



Examples of Mind-body illnesses:

Gastrointestinal include

- ✿ IBS
- ✿ Colitis
- ✿ Hiatus hernia
- ✿ Nausea
- ✿ Vomiting
- ✿ Heartburn
- ✿ Acid reflux
- ✿ Ulcer symptoms

Skin

- ✿ Eczema
- ✿ Acne
- ✿ Psoriasis
- ✿ Hives
- ✿ Rashes
- ✿ Itching

Mental Health

- ✿ OCD
- ✿ Rumination
- ✿ Eating disorders
- ✿ PTSD/CPTSD
- ✿ Depression
- ✿ Anxiety
- ✿ Panic attacks

Musculoskeletal include

- ✿ Back pain
- ✿ Neck pain
- ✿ Shoulder pain
- ✿ Other limb, joint aches and pains
- ✿ Tension headaches
- ✿ Fibromyalgia
- ✿ Sciatica
- ✿ Whiplash
- ✿ RSI
- ✿ CRPD
- ✿ TMJ
- ✿ Chronic Tendonitis
- ✿ Carpal Tunnel Syndrome
- ✿ Plantar Fasciitis
- ✿ Trigeminal Neuralgia
- ✿ Bursitis

Alternative Diagnoses

- ✿ Adrenal fatigue
- ✿ Candida overgrowth
- ✿ Electro-magnetic field sensitivity
- ✿ Leaky gut syndrome
- ✿ Multiple chemical sensitivities
- ✿ Multiple food sensitivities
- ✿ Small intestine bacterial overgrowth

Bladder and Genitals

- ✿ Bladder frequency
- ✿ Testicular pain
- ✿ Interstitial Cystitis
- ✿ Undiagnosed pelvic pain
- ✿ Vaginitis

Heart and Lung

- ✿ Repetitive cough
- ✿ Shortness of breath
- ✿ Palpitations
- ✿ High/low blood pressure
- ✿ Arrhythmias

Others

- ✿ Functional Neurological Disorder
- ✿ CFS/ME
- ✿ Tinnitus
- ✿ Migraines
- ✿ Vertigo/dizziness
- ✿ POTS
- ✿ Dental pain
- ✿ Insomnia

*Please ensure all symptoms have been checked by the medical profession and any required tests and scans have ruled out any other cause first.