at a time. Though buying more may save a bit of money, if it takes three months to consume the supplements, they will have turned rancid long before you run out of them. Rancid fish oil oxidizes in the body and leads to formation of the free radicals responsible for cellular aging and premature death.

Leading health experts recommend organic krill oil as an excellent alternative to fish oil. Krill are tiny, shrimp-like creatures that thrive in cold ocean waters. Unlike fish oil, whose omega 3 fats are in triglyceride form, the fats in krill oil is in phospholipid form, which is better absorbed by the body since human cell walls are also in this

form. According to Mercola.com, [krill oil is 48 times more rich in antioxidants than fish oil](#)! Krill oil also has a much longer shelf life and will not turn rancid in your body like fish oil. For best results, choose organic krill oil with a count of no more than 60 at a time.

Though krill oil is a bit more inexpensive than ordinary fish oil, you will save money by optimizing your health and well-being.

The least expensive brand I have found is put out by [Now Foods](#). A one-month supply is priced at approximately \$15-20, depending on retailer.

Processed food temptation is around us everyday. The best way to ensure your health and that of your family is to eat balanced meals whenever possible and arm yourself with information on the best supplemental nutrition to get the most health benefit for your money!

## **Why Do I Feel Sick all the Time?**

### *5 Common Causes of Mystery Symptoms*

Do you feel run-down a lot? Are you experiencing strange aches and pains that even repeated trips to the doctor can't explain? If so, you're not alone and you're not crazy. The reason you feel sick all the time most likely has to do with one or more of the five common causes of mystery symptoms.

### **"It's All in Your Head"**

If you've been told by trained physicians that it's all in your head and you've heard the word, 'hypochondriac' muttered in your direction more than once, it's not your fault. People who have never suffered from any type of chronic illness or pain simply don't understand what it's like to feel terrible all the time.

### **Your Doctor Doesn't Understand**

Doctors are trained to perform tests that tell them what is wrong with their patient. When nothing turns up, the suffering patient often gets the brush-off. The problem with conventional medicine is that there are plenty of health conditions that don't fit the traditional expectation and therefore, cannot usually be treated conventionally. Let's take a look at those.

### **Mystery Symptoms Cause # 1 – Autoimmune Disorders**

There are many [autoimmune disorders that can cause mystery symptoms](#) and the symptoms vary. However, there are some common characteristics of undiagnosed autoimmune disease. These are:

- Extreme Fatigue
- Muscle Pain/Weakness
- Frequent Colds and Flu
- Inflammation
- Digestive Complaints/Food Allergies
- Frequent Yeast Infections
- Mental Confusion ("Brain Fog")
- Sudden Weight Loss or Gain
- Infertility
- Difficulty Sleeping

The immune system is both complex and delicate. It can be thrown off balance by any number of factors including poor diet, chronic stress, food intolerances and heavy metal toxicity to name a few. Getting the immune system back in balance is the first order of business to relieve symptoms and help the body heal. It is important to control stress, get adequate sleep, eat a balanced meal of whole foods and cleanse the body of stored waste materials.

## **Mystery Symptoms Cause #2 – Food Intolerances**

Those who feel sick all the time, especially if most of the sickness is in their gut, could be [suffering from one or more food intolerances](#).

Symptoms of food intolerance include:

- Abdominal Cramping
- Chronic Diarrhea
- Chronic Constipation
- Flatulence (Gas)
- Gurgling Intestines
- Sudden Weight Loss or Gain
- Mental Confusion (“Brain Fog”)

The most common food intolerance that causes the above mystery symptoms is gluten. Gluten is a protein found in wheat, barley, rye and oats. A person with gluten intolerance cannot digest this protein and it remains undigested in the intestines, leading to difficulty absorbing nutrients from any food. Basically, a person with gluten intolerance who is eating gluten is slowly starving to death no matter how much they eat. The immune system treats gluten as a foreign invader and the body stays in “fight or flight” mode struggling to fight it off after every meal.

The best way to see if gluten intolerance is causing your mystery symptoms is to do an [elimination diet](#).

Other common food intolerances are dairy, citrus, eggs, corn, soy, shellfish and food preservatives.

## **Mystery Symptoms Cause #3 – Vitamin and Mineral Deficiencies**

Those with food intolerances or other digestive health condition may have [vitamin and mineral deficiencies that cause mystery symptoms](#).

In order to function properly, the body needs to be able to take its

nutrients from food. If diet or digestion is poor, it is very important to supplement the diet with whole food vitamins and minerals. Common vitamin and mineral deficiencies are:

- Vitamin D
- Vitamin C
- Omega 3
- Folic Acid
- Iron
- Vitamin K
- Niacin
- Zinc
- Potassium
- Magnesium

Those with vitamin and mineral deficiencies will often experience symptoms of a mental illness. To learn more about how vitamin and mineral deficiencies may be cause your mystery symptoms, [click here](#).

#### **Mystery Symptoms Cause #4 – Environmental Allergens and Toxins**

Most people would never think to look right under their nose for the cause of their mystery symptoms but, believe it or not, the [allergens and toxins in your home could be making you feel terrible](#). Common household sources of allergens and toxins include:

- Carpeting
- Flooring
- Mattresses
- Mold
- Laundry Detergent
- Household Cleaners
- Air Fresheners
- Make-up and Skin Care Products

If you often break out into hives, have headaches, sneeze and cough often, have chronic post-nasal drip and feel run-down, achy and have shortness of breath, the mystery symptoms you experience could be related to a household allergy. Start by switching to natural household cleaners and laundry detergent and ditch the air freshener. If relief isn't found, a mold allergy could be to blame. If you've recently put in new carpeting or flooring, the culprit could be just under your feet.

## **Mystery Symptom Cause #5 – Drugs, Vaccines and Dental Fillings**

If the first four causes of mystery symptoms didn't seem to apply to you, it may be the medications you're currently using to treat your symptoms. Have you been taking a prescription or over-the-counter drug for some time? If so, look into the side effects and see if they match the symptoms you're experiencing.

Do you have any dental fillings? Mercury poisoning can mimic hundreds of diseases and disorders and dental fillings are filled with heavy doses.

Is getting the flu vaccine a yearly ritual for you? Both mental and movement disorders have been noted to be caused by the mercury preservative in vaccines.

Some of the common symptoms of mercury toxicity are:

- Neurological Problems
- Learning Disabilities
- Mental Illness
- Insomnia
- Tinnitus/Hearing Impairment
- Constant Metallic Taste in Mouth
- Autoimmune Disease
- Food Allergies
- Abnormal Blood Pressure/Cholesterol Levels
- Bowel Diseases

### **You Don't Have to Feel Sick all the Time**

After reading this article, you've probably come to the conclusion that autoimmune disease, food intolerance, vitamin and mineral deficiencies, household allergies and mercury toxicity are all related to one another. The best way to treat mystery symptoms is not to treat the symptoms, but to treat the person as a whole.

To start, eliminate as many toxins as possible, including processed foods, reduce stress and cleanse the body to get the immune system functioning in a more balance way.



Remember, you're not alone and you're not crazy. If you're suffering from mystery symptoms, you're simply trapped in a vicious cycle you may not have, up until now, realized you were in.

### **Alternatives to Conventional Doctor Visits**

There are plenty of resources available to you. Do your own research and book an appointment with a trusted naturopath or doctor of chiropractic medicine in your area to get some professional support. You deserve to experience a whole new world of good health!

#### **Byline**

Jaime is a natural health writer and advocate whose years of suffering with mystery symptoms that turned out to be gluten intolerance prompted her to create the blog: <http://www.itoldyouiwassick.info>, validating others who suffer from unusual health problems and helping them find natural methods to heal.

## **Aging Gracefully: A Natural Approach to Longevity**

For centuries, people have traveled the globe in search of the Fountain of Youth. Though neither physical structure nor body of water designed to reverse the hands of time has ever been discovered, there are plenty of natural ways to age gracefully while improving your health.

### **Natural Skin Care**

There are many expensive over-the-counter creams, gels and potions that promise younger-looking skin but can they really deliver? Perhaps you've heard about Botox only to see the less-than-perfect results on your favorite celebrities? Natural skin care can help you save time, money and pain by providing equal results without the side effects.

- **Baking Soda** - Baking soda can be used as a natural and inexpensive exfoliant. Sprinkle a teaspoon of baking soda into your hand and mix with a few drops of water. Using gentle circular motions, gently massage the baking soda into the skin, taking care to avoid the skin around the eyes. Follow with your usual soap. This natural method of exfoliation should be done not more than twice per week.
- **Vitamin E** - Pure vitamin E is a natural antioxidant that fights the free radicals that cause cellular death and premature aging and smoothes the appearance of wrinkles and fine lines. Purchase pure vitamin E gel caps and prick a hole in one. Apply to the face each night before bedtime.
- **Coconut Oil** - Most commercial lotions and creams are filled with toxic chemicals such as parabens and sulfates that have been noted to contribute to the development of cancer. Pure, organic coconut oil is rich in age-fighting antioxidants and helps to naturally moisturize and tighten sagging skin.

## Essential Oils

Essential oils are natural substances pressed from various parts of plants, trees and flowers. Some of these oils have been known to reverse the signs of aging and impart a healthy, youthful look to the skin.

- **Lavender Oil** -This essential oil has been reported to stimulate cell regeneration and reduce the look of wrinkles.
- **Grape Seed Oil** - Grape seed oil is a powerful antioxidant that provides deep moisture to even the driest skin.
- **Rosemary Oil** - To improve circulation and bind sagging skin, turn to rosemary oil.
- **Carrot Oil** - This natural detoxifier improves the look of skin and gives it a radiant appearance.

## Dry Skin Brushing

This commonly-overlooked method of aging gracefully is powerful medicine. A dry skin brush is designed to stimulate detoxification in the body by using smooth, circular strokes over the nude body before showering. Dry skin brushing improves circulation, exfoliates the skin and helps the body rid itself of harmful toxins that can become stuck in the body, causing physical disease and premature aging. This process takes approximately fifteen minutes and should be done each day for best results.

## Healing Foods

The old saying, “you are what you eat”, is true. The modern Western diet is chock full of processed foods and sugary drinks laden with carcinogens, neurotoxins and appetite-stimulating empty calories. Artificial additives such as high-fructose corn syrup and aspartame have been linked to obesity, heart disease, cognitive impairment, mental illness and even death.

Processed foods should be severely reduced or eliminated. Organic dark, leafy greens, fruits, lean meats, wild-caught fish and whole grains are nutrient-rich foods that slow the aging process naturally by providing essential nutrients the body needs to function at its best.

- **Organic Dark Chocolate** - Organic dark chocolate with at least a seventy percent cocoa content has been shown to alleviate depression and anxiety and improve vitality and libido.
- **Red Wine** - A glass of red wine has been shown to lower cholesterol, reduce the risk of heart disease and fight the free radicals that cause premature aging.
- **Green Tea** - Drinking green tea is another easy and inexpensive way to fight free radicals and reduce the signs of aging. Warm green tea bags can also be used under the eyes to reduce puffiness and dark circles.

## **Dietary Supplements**

Those who feel they do not get the proper nutrients from food may find it beneficial to add dietary supplements.

- **Vitamin E** - In addition to being an excellent topical facial treatment, adding a vitamin E supplement to the diet will provide the same antioxidant benefits that help turn back the hands of time.
- **Omega 3 Fatty Acids** - Omega 3 fatty acids are essential for the body to function at its best. Omega 3 fatty acids contribute to overall emotional well-being, decrease inflammation and help improve memory and concentration. Krill oil is one of the best bioavailable ways to get these essential nutrients without the worry of mercury in wild-caught or farm-raised fish.
- **Coenzyme Q 10** - CoQ10 is a naturally-occurring compound produced by the human body that declines due to age and

illness. It is responsible for basic cell function and disease prevention and can help prevent age-related illness and decline. CoQ10 is also widely used to successfully treat heart conditions such as congestive heart failure and angina.

- **Vitamin D** - A strong immune system is essential for feeling well and staying well. Dubbed 'the sunshine vitamin', vitamin D has been reported to brighten mood, improve mental function, decrease inflammation and improve immune system function. Fifteen to twenty minutes of natural sunlight on exposed skin each day is all most people need to get beneficial levels of vitamin D. However, vitamin D deficiency is one of the most common vitamin deficiencies and may be treated with daily supplementation. It is important to get blood levels checked by a professional for accurate dosing.
- **Resveratrol** - Resveratrol, a healing compound found in red wine and grapes, has been hailed for its powerful antioxidant properties. Resveratrol works by activating the cell's natural defense enzyme, which lengthens the amount of time cells have to repair broken DNA.
- **Acai** - This berry, which comes from the Amazon rainforest, is known for its ability to help fight free radicals in the body and offer digestive support, ensuring proper absorption of essential nutrients. Acai has also been used to promote weight loss and prevent cancer.

## **Natural Menopause Relief**

Maturing women often notice the discomforting symptoms of menopause between the ages of 40 and 55. Though hormone replacement therapy is a common treatment, potential negative side effects may be avoided by using natural alternatives instead.

- **Chaste Berry** - This natural herb nourishes the pituitary gland, which helps regulate hormonal activity.

- **Black Cohosh** - This herb has been shown to be nearly as effective in relieving hot flashes, vaginal dryness and thinning, anxiety and depression associated with menopause.

## **Natural Improvement of Prostate Health**

Prostate problems are a concern of many maturing men. There are two foods that may help.

- **Pumpkin Seeds** - Used by German doctors, pumpkin seeds have been reported to treat difficult urination due to an enlarged prostate.
- **Tomatoes** - They contain lycopene, which has been reported to shrink enlarged prostate and prevent the development of prostate cancer.

## **Rest**

Sleep is way underrated. Most people need at least seven to eight hours per night in order to function at their best. A good night's sleep is also an effective natural anti-aging remedy. During sleep, the body produces more protein to repair cellular damage done by stress and environment. If the body does not have time to make these repairs, physical and mental health fails and the body begins to age faster.

Those suffering from insomnia may turn to herbal remedies for relief:

- **Valerian** - Valerian root is a natural herb that can be taken in tea or capsule form to reduce anxiety and induce a deep, restful sleep.
- **Chamomile** - Sipping a cup of chamomile tea before bedtime has a naturally sedating effect without the side effects of over-the-counter sleep aids.

## Exercise

Keeping fit is an important step in the anti-aging process and you don't have to join a gym to reap the benefits of daily exercise. Just a brisk, fifteen-minute walk in the fresh air, a couple of dozen laps in a nearby lake or pool or an hour-long yoga session on your lunch break may be all you need to keep your body feeling fit and healthy.

To stave off osteoporosis, add weight-bearing exercises such as stair-climbing and weight-lifting to your routine.

## Stress-Reduction

It has been scientifically proven that those under a constant state of stress age faster, are at more risk for heart disease, digestive complaints and premature death. Those who prefer to burn the candle at both ends would benefit from introducing some calming influences into their lives.

- **Take a Deep Breath** - Doing something as simple as sitting quietly in a chair and breathing deeply for twenty minutes per day can do wonders in relieving stress.
- **Try Tai Chi** - Tai Chi is a form of moving meditation that reduces stress, increases flexibility and confidence and boosts the immune system.
- **Take Up a Hobby** - Taking up a hobby such as fishing, model painting, hiking or painting can be a great way to release stress while feeling a level of accomplishment.

## The Healing Arts

The healing arts can also have a helpful hand in maintaining youth and vitality.

- **Massage** - Getting a massage is an excellent way to boost the immune system, relax the body, calm the mind and improve circulation.
- **Chiropractic Care** - Chiropractic medicine treats much more than just back pain. A chiropractor performs subtle manipulations of the spine to remove blocks between the brain and the rest of the body, thought to be brought on by physical or mental trauma, healing the nervous system and improving overall immune system function.
- **Acupuncture** - Acupuncture is an ancient medicinal art that originated in the East centuries ago. Using fine, hollow-pointed needles places on specific points on the body called meridians, the practitioner helps to balance the life-force energy called 'chi' within the body and alleviate illness. This practice can treat just about any physical or emotional impairment that may be causing you to age before your time.
- **Reiki** - Reiki is a form of energy healing that is performed by an attuned practitioner who places his or her hands above or directly on the body. Reiki is a soothing, healing practice that has been used to treat everything from allergies to cancer.

As you can see, there are plenty of natural ways to age gracefully without needing to resort to surgery or expensive creams. These alternative methods can not only help you achieve a youthful appearance but help you become a healthier, more vibrant person who glows with genuine good health and vitality!



## **How to Treat Eczema and Psoriasis Naturally**

### *Beat the Itch with Inexpensive Home Remedies*

Eczema and psoriasis are two very common and aggravating skin conditions. Many people take pharmaceutical or over-the-counter drugs to treat the symptoms of these two conditions. These drugs can cause a wide range of side effects and they don't get to the root of the problem. The good news is, those suffering from either condition can find relief from natural home remedies.

### **Causes of Eczema**

A common cause of eczema is a hidden food allergy. The most common foods to cause eczema are wheat and gluten. Those suffering from eczema will want to remove all wheat and gluten products from their diet for a period of at least a week to note if symptoms improve. It is also advisable to decrease sugar intake and remove dairy products and eggs for this same period and watch for any improvement.

### **Causes of Psoriasis**

Those who suffer with psoriasis are most likely reacting to an environmental allergy such as soaps, perfumes, lotions, cosmetics, household and workplace chemicals, pet dander and metals (such as nickel in jewelry). Finding the source of the allergic reaction might prove tricky at first. The best thing to do is replace all of the household chemicals with natural, organic cleaners and switch from conventional soap, lotions and cosmetics to natural brands. Also, switch to a natural laundry detergent. This way, if the problem persists, you've narrowed it down to either your pet or your jewelry.

### **Treating Eczema and Psoriasis Naturally**

Though the allergic triggers for eczema and psoriasis differ, their treatments are relatively similar. Once the allergic triggers have been eliminated, treatment can begin.

### **Probiotics**

Though most people are not aware of this, gut and skin health and very closely linked. This is because the majority of the immune system is located in the gut. Adding a good probiotic supplement to the diet will increase good bacteria in the gut and crowd out bacteria and viruses. Probiotics will also balance the immune system and encourage the body to heal naturally.

### **Omega 3**

In addition to adding a probiotic, it is important to increase the intake of omega 3 fatty acids. These can be found in wild-caught fish such as salmon, mackerel and herring. If you do not like fish or are a vegetarian, add milled flax seed and walnuts to your diet. Adding an omega 3 supplement to the diet may also be beneficial.

### **Vitamin D**

It is also recommended that anybody suffering from a chronic autoimmune condition such as eczema or psoriasis get their vitamin D levels checked by blood test. Vitamin D deficiency is quite common and has been closely linked to autoimmune disease. The best source of natural vitamin D is sunshine. Despite the rumors, sunshine is not bad for you. Ten to fifteen minutes a day is all that is needed to boost flagging vitamin D levels. A healthcare provider may recommend a dietary supplement of 1,000 - 2,000 IUs (international units) to regulate these levels. It is important to get blood vitamin D levels checked regularly to be sure the accurate dose is given.

### **Topical Treatments**

Those suffering with eczema or psoriasis can also benefit from a sea salt compress. Purchase unrefined large grain sea salts and place them on a hand towel, fold it and run under warm water. Open up the towel to expose the salts and place it on the affected area. This will work to dry out the rash and sooth the itch. Immersion in an Epsom salt bath can also be beneficial providing you are not pregnant, diabetic or allergic to sulfur. Calendula is a natural, homeopathic lotion that can be used directly on the affected skin for relief of itching and inflammation. Topical vitamin E oil can also be used to soothe itch, heal broken skin and prevent infection.

The natural treatments for eczema and psoriasis mentioned above may not only stop the itch but eliminate the cause.

## **Natural Ways to Treat and Prevent Kidney Stones**

### *Beat the Terrible Pain with Alternative Remedies*

It is estimated that 13 percent of men and 7 percent of women will have at least one bout with kidney stones in their lifetime. Kidney stones are caused by either too much calcium in the urine or high uric acid content. Read on to learn some natural ways to treat and prevent kidney stones.

### **Symptoms of Kidney Stones**

Those who have suffered from kidney stones say it is the most terrible pain they have ever endured. Symptoms include intense pain in the side and abdomen, blood in the urine, nausea and vomiting.

### **Natural Ways to Treat Kidney Stones**

#### *Water*

Drinking plenty of pure, filtered water is the best natural way to both treat and prevent kidney stones. During an attack, be sure to drink six to eight glasses of water per day to flush the kidney stone from the body.

#### *Apple Cider Vinegar*

Taking one tablespoon of apple cider vinegar per day will help soften and dissolve the kidney stone, making it easier to pass.

#### *Lemon Juice*

Treat kidney stones by drinking ½ cup of pure lemon juice daily. It will help dissolve calcium build-up and make stones easier to pass.

#### *Basil and Honey*

Another natural way to treat kidney stones is to mix one teaspoon of basil with one teaspoon of honey and consume it twice per day.

## **Natural Ways to Prevent Kidney Stones**

### *Water*

The importance of drinking plenty of pure, filtered water each day cannot be stressed enough. Sugary drinks such as soda and processed fruit juice only contribute to dehydration. Don't like drinking just plain water? Add a little lemon or lime juice for some variety.

It is important to note that you should be drinking enough water each day to turn your urine a light-colored yellow.

### *Citrus Fruits*

Studies show citrus fruits such as grapefruits, oranges and lemons reduce the frequency of kidney stone occurrence.

## **Avoid These Foods**

Foods high in oxalate are said to cause kidney stones. Limit your intake of sweet potatoes, peanuts, spinach, beets, green peppers, raspberries, strawberries, grapes and chocolate. Also, decrease salt intake as too much salt encourages calcium retention.

## **Add These Foods**

Those who suffer from kidney stones should increase the amount of insoluble fiber in their diets. Insoluble fiber absorbs excess calcium and helps flush it out through the bowels, rather than the urinary tract. Insoluble fiber can be found in dark, leafy greens, fruit and root vegetable skins, wheat and corn bran, seeds and nuts.

## **Magnesium Oxide and Vitamin B6**

According to a medical study, supplementing the diet with magnesium oxide and vitamin B6 reduced occurrence of stones by over 90%. Magnesium counterbalances calcium and vitamin B6 reduces urinary oxalate.

Kidney stones can be debilitating. These natural ways to treat and prevent them should have you back to feeling like your old self again in no time!

## **Are You a Hypochondriac or Are You Really Sick?**

You've been suffering from strange mystery symptoms for months, years or maybe you're entire life. Something is physically wrong with you but doctors are not only shaking their heads, they're beginning to think you're just complaining for attention. Friends and co-workers are starting to gossip and several family members have suggested you might be a hypochondriac. Could it be true? Let's find out if you're a hypochondriac or if you're really sick.

What is a Hypochondriac?

Dictionary.com defines the word hypochondriac as, "a person who worries or talks excessively about his or her health". Those who suffer chronic illness may also fit this definition. In order to fully understand the mental illness of hypochondria, you must also look at other symptoms that pertain exclusively to true hypochondriacs to see if they apply to you.

Do any of these sound familiar?

- You believe small aches and pains to be a sign of serious illness. (For example, a headache is a sign of a brain tumor.)
- When you are around somebody with a physical illness, you believe you will catch it, even if it's not contagious.
- You spend hours researching new illnesses to see if your symptoms fit the bill.
- You have new symptoms often and the pain travels.
- You are convinced you are going to die soon even though you haven't been diagnosed with a life-threatening illness.
- You're incredibly anxious about your health.
- You can spend hours talking about your health.

The above symptoms may be a sign that you're suffering from hypochondria. If all blood and lab tests have come back completely negative, this also may be a sign that anxiety is the main cause of your ill health. Still, let's take a look at some of the symptoms of autoimmune disease.

What is Autoimmune Disease?

Those who are suffering from autoimmune disease often have a wide variety of mystery symptoms that are difficult to diagnose. You may feel somewhat healthy and active one day and fatigued and irritable

the next. Undiagnosed autoimmune disease is one of the most common causes of mystery symptoms. The following are a list of symptoms that are often related to most autoimmune diseases.

Do any of these sound familiar?

- You often lack energy and tire easily, even if you're young.
- Your muscles often feel weak and/or sore as if you've been in a minor car accident.
- Your body is stiff and your joints feel inflamed.
- Your glands are swollen.
- You frequently get colds, flu, viruses and/or yeast infections.
- You have chronic digestive problems such as constipation, diarrhea or gas.
- You experience feelings of haziness and loss of memory (called 'brain fog').

Though the doctor has yet to pin-point what is wrong with you and may be frustrated, chances are, your blood tests have revealed an increased white blood cell count, low platelet count or other unusual reading that suggests a physical illness.

There are many autoimmune diseases that might be causing your mystery symptoms. You may have gluten intolerance, fibromyalgia, Crohn's disease, rheumatoid arthritis, lupus, Lyme disease, multiple sclerosis, ITP or similar condition. Whatever the case may be, you're not a hypochondriac.

I suffered from mystery symptoms from childhood up until my early twenties. I had many of the above symptoms and strange blood test results. It wasn't until I saw a naturopath who, on a hunch, put me on an elimination diet that I discovered gluten intolerance was causing my entire body to malfunction.

I was called a hypochondriac a LOT, so I know what you're going through.

### Other Causes of Strange Symptoms

Besides undiagnosed autoimmune disease, there are other factors that may be contributing to your mystery symptoms. Strange symptoms can be brought on by:

- Food intolerances/Allergies



- Vitamin Deficiencies
- Allergies to Household Cleaning Products
- Allergies to Flooring/Carpeting
- Mercury Toxicity Due to Dental Fillings or Vaccines
- Side Effects of Prescription or Over-the-Counter Medications
- Severe Stress

Remember:

If You're a Hypochondriac, You Will Most Likely:

- Believe you have every new disease that's going around
- Immediately "take on" the symptoms of any sick person you've been around
- Spend hours researching any and all diseases
- Have pain and symptoms that 'travel'

If You're Really Sick, You Will Most Likely:

- Have one or several consistent chronic symptoms
- Spend hours researching those chronic symptoms
- Experience symptoms that might come and go but don't completely change
- Have some sort of unusual blood or lab test result

If you are absolutely positive your mystery symptoms are real, take a break from conventional doctors and visit a naturopath or chiropractor. Do an elimination diet and get rid of toxic chemicals in your home to see if symptoms improve.

If you do believe you may be suffering from hypochondria after all, make an appointment with a caring professional psychologist who can help you talk through your anxiety instead of simply prescribing drugs.

Whatever is ailing you, don't give up. You're not alone and you're not crazy. You're a human being who deserves to be cared for and taken seriously. Stand up and be counted. Don't back down and soon you will be able to turn around and say, "I told you I was sick!"