

# Nutrition Introduction

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Chronic illnesses can range from fibromyalgia, ME/CFS, autoimmune diseases, neurological illnesses (MS, ALS, etc.), all the way to various types of cancer in all stages. Any illness that robs you of your life is in this category. LDN is often prescribed for these conditions and can be helpful. For some, the healing is not complete.

Have you ever asked, “I’ve completed all my therapies for XYZ condition, but I still feel terrible, why?”. Well, there is a very good reason for this.

Traditional medicine’s focus has been on treating the symptom itself with the presumption that treating the symptom is what is best for the patient. This has been termed the acute care model. One critical area that is overlooked is the real root cause of the illness. This can include areas that doctors are reluctant to look at like mold infections, toxicity, heavy metal poisoning, Lyme disease etc. as well as overall lifestyle and behavioral patterns that can add further fuel to the illness fire.

Are there certain nutritional/nutraceutical interventions that can be self-directed and may be helpful? Possibly but if you are not schooled in these areas then knowing how to implement and monitor them effectively enough for them to work is impossible.

As mentioned, illness is caused by one or more “root causes”. These may include environmental toxins, heavy metals, microbes, and/or any of the psychological/spiritual/emotional traumas that we are faced with in our societies. This has been scientifically proven, and no one really disputes these facts.

When faced with assault by the above-mentioned, numerous physiologic changes occur essentially leading to chronic inflammation.

Chronic inflammation is the reason for all forms of chronic illness including pain, neurological symptoms, mood disorders, autoimmune disorders, dysautonomia (POTS, etc.), gastrointestinal disorders. Chronic inflammation can also turn undesirable genes on so treating it is essential.

The key to recovery then, is to know how to find the really underlying cause, know the many possible ways to treat it for the individual and then be able to monitor the patients progress making sure the recovery is as effective as possible.

On our nutritionist list there are a set of practitioners who are experts at putting together the puzzle pieces and helping you get your life back. These practitioners are experienced in detecting and eradicating root causes as well as identifying all the downstream effects (reasons for chronic inflammation) and correcting those.