

## Gut Health Food Supplements

### Common Symptoms

- Somewhat unexplainable symptoms that don't easily fit into specific diagnosis categories of any kind.
- Complex unexplainable combinations of responses that present and syndromes, meaning there is no specific test for diagnosis but meet multiple criteria, sometimes for multiple syndromes - i.e., the diagnostic criteria for fibromyalgia, chronic fatigue, and lupus.
- Paradoxical responses to medications and other treatments, side effects occur at subclinical doses.
- Extreme sensitivity - to light, sound, tactile stimulation, and/or smells.
- Difficulty tracking their own experience from the inside.
- Terror at going inside themselves with their attention.
- Uncontained and strong responses to small stimuli.
- Sometimes have been identified as malingerer or hypochondriac - seems symptoms are imagined; can't find basis in specific physical cause.
- Their physiology tends to play a big role in their response system - get easily stimulated into high-activation states, or plunged into deep freeze states; have strong physical responses, even with minimal emphasis on physical states.
- Precipitous response - i.e., pain suddenly escalates to high levels with little warning.
- Delayed responses to interventions - may seem to have tolerated the intervention very well, but after a day or two may have severe worsening of symptoms.