

Finding The Missing Piece Of The Puzzle To Solve Your Chronic Fibromyalgia

There are some things I have learned in my 30 plus years treating chronic health conditions. If you are not doing one of these following steps you may be missing an important step and this may be why you are having difficulty healing your chronic health problem. Lets go thru some of these important steps.

Get a diagnosis

Ok this may sound basic and simple but many times can be very difficult. You may already have a diagnosis and that's great. But just knowing that your diagnosis is fibromyalgia or irritable bowel syndrome doesn't make it any better. It doesn't tell you how to fix it. It doesn't tell you how you got it.

With the medical paradigm, you are now in a category of other patients all of who have fibromyalgia. Your doctor will look at the protocol for patients with fibromyalgia or irritable bowel syndrome and you will get one of the medications on top of the list. If that doesn't work or you have unacceptable side effects your doctor will move to the next medication on the list.

However you are an individual and this category placement may not work for you. Another problem is even though you look like a fibromyalgia-like patient you may not have fibromyalgia. Your diagnosis might be wrong.

Categories might be helpful but life is more complicated than that. If you have more than one diagnosis how do those two diagnosis interact? What about your individual genetics? Aren't you different than other people?

Perform The Correct And Most Complete Tests

Technology has advanced at an amazing pace. The medical tests that are available have advanced rapidly. Research into how the human body works has also advanced rapidly. Scientists who do research will often measure **biomarkers** in their scientific studies.

Biomarkers are chemicals that are found in urine, blood, saliva or in the stool to measure a process in the body. For instance, cresol is a biomarker found in the urine that tells us if your body has too many clostridia bacteria in your colon.

The number of measurable biomarkers has increased a lot in the last few years.

The test we often run is a urine test with 48 different biomarkers. This test will give us valuable information on important biologic pathways.

Some of the pathways are:

- Yeast and fungal markers
- Bacterial markers (from both good and bad bacteria in your gut)
- Krebs cycle biomarkers: The Krebs cycle produces energy in your cells.
- Oxalate biomarkers: Oxalates are involved in kidney stones but also can generate pain in other areas of the body.
- Neurotransmitter metabolism
- Tryptophan biomarkers: important with sleep and inflammation.
- Folate metabolism: used in detoxifying chemicals.
- Fatty Acid metabolism:
- B vitamin markers: B vitamins perform many important functions

- Detoxification biomarkers:
- Amino Acid biomarkers: Building blocks of protein
- Mineral metabolites

These biomarkers give us important information about your individual metabolism. With this we can make individualized dietary, lifestyle and supplement treatment plans.

There are other tests that are necessary to give us an individual picture of you.

Gut bacteria analysis (microbiome)

Your colon contains trillions of bacteria. These bacteria help digest food and produce chemicals for your body to use. Like the witches in the Wizard of Oz there are good bacteria and bad bacteria. What is important is to have a lot of variety and a good balance of the two. This is tested with a stool sample. There is other information we get from the stool sample. We will know:

- How well you are digesting your food
- Whether you have leaky gut syndrome
- How much inflammation is in your colon
- If you have enough digestive enzymes to effectively digest your food
- Whether you have parasites or other infections

Again we can customized treatment specifically to you after reviewing these tests.

Food Allergies IgG IgE (sensitivities)

We have a tendency to think of food allergies as a severe immediate reaction. We have all heard of bad peanut allergies and the problems it can

cause. That is an IgE reaction. Perhaps more important for chronic health problems are IgG reactions. These are reactions that can happen up to 72 hours after you eat the food. Without testing this is difficult to sort out. IgG sensitivities can cause chronic inflammation and pain in your digestive tract. At Midwest Functional Medicine we test 87 different foods for IgG sensitivity. This is often the missing piece of the puzzle. Imagine if you find out you are sensitive to eggs and you have eggs every morning for breakfast.

Genetic Testing

Ok buckle your seat belt because genetic testing can be a complicated subject, it's difficult to understand. If you are not inclined to learn this skip to **Putting it all together in the next section**. So let's get started.

Proteins are the workhorse of the cell. Your body uses proteins for practically everything. Of course muscles are made of protein but there is much more. Hormones are proteins, enzymes are proteins. Molecular machines that make energy or transport materials through the cell are made of protein. No one knows for sure but there are an estimated 10,000 different types of proteins in the human body. How does your body make proteins?

Every cell in your body makes proteins from combining amino acids together in a long string and then folding the long string of amino acids into a complicated very specific protein molecule. These molecules often fit together with another protein or molecule like a lock and key to perform a specific function. So where does your body get amino acids from? You get amino acids from the protein you eat. If your digestion works right, you breakdown protein in your digestive system from hydrochloric acid in your stomach and other digestive enzymes.

The average protein is 150 amino acids long. They can be 10,000 amino acids long! How does your body know what sequence to put the amino acids in so the protein works correctly? This is where DNA comes in. Each cell contains DNA. We all remember (hopefully) that DNA transmit traits to the next generation, but DNA has another very important function. DNA contains the code for the assembly of the 10,000 types of protein your body makes. When you hear of the genetic "code," that is what is meant by that, the code that your cell uses to manufacture proteins.

A gene is a section of DNA that has the code for a specific protein. So let's see how that happens.

If you remember high school biology class, DNA is composed of bases that pair with a base on the other side of the DNA strand. The base are:

Cytosine (C) which pairs with Guanine (G)

Guanine (G) which pairs with Cytosine (C)

Uracil (U) which pairs with Adenine (A)

Adenine (A) which pairs with Uracil (U)

So a section of DNA may have the following base pairs. The top strand of DNA pairs with the bottom strand.

AUGUUUAACGUACCAUCGUA

UACAAAUUGCAUGGUAGCAU

Does one base correspond to one amino acid in the DNA code? For instance, If we have an A (adenine) in our DNA, will your cell put a specific amino acid in the sequence when making the protein? The answer is no. It takes three base pairs to code for one amino acid. This design of DNA allows your body to code for the 20 amino acids your body uses with only four bases. For example, in the above code the top DNA's first bases are AUG. This would code for methionine. So what happens when you have a mutation?

In the above example, let's suppose you have a C instead of a G. This would change the code and the amino acid threonine would be inserted in the chain of amino acids instead of methionine. This can change how efficiently the enzyme would work. These one letter changes in the bases of DNA are called single nucleotide polymorphisms or SNP's. (pronounced snips) SNP's are not necessarily bad. SNP's are what make people different from each other. However certain SNP's are known to cause problems with different metabolic pathways in the body.

It is important to know some things we are learning about SNP's.

1. DNA is not destiny. Other factors enter into health besides DNA. Epigenetics considers some of the other factors like diet, environment and lifestyle.
2. SNP science is a new science that is constantly changing. New information is discovered almost everyday. With chronic health problems genetic analysis can be very useful however it is not the be all and end all. It can be an important piece of the puzzle.

Putting It All Together

So let's suppose you have you have chronic inflammation in your digestive tract causing bowel pain and leaky gut which causes widespread inflammation throughout your body. You go to the doctor and are diagnosed with fibromyalgia. Pain medication helps but causes side effects. You tried several types of diets which help somewhat but still are suffering.

After testing, we find out you have, as an example:

- A food allergy keeping you chronically inflamed
- A genetic problem with detoxification (yes we can help that)
- B vitamin metabolism is insufficient
- A yeast infection in your gut

This is individualized medicine. It will tell us what is happening in your body at an unprecedented level. So after finding the missing piece (or pieces) of the puzzle, what is the treatment?

Treatment

Your body is perfect. The reaction your body is going through is correct for the situation it is facing. Symptoms are a downstream result of an upstream problem. So if we intelligently change upstream, downstream will also improve.

Treatment consists of several changes:

- Intelligent, lab test driven dietary changes
- Removal of toxins in your food and environment
- Medical grade nutrition supplements to give your cells what they need to heal.
- Lifestyle changes such as stress reduction

All of this is possible with the help of a health coach to guide you through the process.

So if you are ready to find the missing piece of the puzzle and take control of your health call Midwest Functional Medicine.

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The process is:

- Fill out initial new patient screen on website.
- Brief phone consult with doctor or health coach.
- Review all health records.
- In depth consultation with doctor and health coach.
- In office exam. Then you decide if you want to accept treatment. No charge up to this point if you don't accept treatment.
- Diagnostic tests performed and treatment plan started.
- Report of the findings of lab tests and treatment plan fine tuned.
- Not all cases accepted. We only accept the patients we can help.

Don't Wait - Call Now!

309 663-2423

