Not Well but Pathology tests are ok?



You are not well, but your doctor has run test after test and can’t find anything wrong.

The reason is simple. Most of the tests your doctor may request are blood (serum) tests. The blood is one of the most important areas of the human body, so your body will try to keep it perfect for as long as it is able.

Your body will attempt to fix itself by clearing wastes, irritations and infections through other fluids and organs FIRST to spare the blood from problems.

We call this the “malfunction” stage.

Here are the common body areas that show early “malfunctions”:

* + Urine (it may become darker, smellier, more acidic)
	+ Saliva (may become acidic or thicker with mucous)
	+ Joints or muscles (may hurt more, cramp or ache)
	+ Stool (may get looser, smellier, change color)
	+ Skin (may show rashes, itchiness, and irritation)
	+ Hot/cold sensations (pulse changes to move blood to pumps and filters)
	+ Tongue (coated, patchy, dry – shows early changes in digestive organs)

Naturopaths go back over early signs and symptoms and will test and observe these changes to find what is malfunctioning. We also use this to check a patient’s health when maintaining wellness.

Scans such as x-ray, CT, MRI are used to find growths, cancers and blockages which patients often call “worst case scenario” so when these come back clear it is a very good sign. Blood tests within normal range are a good sign for the patient too.

So next time your energy drops, you bloat and feel discomfort, have a flu or cold and are blocked with mucous, your body aches, have headaches, fever, rashes, coated tongue, coldness or just feel unwell AND your tests are clear – it may be a malfunction and there are other investigations that can find out why.

When a patient tells us “I’m sure I’m not making this up” they most often aren’t – after all, who WANTS to be unwell!

By Michelle Cose, Naturopath @North East Natural Health Centre