

Common Hidden Diseases

Hidden Causes of Common Chronic Symptoms

A surprising large number of patients suffer quietly from chronic symptoms such as fatigue, joint pain, body aches, headaches and insomnia. Often, medical evaluation and treatment lead to use of medications that may be helpful but bring their own problems with side-effects. Following Dr. Gaby's lead, we evaluate patients for four distinct but overlapping metabolic/endocrine/immunological disorders that frequently play a role in the development of numerous chronic conditions.

In his textbook, Nutritional Medicine, Dr. Alan Gaby describes four common disorders often overlooked as causes of much chronic symptoms including fatigue, pain and weight gain..

1. Hidden food allergy or sensitivity is often behind many chronic symptoms and diseases. The most common irritating foods are dairy, grains, soy, eggs and legumes. Numerous patients have found significant relief by removing these common foods.
2. Reactive hypoglycemia is about sugar fluctuations. Treatment for this common cause of illness includes avoiding sugar and refined carbs, eating small meals more often and using supplements that support sugar metabolism.
3. Subtle hypothyroidism despite normal test is often responsible for fatigue and many chronic symptoms. These patients often benefit from a "treat the patient, not the lab" approach with low doses of thyroid hormone.
4. Yeast overgrowth or candidiasis, characterized by overgrowth of or sensitivity to, *Candida albican*. is often behind elusive chronic symptoms such as fatigue, poor concentration and chronic pain. These symptoms overlap with the other mentioned disorders and is treated with anti-fungal medications and dietary modifications similar to reactive hypoglycemia.

The diagnosis of these conditions begins with a good history taken during the medical interview.

While testing may be helpful at times, dietary changes may be more helpful especially in the case of food sensitivities, blood sugar issues or candida. Hypothyroid symptoms suggest a trial of low dose thyroid hormone, even if the labs seem to be normal.

A complete evaluation and comprehensive review is completed for each patient. Together we will explore your goals and discuss your treatment plan options. Our team at Whole Health MD will regularly monitor your progress and track the effectiveness of your program making adjustments if necessary. Our goal is to support you and advise you every step of the way.