

Where Are My Symptoms Coming From?

Brain Remapping and the Causes of Human Systems Failure In Fibromyalgia, Migraines, Chronic Fatigue, Weight Problems, Digestive Disorders, Dizziness, and other Neurological Disorders

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Every day I have patients enter my office with a checklist of symptoms and medications all written down for what they have been doing and taking. Rightfully exhausted from having to deal with the amount of symptoms and severity of the conditions they ask me, "Doctor, I have been in this roulette for 8, 10, 15 years so how are you going to help me?" I also see the questions that they are thinking in their minds which are ... "How is going to be any different here, what is this visit really going to do, and what makes you different from anyone else?"

These are actual situations of human lives I see daily, wasting away due to further increased levels of symptom management, which usually result in the taking of more drugs and side effects. The answer they hear from me on their condition is so different than anything they've ever heard that they are taken aback. They wonder why no one has told them this before, yet at the same time it causes them to latch on to the last bit of hope they have left. That is the inspiration and consolation that keeps me motivated... when one of those "ah-ha, the light bulb is on", moments happens for the patient, and the understanding reaches across. This sparks and deepens my passion to keep providing everyday answers where there has been long time suffering.

This message is compassionately delivered to let the world know the truth, power, and ability of the functional process of human physiology. It is meant to give a functional understanding that has been the missing dimension in healthcare. How and why symptoms manifest and what happens when the body fails to accomplish its tasks.

Have you ever felt that it should not be so hard, or take so much effort, to try to function healthfully without symptoms? You are right. The shift, however, that must first take place is to STOP focusing on treating symptoms. Treating symptoms is like chasing your shadow---there is no end.

As it has been until now, our healthcare system is symptom driven and focused on disease management, or the management of symptoms. The physiology that led to the disease or chronic condition is largely ignored and the underlying process is rarely if ever addressed. It is not enough to do sophisticated diagnostic testing, nor is the condition likely to reverse if the method of investigation and treatment does not address the functional process of human physiology by asking the question "how did it get there?"

Yet, when the medications don't work, the patient wonders why he or she cannot return to normal...continually needing to live on

medications to manage or suppress symptoms. It is because drugs cannot normalize why people's body parts are failing them. Drugs cannot target specific structures, nor "fix" the underlying cause. Pharmaceuticals force physiological chemistry, affecting all the body systems, and thus, the reason for the wide spectrum of side effects. What would you do if you had a myriad of symptoms? I have patients that come to me with bags full of medications; some take an average of 20 to 32 pills, sometimes twice a day. Are you one of them? Would it make sense to take a medication pill for each symptom? For how long? What about the side effects? What's the goal? How would this affect your quality of life, your family and beloved ones around you, when your body starts shutting down faster than expected?

In Functional Neurology, the diagnosis is just the starting point. It is a neuroscience based on function—NOT symptoms. The doctor will diagnose not only the pathology (disease) or chronic condition, but the process...the road by which it occurred.

Systems are checked for dysfunctions as well as disease in order to enable the body return back to its normal function, as it was originally designed to work, non-invasively and without chemicals, to bring patients relief that they have not been able to find elsewhere. This has been the missing dimension in healthcare.

It all begins with the "why." To be able to accurately target begins by knowing WHERE the problem is rooted. A doctor trained in this neuroscience will begin by understanding the patients unresolved health issue and addresses the problem by asking

two important questions "What is the mechanism, and why is this happening?"

If the question is never asked, it can never be answered. I have seen many patients that have gone for months and even many years from doctor to doctor while each one of them looked at only one small piece. In reality all the systems should be assessed at the same time, starting from the top, examining the brain and its relationship with the other systems. Since the brain and nervous system controls and regulates all organ, muscles, and tissues you could end up with any symptom, problem, or disease. Testing the systems is important as one system can trump all other functions.

So many patients seek to find a label, the "it" that is the cause of their misery and suffering. Take for instance the fibromyalgia sufferer. The question that every patient wants to know is "what caused this?" Many people don't realize that this diagnosis or label does not tell the doctor the mechanism. The word "fibromyalgia" only means that the patient has chronic pain. It does not tell the doctor what to do about it. Fibromyalgia is the result and not the cause. A thorough brain-based neurological examination can reveal individual patient findings allowing for success of outcome of results, and associated symptoms of headaches, dizziness, IBS, depression, fatigue, insomnia, bloating, indigestion, and more.

When we separate the body parts from the system, the bigger picture is missed. For instance, if you have shoulder or knee problem, the specialist may perform every shoulder and knee examination and special diagnostic imaging. However, if the part is treated as though it is disconnected from its

interconnection with other systems, the patient may feel better, but it may never feel quite right or hold. When the focus of the treatment is disconnected from the mechanisms of physiological function then you end up owning “it,” you have “it” ...and it has you ...and now you live with it.

If we hurt, many times only the pain is blocked. If the stomach can't functionally process the acid, the most frequent treatment is to neutralize the acid when in fact this digestive problem reports back to you that the condition for digesting, processing nutrients, and disposing of unwanted matter is not ideal. If only function was re-established, instead of reacting invasively and defensively, as if your body

was working against you. Shall we control the situation? Does it not make sense to use the very elements and factors of physiology that ALLOW function in order to re-establish it?

Through the contemporary science of Functional Neurology we can now reap the fruit of modern brain research. Answers are at hand, hope is within reach, and health goals are achievable.

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