



## Unresolved Mystery Symptoms By: Catherine Carleton-Fitchett, R.Ac, ROHP

Medical research and science are a long way away from uncovering the reason for many undiagnosed, misdiagnosed or incorrectly treated symptoms. Grouped together symptoms are classified as diseases and many of these are mis-labeled.

Perhaps you or a loved one is experiencing deteriorating health and have no explanation after a visit to the doctor. Maybe you've been diagnosed with a disease that is one of the many auto-immune varieties and you have no idea how or why you got it. The medications prescribed for it, do nothing to cure it and sometimes even leave you feeling worse. Sound familiar? You are not alone. With each decade more and more individuals of all ages, into the millions, suffer in this way.

You want your health back but after endless trips to the doctors, visits to specialists and hospitals for diagnostic testing, answers are in short supply, and options feel like they are running out. Where can you get answers?

There are a few practitioners and healers that are willing to look outside the current medical and science communities to access the truth and start working with the most advanced knowledge around to help people heal.

In any given moment we carry dozens if not hundreds of infections somewhere in our bodies. Most of these infections happen outside our awareness. Always consider a symptom could be coming from an infection or from the toxins they produce. One of the hardest issues to address is the subjective experience of low energy. Pathogens can cause fatigue through the toxins they generate, tissue damage from infection, destruction of the microbiome, allergies and depletion of vital nutrients. Antibiotic use is a major cause of microbiome die off; the microbiome is part of one's own body and majorly responsible for immune function.

Viruses such Epstein Barr Virus, Herpes Zoster, Rotavirus, Rhinovirus, Norovirus and Coronavirus are of epidemic proportion in our communities and behind many mystery symptoms, responsible for much human suffering. These overlooked pathogens are often behind debilitating conditions such as fibromyalgia, chronic fatigue syndrome, multiple sclerosis, rheumatoid arthritis, thyroid disorders, hormone dysregulation and difficult menstrual cycles, endometriosis, infertility, menopause, anxiety and

depression, diabetic neuropathy, bell's palsy, TMJ, trigeminal neuralgia, frozen shoulder, ulcerative colitis, neck & jaw pain, gum and tooth pain, low back pain, sciatica and more.

Bacteria such as Streptococcus and its mutations are often associated with acid reflux and GERD symptoms, nasal congestion, tight neck and shoulder muscles and mental aging. Staphylococcus and its many species infect the lining of tissues such as the skin and intestines contributing to eczema, Crohn's and ulcerative colitis symptoms. Staphylococcus also generates zonulin that creates space between cell walls that creates leaky gut syndrome and resultant allergies.

Record numbers of people are suffering from autoimmune disorders, which really means "cause unknown", and are left without real direction on how to get better.

Most of us and especially professionals in health are taught to trust what can be tested in the blood under a microscope but what if we do not have tests sensitive enough to identify the offending pathogen(s), nor a viable treatment. The current pandemic has really brought to light the shortfall in allopathic medicine's full understanding of any virus yet.

Medicine is exemplary in life-saving technology and crisis management but continues to struggle helping people prevent chronic illness or degenerative disease.

Complementary Medicine practitioners from various backgrounds: Naturopathy, Traditional Chinese Medicine, Osteopathy, Chiropractic, and Orthomolecular Nutrition use a variety of alternative testing methods and modalities to assess and address signs and symptoms that elude routine blood assays. Visit one today. Your wellbeing is waiting.