

5 Sneaky Health Issues Doctors Miss that Should Be on Your Radar

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Are you tired, achy and finding it hard to lose that mysterious 10 pounds you gained? Intolerant to cold? Suffering from elevated cholesterol? Constipated? Dealing with unexplained infertility? These are all symptoms of a low thyroid, says Dr. Jacob Teitelbaum, author of *Real Cause, Real Cure*. "In my 35 years as a physician, I have found that the majority of women who need thyroid hormone have normal blood testing," he says. If you have unexplained fatigue, and two to three of the other symptoms, you may be one of them, in which case Dr. Teitelbaum advises asking your doctor about trying thyroid hormone.

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If you have insomnia despite being utterly exhausted, widespread pain and "brain fog," you may have fibromyalgia, suggests Dr. Teitelbaum. The good news: It's now very treatable. "By restoring energy production with the S.H.I.N.E. Protocol (Sleep, Hormones, Immunity, Nutrition, Exercise), our study found that 90 percent of patients improved with an average 91 percent increase in quality of life," says Dr. Teitelbaum. The strategy can help support recovery when dealing with fibromyalgia symptoms, and aid in maintaining healthy energy levels when you're well. There is no blood test for fibromyalgia, so a conversation with your doctor about your symptoms is the best route to diagnosis.

