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Palindromic Rheumatism
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Introduction

The purpose of this book is to present a thought-provoking, completely different point of view on autoimmune diseases. Medical science believes the immune system is malfunctioning. The medical textbooks also state that in almost every case of autoimmune disease, the cause is unknown.

I don't agree. I believe the immune system is doing exactly what it is supposed to do: protect you. In essence, I do not believe that the immune system is malfunctioning.

There are more than 165 autoimmune and related diseases. I present here those that I encountered during my years of nutritional counseling, when someone close to me had one of the listed diseases, or it piqued my interest because of the nature of the disease. I hope that I covered the ones you are interested in.

All of the basic information presented about each condition is from Wikipedia and the American Autoimmune Related Diseases Association. I use what is known and then interpret it from a symbolic/energetic point of view. I present the symbolic interpretations after "Signs and Symptoms."

I think you will find it to be thought-provoking and enlightening to see the emotional energy or, as I like to call it, the symbolic significance, of the symptoms. Then you will understand why the immune system is attacking a particular system, gland, and/or organ.

I believe that every individual part of the body has a symbolic definition, a symbolic interpretation. When there is an issue, it is symbolic of emotional conflict at a subconscious level. In my book *Disease Symbology Handbook*, wherever there is a condition, a symptom, or an incident, I present the symbolic interpretation of all of the elements involved.

One of the conflicts is between concepts in the subconscious mind of how one should be and what one wants to be. This may be in direct opposition to what is expected of that individual. That opposition is where the conflict begins.

Another aspect of a condition is in keeping with the family lifestyle. Children generally follow the diet of the family. Whatever diseases the parents have, there is a very good chance the children will, too. Of course, they can change their diets once they are of the mind to do so.

Everything in life is of your making and choosing. Choose wisely.

—Michael

Self-Protection

The Body's Protective Systems

You have multiple systems that are designed to protect your body from toxic contamination and poisoning. The most important is your immune system, followed by your liver.

The purpose of your immune system is twofold: one, it protects you from alien invaders; and two, it polices the interior of the body to eliminate dead, damaged, and corrupted cells. The immune system views the internal body's cells as self or non-self. Anything that registers as non-self, the immune system will seek to eliminate. It is vital that your immune system be in top operational form. What does that mean? It means giving the immune system the nutrients it requires, maintaining its integrity and also helping it provide additional immune support when necessary.

The key nutrient is vitamin A. The beautiful thing about vitamin A is that it is also a free radical scavenger, which is another line of defense.

One of the free radicals derived from oxygen is singlet oxygen, which is a high-energy form that damages cells at an atomic level. It does so in the sense that an atom is looking to become balanced, so it steals an electron from another atom, creating an imbalance there. That, in turn, starts a chain reaction, with the end result being a damaged molecule, a damaged cell. It is damaged cells that lay the foundation for aging and disease.

As I mentioned earlier, the liver is also part of the defense system of your body. Whatever you ingest, through consumption (eating, drinking, breathing, or applying to your skin), ends up in your bloodstream. Before it can damage a cell, the liver tries to detoxify it. What cannot be detoxified or rendered harmless is then encased in fat as a protective measure.

If the onslaught of toxic substances ingested, through either the diet or the application of cosmetics and toiletries, contains chemicals, these are alien to the body. They can and do corrupt the body, and that is the foundation of many diseases, including cancer.

The health of your immune system will determine what level of health you enjoy. From my point of view, the more you can do to nourish your body with organic foods and clean water, take good high-potency supplements, and eliminate as much junk as you possibly can, you'll fare much better than the average American.

Another aspect of protection is provided by the kidneys. The kidneys filter the waste and the toxins out of the bloodstream and direct that liquid

material to the bladder for future elimination. The kidneys are vital to the detoxification system.

There is also the ongoing detoxification system. The beautiful thing here is that this process prevents you from becoming totally intoxicated with poisonous material. I know that when we hear the word *intoxication*, we think in terms of alcohol, but this really means toxic substances. They include chemicals that are unknown or are known to cause cancer. So, ideally, the cleaner your diet, the healthier it is for your body.

From a nutrient point of view, vitamin A is king, because of its free radical–scavenging abilities, and it is also integral to the maturing of t-cells (antibodies) in the thymus gland.

Our immune system normally makes large numbers of proteins called antibodies to help the body fight off infections. In some cases, however, the body makes autoantibodies, which are antibodies (a type of protein) produced by the immune system that are directed against one or more of the individual's own proteins. Keep in mind that your body operates on enzymes and proteins.

Many autoimmune diseases are caused by such autoantibodies. Certain environmental triggers can lead to autoimmunity. Environmental triggers are things originating outside the body, such as bacteria, viruses, toxins, and medications.

List of Diseases

Autoimmune and autoimmune-related diseases
Acute disseminated encephalomyelitis (ADEM)
Acute necrotizing hemorrhagic leukoencephalitis
Addison's disease
Agammaglobulinemia
Alopecia areata
Amyloidosis
Ankylosing spondylitis
Anti-GBM/anti-TBM nephritis
Antiphospholipid syndrome (APS)
Autoimmune angioedema
Autoimmune aplastic anemia
Autoimmune dysautonomia
Autoimmune hepatitis
Autoimmune hyperlipidemia
Autoimmune immunodeficiency
Autoimmune inner ear disease (AIED)
Autoimmune myocarditis
Autoimmune oophoritis
Autoimmune pancreatitis
Autoimmune retinopathy
Autoimmune thrombocytopenic purpura (ATP)
Autoimmune thyroid disease
Autoimmune urticaria
Axonal and neuronal neuropathies
Balo disease
Behcet's disease
Bullous pemphigoid
Cardiomyopathy
Castleman disease
Celiac disease
Chagas disease
Chronic fatigue syndrome**
Chronic inflammatory demyelinating polyneuropathy (CIDP)
Chronic recurrent multifocal osteomyelitis (CRMO)
Churg-Strauss syndrome
Cicatricial pemphigoid/benign mucosal pemphigoid
Crohn's disease

Cogan's syndrome
Cold agglutinin disease
Congenital heart block
Coxsackie myocarditis
CREST disease
Essential mixed cryoglobulinemia
Demyelinating neuropathies
Dermatitis herpetiformis
Dermatomyositis
Devic's disease (neuromyelitis optica)
Discoid lupus
Dressler's syndrome
Endometriosis
Eosinophilic esophagitis
Eosinophilic fasciitis
Erythema nodosum
Experimental allergic encephalomyelitis
Evans syndrome
Fibromyalgia**
Fibrosing alveolitis
Giant cell arteritis (temporal arteritis)
Giant cell myocarditis
Glomerulonephritis
Goodpasture's syndrome
Granulomatosis with polyangiitis (GPA) (formerly called Wegener's granulomatosis)
Grave's disease
Guillain-Barré syndrome
Hashimoto's encephalitis
Hashimoto's thyroiditis
Hemolytic anemia
Henoch-Schonlein purpura
Herpes gestationis
Hypogammaglobulinemia
Idiopathic thrombocytopenic purpura (ITP)
IgA nephropathy
IgG4-related sclerosing disease
Immunoregulatory lipoproteins
Inclusion body myositis
Interstitial cystitis

Juvenile arthritis
Juvenile diabetes (Type 1 diabetes)
Juvenile myositis
Kawasaki syndrome
Lambert-Eaton syndrome
Leukocytoclastic vasculitis
Lichen planus
Lichen sclerosus
Ligneous conjunctivitis
Linear IgA disease (LAD)
Lupus (SLE)
Lyme disease, chronic
Ménière's disease
Microscopic polyangiitis
Mixed connective tissue disease (MCTD)
Mooren's ulcer
Mucha-Habermann disease
Multiple sclerosis
Myasthenia gravis
Myositis
Narcolepsy
Neuromyelitis optica (Devic's)
Neutropenia
Ocular cicatricial pemphigoid
Optic neuritis
Palindromic rheumatism
PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcus)
Paraneoplastic cerebellar degeneration
Paroxysmal nocturnal hemoglobinuria (PNH)
Parry Romberg syndrome
Parsonnage-Turner syndrome
Pars planitis (peripheral uveitis)
Pemphigus
Peripheral neuropathy
Perivenous encephalomyelitis
Pernicious anemia
POEMS syndrome
Polyarteritis nodosa
Type I, II, and III autoimmune polyglandular syndromes

Polymyalgia rheumatica
Polymyositis
Postmyocardial infarction syndrome
Postpericardiotomy syndrome
Progesterone dermatitis
Primary biliary cirrhosis
Primary sclerosing cholangitis
Psoriasis
Psoriatic arthritis
Idiopathic pulmonary fibrosis
Pyoderma gangrenosum
Pure red cell aplasia
Raynaud's phenomenon
Reactive arthritis
Reflex sympathetic dystrophy
Reiter's syndrome
Relapsing polychondritis
Restless legs syndrome
Retroperitoneal fibrosis
Rheumatic fever
Rheumatoid arthritis
Sarcoidosis
Schmidt syndrome
Scleritis
Scleroderma
Sjögren's syndrome
Sperm and testicular autoimmunity
Subacute bacterial endocarditis (SBE)
Susac's syndrome
Sympathetic ophthalmia
Takayasu's arteritis
Temporal arteritis/giant cell arteritis
Thrombocytopenic purpura (TTP)
Tolosa-Hunt syndrome
Transverse myelitis
Type 1 diabetes
Ulcerative colitis
Undifferentiated connective tissue disease (UCTD)
Uveitis
Vasculitis

Vesiculobullous dermatosis

Vitiligo

Wegener's granulomatosis (now termed granulomatosis with polyangiitis [GPA])

****NOTE:** Fibromyalgia and chronic fatigue are listed, not because they are autoimmune, but because many people who suffer from them have associated autoimmune disease(s).

—American Autoimmune Related Diseases
www.aarda.org

Addison's Disease

Addison's disease is an uncommon autoimmune disease. I include it in this presentation because so many people have adrenal issues. In this case, the condition is characterized by chronic and insufficient functioning of the outer layer of the adrenal gland.

The adrenal glands produce vital hormones involved with metabolism. Persons with Addison's disease have a deficiency in the production of these hormones. Glucocorticoid hormones are involved in how the body utilizes and stores carbohydrates, protein, fat, and blood sugar.

The adrenal gland also plays a role in the immune response. A deficiency in glucocorticoid hormones causes an increase in the release of sodium and a decreased release of potassium in the urine, the sweat, the saliva, the stomach, and the intestines. These changes can cause low blood pressure and increased water excretion that can in some cases lead to severe dehydration.

Addison's is characterized by a number of relatively nonspecific symptoms, such as abdominal pain and weakness, but under certain circumstances, these may progress to a severe illness that may include very low blood pressure and coma.

Signs and Symptoms

The most common symptoms are fatigue, lightheadedness on standing or difficulty standing, muscle weakness, fever, weight loss, anxiety, nausea, vomiting, diarrhea, headache, sweating, changes in mood or personality, and joint and muscle pains.

Some patients have cravings for salt or salty foods, due to the loss of sodium through their urine. Hyperpigmentation of the skin may be seen, particularly when the patient lives in a sunny area, as well as darkening of the long crease on the palm of the hand, sites of friction, recent scars, the border of the lips where the lips and the skin meet, and the genital skin.

Addison's disease is associated with the development of other autoimmune diseases, such as type 1 diabetes, thyroid disease (Hashimoto's thyroiditis), and vitiligo. The presence of Addison's in addition to one of these is called autoimmune polyendocrine syndrome.

Symbology of Condition

Whenever I hear “fatigue,” it makes me think that what is going on in this person’s life appears to be overwhelming. The individual does not feel as if he or she has the wherewithal to deal with it from a position of strength. Therefore, the person feels overwhelmed, thus creating feelings of being weak, tired, overburdened, and under-inspired.

Lightheadedness on standing is symbolic of not having the courage and confidence to elevate oneself in a steadfast manner in complete balance and harmony. For these people, there is a lack of assuredness, and when standing up quickly, they have an insecure moment when they have to regain their balance, their center, and their composure.

What is standing, other than standing tall, standing straight, and supporting oneself? So there are questions here about one’s ability to support oneself.

Muscle weakness is another common symptom. Muscles are symbolic of strength. There are multiple levels of strength, and the most ideal type of strength is that which is born out of success, based on courage and confidence. This type of strength is called “quiet” strength. In some arenas, you have it already within you. It’s just a matter of nurturing it and allowing it to manifest in more situations, endeavors, and expressions.

Addison’s also generates a fever. Whenever I hear “fever,” I always think of anger, because something is burning that person up. So when there is fever, there is anger brewing. Part of the anger in this situation could be directed at oneself for not having the wherewithal to get up and go and do. Underneath that is the lack of understanding about what is really taking place. Doubt and uncertainty are at work within this individual.

Weight loss is another sign of Addison’s disease. When there is dramatic weight loss or even gradual weight loss, what is taking place on an emotional level is that the individual feels more and more defenseless against the onslaught of whatever he or she is dealing with. So, the person is literally wasting away and losing strength, stamina, and the ability to handle whatever is going on.

The next symptom is anxiety. What is anxiety but a feeling and an energy born out of fear? The question is, why? What is going on that makes you so fearful that you feel defenseless against it? Whatever is going on is making you sick to your stomach. The situation can also make you feel nauseated and cause you to vomit. This is symbolic of trying to get this situation out of your system. Along with that is diarrhea, which is trying to get the situation out of your life any way you can. So, the question is: what’s going on that you are trying to get away from? It should be apparent to you from the symbolic perspective that you feel you do not have the

wherewithal to deal with it from a position of strength. Keep in mind that you are never placed in a situation that you cannot master.

Headaches are another symptom that can have numerous causes. Whenever there is a headache, I always think of a lack of faith in the self because your head is symbolic of the spiritual plane. This is where you do your thinking. The trunk of your body is symbolic of the material plane, because this is where you provide sustenance for your body, and your body is part of the material plane. The *material plane* is another term for our physical reality.

Another symptom is sweating, which is a twofold event. One, it is designed to cool down the body through evaporation. This ties into a fever, to some degree. It indicates that an anger-producing situation is occurring. Two, sweating is a bodily function to rid toxins. Sweating is another source of elimination of poisons from the body.

Whatever the overwhelming energy is, people are trying to get it out of their system as best they can, considering that they are dealing with it from a position of doubt and weakness, not strength and courage.

Changes in mood or personality go along with everything I've said, in terms of the doubt becoming overwhelming.

Joint and muscle pains are also an aspect of this condition. The joints represent flexibility and flexible thinking. So, in this particular case, the individual may not be exercising flexible thinking in looking for a workable solution to his or her problem. The muscles are symbolic of the ability to control movements, and they facilitate the proper functioning of the body's systems.

The adrenal glands are your stress centers, and anything affecting the adrenals concerns concepts in the subconscious mind about your ability to deal effectively with adversity.

Alopecia Areata

Alopecia is an autoimmune disease in which hair is lost from some or all areas of the body, usually from the scalp, due to the body's failure to recognize the "self," so it destroys its own tissue as if it were an invader.

Alopecia areata is found equally in men and women. The disease can occur at any age, including in childhood.

The hair loss may result in round bald patches on the scalp or may involve the loss of all facial and scalp hair. The loss of all body hair is called alopecia universalis. Alopecia postpartum is characterized by the loss of

significant hair following pregnancy and is usually temporary. When a patient is diagnosed with alopecia, the first question is usually about whether the hair will regrow. The answer is usually vague, as each case is different. Regrowth of hair may occur in some patients, and in others, the hair loss is permanent.

Signs and Symptoms

Typical first symptoms of AA are small bald patches. The underlying skin is unscarred and looks superficially normal. These patches can take many shapes, but most are usually round or oval. Different skin areas can exhibit hair loss and regrowth at the same time. The disease may also go into remission for a time or may be permanent. It is common in children.

The area of hair loss may tingle or be painful.

The hair tends to fall out over a short period of time, with the loss commonly occurring more on one side of the scalp than the other.

Nails may have pitting or a condition characterized by rough accentuated linear ridges (longitudinal striations) on the nails of the fingers and toes.

It occurs more frequently in people who have affected family members, suggesting heredity may be a factor. Strong evidence of genetic association with increased risk for AA was found by studying families with two or more affected members. In addition, it is slightly more likely to occur in people who have relatives with autoimmune diseases.

Symbology of Condition

We see that the first symptoms of alopecia are small bald patches. Furthermore, the underlying skin is unscarred and looks superficially normal. The patches could be anywhere on the body.

Hair, from a symbolic point of view, represents strength. This strength relates to internal feelings about one's own capabilities. This is what we learn from the biblical story of Samson and Delilah. Samson's strength was in his hair. Once his hair was cut off, he lost his strength and was arrested and imprisoned. When his hair grew back, he regained his strength. After that was accomplished, he was able to destroy the temple. So hair symbolically represents strength.

When people are losing hair anywhere on their bodies—especially on the scalp, which is one of the most common areas for both men and

women—it's an indication that the individuals are living with certain concepts that would have them believe they are weak.

It is interesting to note that some extremely powerful and successful men are bald. Is that overcompensation? Possibly. It may depend on which areas of their lives, conceptually, where they feel—on a deep subconscious level—that they are weak. It's similar to someone who has a disability: if the person loses one sense, he or she develops heightened sensitivity in another as a way of compensating for the absence of the first one.

All of this is at a conceptual level, so baldness does not necessarily imply that the person is weak. It only implies that in some arena and on some level, the individual believes he or she does not have the strength to deal with something or does not have the ability to deal with it from a position of strength.

It is interesting to note that it occurs more frequently in people who have affected family members, suggesting hereditary issues. The reality there, from a different point of view, is that the concepts of strength, or a lack thereof, are being passed on, generation after generation. In fact, in Exodus it says that the sins and the iniquities of the father are passed on for three to four generations (Exodus 34:7, KJV). This indicates that concepts are passed on.

We learn our concepts as infants through energetic vibrations, sight, sound, and tactile experiences. We create a databank and know what works and what doesn't work, what feels good and what hurts, what will bring us joy and what will bring us pain. Depending on the fundamental personality, this will determine which path a person takes: one with joy and approval as a form of acceptance, or one of pain and rejection as a form of acceptance.

The acceptance is from Mom at a deep subconscious level. The reason for this is simple. Every soul that enters the material plane comes in through the birth canal. So, on a deep subconscious level, this soul believes that the only way back to the spiritual plane is through Mom.

Each child chooses one of two avenues to gain Mom's complete acceptance. Each of these paths is based on everything that occurred from the moment of conception through the pregnancy and the delivery.

One child will seek the path of approval as a form of acceptance. Girls will be like their mothers, and boys will be like their fathers. The other child will choose rejection as a form of acceptance, in which case the daughter will be the opposite of her mother and the son will be the opposite of his father.

There are daughters who favor their dads and boys who favor their moms. The reason for this lies in the mom's concepts about the other gender and what a relationship should look like. This is why a girl who favors her dad will marry a man who favors her mother. The boy who favors his mom will marry a girl who favors his father. All of these transactions are based on a way of maintaining balance and a form of acceptance that works. This, in itself, is based on the concepts the person maintains in his or her subconscious mind.

These fundamental personalities, concepts, or modus operandi for acceptance are woven into everything the individual does.

Amyloidosis

Amyloidosis is a rare disease that results from inappropriately folded proteins that build up in tissues and organs. Mis-folded proteins are a cause of inflammation and may be involved with cancer as well.

Back in 1987 or 1988, my mentor and tutor, Dr. Peter Rothschild, told me that misfolded proteins were one of the causes of cancer, and that one of the ways they became misfolded was because of toxins disrupting the protein production in the genes within the cells. This is one reason why Dr. Rothschild and his partner created a company based on proteolytic enzymes as a way of negating the misfolded proteins, thus reducing inflammation and the potential for cancer.

Amyloidosis is related to abnormal and excess production of antibodies by a type of immune cell called plasma cells.

Signs and Symptoms

This disease can affect the tongue, the intestines, the skeletal and smooth muscles, the nerves, the skin, ligaments, the heart, the liver, the spleen, and the kidneys.

Amyloid deposition in the kidneys can cause a reduction in the kidney's ability to filter proteins. Amyloid deposition in the heart can cause both diastolic and systolic heart failure.

Deposits of amyloids in the liver can lead to liver injury, which is seen in about one-third of people. Liver enlargement is common.

Symbology of Condition

The tongue is symbolic of both communication and defenses. It protects you, in the sense that it provides you with the ability to discern whether something is harmful in the food or liquids you ingest.

However, most people have been conditioned to like the salt and the sugar tastes. This creates a situation where you can ingest harmful substances if they are heavily masked with sugar or are part of a salty snack.

The tongue as a form of communication helps you enunciate and speak clearly. In this particular condition, it becomes swollen to the point where you can choke, and it interferes with swallowing. The questions then become: what is going on that there is difficulty in communicating about? There is difficulty in verbally defending yourself about it, as well as an inability to consume or not wanting to consume what may be an imposition on an energetic or emotional level.

The intestines being infected and becoming swollen are also aspects of this condition. One of the immediate results is that starvation will set in, with malnutrition being first. If the intestinal tract becomes so swollen that you cannot get enough nutrients into your bloodstream to nourish your cells, the malnutrition will manifest as a condition.

So, in this situation there might be something going on to create an imposition that you are forced to ingest, but you don't want to incorporate it into your reality.

Next, we see that the skeletal and smooth muscles are also affected, meaning they have become inflamed, and moving them would be painful. So, the question comes from this perspective: what do you have to deal with that requires your being agile? What your mind is telling you here is that you are stiffening up. You may become very defensive. At the same time, you are becoming very narrow in your perspective, in seeking to understand what is going on or a way out of the situation.

Nerves are another thing that is affected. The nerves become inflamed. In fact, doctors think that on some levels, amyloidosis is associated with inflamed nerves. That would indicate to me sensitivity, depending on which nerves are being stimulated, because each part of the body has its own symbolic significance. If you know where the stimulation is occurring, then that's where you need to learn the symbology to understand what is going on.

Skin is your outer image, your protection, part of your expression, so to speak. So, depending on where there is inflammation or a thickening of the skin, that, too, would be symbolic. It would give you greater insight as to where the conflict resides.

The ligaments, which are part of the muscular system, can become inflexible and lack strength. What's going on? If you're dealing with this condition, and depending on what part of your body is being affected, this gives you an indication of where your thoughts need to go, for you to understand what is going on. That way, you can prevent the disease from progressing any further. Then, as you understand more, I believe you'll be able to eliminate the cause altogether.

Your liver is a protector. It detoxifies your blood. It makes glycogen, which becomes glucose (sugar), fuel for your cells. When the liver is affected, a situation is occurring in which you feel that you are not 100 percent protected.

The spleen helps produce blood cells, as well as remove them from the bloodstream, once they no longer serve a purpose. When the spleen is interfered with, you could become toxic. The question arises in terms of faith in oneself, because it's affecting blood production.

Your blood is symbolic of spirit, which represents faith. What's going on that you don't think you can handle? If you take a step back and look at it, you may see something entirely different.

The kidneys are the next area that is affected. If the kidneys become inflamed, their ability to filter the bloodstream falters, meaning that the waste your body has generated through the natural process of metabolism will create a toxic environment.

So, looking at the kidneys from that point of view, we see an element of rejection being woven into the situation. Whenever there is a kidney malfunction, it symbolically indicates an inability to let go of the past. Constipation is also symbolic of this inability. One would need to look around and see which arenas this is taking place in. What is blocking the individual from letting go of the past and letting go of the toxic thoughts and feelings?

Autoimmune Hepatitis

Autoimmune hepatitis, formerly called lupoid hepatitis, is a chronic disease of the liver that occurs when the body's immune system attacks liver cells causing the liver to be inflamed.

Autoimmune hepatitis usually occurs by itself, but it can coexist with other autoimmune diseases. The disease may occur in any ethnic group and at any age, but is most often diagnosed in patients between ages forty and fifty.

Signs and Symptoms

The most common symptoms of autoimmune hepatitis are

- fatigue
- joint pain
- nausea
- loss of appetite
- pain or discomfort over the liver
- skin rashes
- dark yellow urine
- light-colored stools
- jaundice, or yellowing of the skin and the whites of the eyes

Symbology of Condition

In autoimmune hepatitis, we are obviously dealing with the liver. Your liver represents many things, because it is a chemical factory. Its primary purpose is producing fuel in the form of glucose and glycogen.

As a chemical factory, it also detoxifies the blood and renders toxins harmless or stores them in fat. An attack on the liver is an indication of one's inability to deal with a toxic overload, so to speak. There is something coming into the system, not only on a physiological level but also on an emotional level, that is more than the individual can bear.

Look at the symbology of the ages when this condition manifests: between forty and fifty. Four represents an advancement or a block—that is, non-advancement, being stifled, or staying the same. The fifty or number 5 represents the senses.

If you were to calculate the numbers symbolically, each would give another indication of the depth of the conflict and the different ways the person is dealing with this through literally all five senses. This is emotional conflict, as all conditions are.

Look at the other symptoms involved. Fatigue is one. Whenever I hear of fatigue, I always think that the person feels overwhelmed by the situation. People have a tendency to forget that they are never placed in a situation they cannot master.

Joint pain: This is a matter of inflexible thinking, because that is what your joints represent—the ability to be flexible in your physical movements.

Nausea: Whatever is going on is really upsetting.

Loss of appetite: No inspiration, no motivation, no desire to continue at a deep subconscious level.

Pain: Discomfort.

Skin rashes: The skin is part of your image. Whenever there are rashes on the skin, it indicates someone who is sensitive.

Dark yellow urine: I say, lack of nutrition, not absorbing B vitamins, which are symbolic of courage and confidence.

Look at the concepts in your mind that make you feel as if the situation is an imposition, a burden, or some overwhelming event that's occurring. Find the particular concept that would have shut you down.

Autoimmune Inner Ear Disease

Autoimmune inner ear disease is a suspected autoimmune disease characterized by rapidly progressive bilateral sensorineural hearing loss. It occurs when the body's immune system attacks cells in the inner ear that are mistaken for a virus or bacteria.

AIED is generally caused by either antibodies or immune cells that cause damage to the inner ear.

Signs and Symptoms

A sudden loss of hearing in one ear, followed by a gradual loss of hearing in the second ear

A feeling of fullness in one ear

Vertigo

Tinnitus

The symptoms can be easily mistaken for otitis media, inflammation in the ear.

Symbology of Condition

One thing that can happen with this disease is deafness. There is a gradual loss of hearing or sudden loss in one ear and a gradual loss of hearing in the other. I take that to mean deafness.

The questions that immediately come to mind with this are, what don't you want to hear anymore? What's being said to you that you want to block out? It's really that simple.

The definition of *vertigo* says it all. Something happening is creating an unbalanced, light-headed feeling.

Behcet's Disease

Behçet disease, sometimes called Behçet's syndrome, Morbus Behçet, Behçet-Adamantiades syndrome, or Silk Road disease, is a rare immune-mediated small-vessel systemic vasculitis. As a chronic, multisystem autoimmune disease involving inflammation of blood vessels, it often presents with mucous membrane ulceration and ocular problems.

Throughout the body:

As a systemic disease, it can also involve visceral organs, such as the gastrointestinal tract and the pulmonary, musculoskeletal, cardiovascular, and neurological systems. This syndrome can be fatal, due to ruptured vascular aneurysms or severe neurological complications.

Symbology of Condition

Skin and Mucosa

The fact that the immune system is attacking the body indicates that the affected individual is beating himself or herself up for not achieving perfection. This need for perfection could be internally driven, as well as being insinuated externally, from an outside source.

I would also say that flare-ups happen when this person is under stress or duress, depending on the situation.

The symptom of mouth ulcers: This tells me that these individuals have a communication problem: the lack of either freedom or confidence or both to "speak out/speak up" about what bothers them. There may be an energy of denial at work as well.

In addition, the person may be forced to swallow something that is not in keeping with his or her belief system. It may be painful to eat, which denies the person sustenance. Sustenance can have many different meanings, and all of them should be considered in this case.

Sore genitals are another symptom created by the individual to avoid sex. This condition of sore genitals could create a desire NOT to participate in intercourse, because it would be uncomfortable and possibly painful. There could be multiple reasons for this, depending on the person's concepts and feelings about sex. He or she may be forced into submission

and the resentment that goes along with it, which would create problems. A woman's fear of pregnancy is another issue. Men, too, may want to avoid having their partners get pregnant. There could be feelings of not being able to perform up to the other person's expectations—and there is no telling what those expectations are.

Eye inflammation: This, too, indicates an unwillingness or a desire NOT to see what is happening.

The last symptom listed is arthritis: simply put, arthritis is a disease of inflexible thinking. It may indicate that the person feels “this is the way that it should be” and therefore does not feel that he or she has the right or ability to change the situation or “conditioning” that is within the subconscious mind.

I always find it interesting when a disease or a condition strikes those from ages twenty to thirty, as this one does. This is often when people are settling into the roles of who they think they should be. These roles may be in conflict with who they want to be; therefore, subconscious conflicts manifest outwardly in the body as conditions and diseases.

Celiac Disease

Celiac disease is an autoimmune disorder of the small intestine that occurs in genetically predisposed people of all ages, from middle infancy onward.

The disease is caused by a reaction to a gluten protein found in wheat and other common grains such as barley and rye). On exposure to the protein, the immune system cross-reacts with the small-bowel tissue, causing an inflammatory reaction. That leads to a truncating of the villi lining the small intestine (called villous atrophy). This interferes with the absorption of nutrients because the intestinal villi are responsible for absorption. The only known effective treatment is a lifelong gluten-free diet.

Gastrointestinal

As the bowel becomes more damaged, a degree of lactose intolerance may develop. Frequently, the symptoms are ascribed to irritable bowel syndrome (IBS), only later to be recognized as celiac disease; a small proportion of people with symptoms of IBS have underlying celiac disease, and screening for celiac disease is recommended for those with IBS symptoms.

Signs and Symptoms

Symptoms include pain and discomfort in the digestive tract, chronic constipation, and diarrhea, failure to thrive (in children), anemia, and fatigue, but these may be absent, and symptoms in other organ systems have been described. Vitamin deficiencies are often noted in people with coeliac disease, owing to the reduced ability of the small intestine to properly absorb nutrients from food.

Severe celiac disease leads to the characteristic symptoms of pale, loose, and greasy stool and weight loss or failure to gain weight (in young children). People with milder celiac disease may have symptoms that are much more subtle and occur in other organs than the bowel itself. It is also possible to have celiac disease without any symptoms whatsoever. Many adults with subtle disease only have fatigue or anemia.

Symbology of Condition

It seems from the symbology involved that people who get celiac disease have a tendency to deny themselves sustenance, so the question is why? The disease relates to sustenance because particular grains—such as wheat, which is considered the bread of life—are the culprits in this condition. Another grain, rye, is also a source of bread and flour. Barley is another edible grain that has been used for thousands of years to support life. These are the chief difficult grains for people with this condition.

Here the individual is denied three different sources of sustenance. So there is a need to understand what concepts are at work in the subconscious mind that would make the individuals create a reality in which they deny themselves.

In examining it from a symbolic point of view, when you look at the pain and discomfort in the digestive tract, you can understand that whatever is going on is uncomfortable. These symptoms are symbolic of what's taking place on an emotional level, even if it doesn't appear on the outside.

Chronic constipation and diarrhea: Diarrhea is a form of constipation, because no fecal matter is being released. What constipation symbolizes is holding on to the past and an unwillingness to let it go. A good question to ask would be: why am I holding on to whatever is working against me? Whatever you are holding on to and whatever tells you that you don't deserve to have things and that you should be denied needs to be examined. Once understood, it can be eliminated.

In children, there is a failure to thrive. This is their growth time. So what is the child learning from its parents in terms of energy, as well as deeds and words? There could be a genetically predisposed situation. That being said, I believe that the soul that comes in genetically predisposed to develop celiac disease must work on the concepts of sustenance and self-worth. The reason is that the person is into self-denial from the start. This is a dominant concept, which is the energy that most needs to be understood and mastered, so that there can be further spiritual growth.

Anemia is another symptom, which would lead to fatigue. There are not enough blood cells to provide adequate oxygen, which is symbolic of spirit. There is not enough inspiration in this person's life. Again, he or she feels overwhelmed and not able to deal with something from a position of strength.

Vitamin deficiencies could be common—again, because if the villi in the intestinal tract are swollen or inflamed, nutrients can't pass into the bloodstream and can't feed the cells. It's that simple.

If celiac disease runs in the family, then you have to discover which particular concepts at work are being passed on, depending on gender, because they will be gender-specific, so to speak.

Chronic Fatigue Syndrome

Chronic fatigue syndrome (CFS) is a complex medical condition, characterized by long-term fatigue and other symptoms. These symptoms are to such a degree that they limit a person's ability to carry out ordinary daily activities. The fatigue is not due to ongoing exertion, is not relieved much by rest, and is not caused by other medical conditions.

Biological, genetic, infectious, and psychological mechanisms have been proposed, but the cause is not understood.

Signs and Symptoms

Symptoms of CFS include malaise after exertion, unrefreshing sleep, widespread muscle and joint pain, sore throat, headaches of a type not previously experienced, cognitive difficulties, and chronic and severe mental and physical exhaustion.

Additional symptoms may be reported, including muscle weakness, increased sensitivity to light, sounds and smells, problems standing upright,

digestive disturbances, depression, painful and often slightly swollen lymph nodes, and cardiac and respiratory problems.

It is unclear whether these symptoms represent other associated conditions or if they are produced by CFS itself. Symptoms vary in number, type, and severity from person to person.

CFS occurs more often in women than in men and is less common among children and adolescents.

The majority of CFS cases start suddenly, usually accompanied by a "flu-like illness," while a significant proportion of cases begin within several months of severe adverse stress.

Symbology of Condition

Whenever I hear that someone is suffering from chronic fatigue, fibromyalgia, hypoglycemia, or candida, my thoughts are always the same. This is an individual who feels overwhelmed by what he or she has to deal with.

The truth of the matter is, there's no such thing as being overwhelmed. Why do I say that? The reason is simple. You are never placed in a situation that you cannot master.

When you look at the symptoms, it mentions malaise, which is uneasiness and tiredness after exertion. Another symptom is un-refreshing sleep; muscle and joint pain round out the symptoms.

Let's take a look at them, one by one. Malaise is due to a lack of inspiration, brought about by doubt and fear manifesting in the person's life. It's all because, in some arena, people do not feel that they have the wherewithal to deal with what they are confronting at the time.

On un-refreshing sleep, I think of the people who say, "I sleep 8, 10, 12 hours a night, and I still wake up tired and exhausted." This is a major symptom of hypoglycemia and is also tied to adrenal exhaustion and chronic fatigue.

Sleep is a preparation cycle. When you are sleeping, your mind gives you dreams for guidance. With guidance, you are better able to handle whatever you're dealing with.

On another level, sleep is rest. It is the pause between action cycles (daytime). If someone is constantly tired or has no opportunity to pause, then he or she has no ability to prepare for the upcoming energies of the day. The individual will not have the power or guidance to deal with the action part of the cycle from a position of strength. You can begin to see the debilitating effects of poor sleep.

Another symptom is widespread muscle and joint pain. Let's look at the symbology of the muscles. They give you the strength and ability to manipulate material reality.

Your joints are an indication of flexible thinking. The symptoms and actions of chronic fatigue imply an inflexible approach to what is being confronted. Very often, it requires flexible thinking to find a way out of difficult situations.

If we look at a sore throat, another symptom, there are a couple of different symbolic interpretations involved here. For one, when I think of a sore throat, I think of difficulty in swallowing. Obviously, whatever the situation is, there's a difficulty in swallowing and accepting it. Another aspect is that the throat is the balance between the head, which is symbolic of spirit, and the body, which symbolizes the material plane. So, a sore throat indicates an imbalance between those two energies: the spiritual and the material.

Another aspect may be the inability to communicate; that, too, would be in keeping with the doubt and uncertainty that a person feels. When you cannot express your feelings and emotions, there will be an issue.

Headaches are another symptom. Headaches are symbolic of doubt at work.

The head is symbolic of the spiritual plane. When there are headaches, it's a lack of faith in the self, so that, too, is tied in with the debilitation and the lack of energy in this condition.

When this occurs, all cognitive difficulties are present. Another symptom is a cloudy mind, a fuzzy mind, because there's no clarity. You can't see a way out of the situation because of inflexible thinking (arthritis). You think there's only one way to approach it, one way to deal with it, and that could make for unclear thinking.

An increased sensitivity to light is another symptom. Light is inspiration; light is knowledge. It illuminates the darkness so that things can be seen clearly. The sensitivity exists because of what the person is involved with.

The individual may not want to see his or her way out of the situation. The reason I say that is because some people need their condition. They live for their condition. They own their condition. It is the only conversation they have, and it works for them. It provides them with attention from others.

Some people won't give up their condition, because if they did, they would have nothing to talk about, and maybe nobody would pay attention to them.

Another set of symptoms lists sounds and smells. These may become offensive. Everything can appear to be overwhelming to an individual who feels he or she doesn't have what it takes to handle the current situation.

The majority of cases of chronic fatigue start suddenly, accompanied by a flulike illness. You can see how this all works together. Stress, which is the triggering device, taxes the adrenal glands. In doing so, it weakens the immune system. That's when acne, allergies, and candida flare up. Receptivity to flulike symptoms is also included. The symptoms usually begin several months after a severe adverse stress event. Something occurred that might have diminished the person's inspiration, strength, and energy.

Crohn's Disease

Crohn's disease is a type of inflammatory bowel disease (IBD) that may affect any part of the gastrointestinal tract from mouth to anus.

Crohn's disease is caused by a combination of environmental, immune, and bacterial factors in genetically susceptible individuals. It results in a chronic inflammatory disorder, in which the body's immune system attacks the gastrointestinal tract, possibly directed at microbial antigens. While Crohn's is an immune-related disease, it does not appear to be an autoimmune disease (in that the immune system is not being triggered by the body itself). The exact underlying immune problem is not clear; however, it may be an immunodeficiency state.

It tends to start in the teens and twenties, although it can occur at any age. Males and females are equally affected.

Signs and Symptoms

Many people with Crohn's disease have symptoms for years prior to the diagnosis. The usual onset is between fifteen and thirty years of age, but it can occur at any age. Because of the "patchy" nature of the gastrointestinal disease and the depth of tissue involvement, initial symptoms can be more subtle than those of ulcerative colitis. People with Crohn's disease experience chronic recurring periods of flare-ups and remission.

Abdominal pain may be the initial symptom of Crohn's disease. It is often accompanied by diarrhea, especially in those who have had surgery.

The diarrhea may or may not be bloody. The nature of the diarrhea in Crohn's disease depends on the part of the small intestine or the colon involved. Ileitis typically results in large-volume, watery feces. Colitis may result in a smaller volume of feces of higher frequency. Fecal consistency may range from solid to watery. In severe cases, an individual may have more than twenty bowel movements per day and may need to awaken at night to defecate.

Visible bleeding in the feces is less common in Crohn's disease than in ulcerative colitis but may be seen in the setting of Crohn's colitis. Bloody bowel movements typically come and go and may be bright or dark red in color. In the setting of severe Crohn's colitis, bleeding may be copious. Flatulence and bloating may also add to the intestinal discomfort.

Itchiness or pain around the anus may be suggestive of inflammation, fistulization, or abscess around the anal area or anal fissure. Perianal skin tags are also common in Crohn's disease.

Crohn's disease can affect many other organ systems. Inflammation of the interior portion of the eye, known as uveitis, can cause blurred vision and eye pain, especially when exposed to light (photophobia).

Inflammation may also involve the white part of the eye (sclera), a condition called episcleritis. Both episcleritis and uveitis can lead to loss of vision if untreated.

Crohn's disease is associated with a type of rheumatologic disease known as seronegative spondyloarthropathy. This group of diseases is characterized by inflammation of one or more joints (arthritis) or muscle insertions (enthesitis).

The arthritis in Crohn's disease can be divided into two types. The first type affects larger weight-bearing joints such as the knees (most common), the hips, the shoulders, the wrists, or the elbows. The second type symmetrically involves five or more of the small joints of the hands and the feet.

Crohn's disease may also involve the skin, the blood, and the endocrine system. The most common type of skin manifestation, erythema nodosum, presents as raised, tender red nodules, usually appearing on the shins. Erythema nodosum is due to inflammation of the underlying subcutaneous tissue and is characterized by septal panniculitis.

Another skin lesion, pyoderma gangrenosum, is typically a painful ulcerating nodule. Crohn's disease also increases the risk of blood clots; painful swelling of the lower legs can be a sign of deep venous thrombosis, while difficulty breathing may be a result of pulmonary embolism. Autoimmune hemolytic anemia, a condition in which the immune system

attacks the red blood cells, is also more common in Crohn's disease and may cause fatigue, a pale appearance, and other symptoms common in anemia.

Crohn's disease increases the risk of osteoporosis, or thinning of the bones.

People with Crohn's disease often have anemia, due to vitamin B12, folate, or iron deficiency or due to anemia of chronic disease. The most common is iron deficiency anemia from chronic blood loss, reduced dietary intake, and persistent inflammation, leading to increased hepcidin levels, restricting iron absorption in the duodenum.

Other conditions that can present similarly include irritable bowel syndrome and Behçet's disease.

Symbology of Condition

Crohn's is basically inflammation of the gastrointestinal tract. However, it is more complicated than that, having various effects on bodily systems. One of the areas where symptoms show up is in the mouth, which I thought was interesting.

Crohn's is technically not considered an autoimmune disease. It's not triggered by the body, a requirement for an autoimmune disease. In fact, its trigger is unknown. Doctors believe that there are environmental factors. There's a tendency for a genetic disposition. What that means, in seeking to understand the self, is that certain concepts have been introduced into the family line that need to be understood.

The person with cramps is a living example of those concepts at work. He or she is causing the problem. That will be made very clear as we look at the symptoms from the symbolic point of view.

Crohn's begins in the teens and the twenties. From a symbolic point of view, that's very understandable. The teens and the twenties are when people begin to go out and deal with life. However, for the Crohn's individual, it's a much more complicated situation, and the fear of dealing with life is what ends up creating this condition.

The usual onset is between the ages of fifteen and thirty. At fifteen (15), you are getting close to graduating from high school. Decisions have to be made, and one has to move on in life.

From a numerical point of view, 15 becomes a 6, symbolic of man. Thirty (30), the other age that's listed, becomes a 3, symbolic of understanding. To understand the symbolic numerology that I use, look at the section titled "Symbolic Numerology" at the end of this book.

One of the first symptoms is abdominal pain. Any time you're dealing with the stomach, it's an indication that things are going on that are hard to digest, hard to stomach.

One major symptom of Crohn's disease is constipation and diarrhea. Technically speaking, diarrhea is a form of constipation. No solid fecal matter is being released. Either way, with Crohn's, there is a tendency to hold on to the past.

On another level, there's a need to get everything out of the system as quickly as possible. The individual is involved in a reality that is very uncomfortable and displeasing. The sooner the person can get away from it, get out of it, the better he or she will feel.

Another issue is that Crohn's can affect the eyes. What are the eyes? They are the way you perceive "reality." A good question to ask yourself is, how are you looking at the situation and why don't you think you can deal with it?

The genetic disposition means that you've grown up with concepts that are embedded deep in your subconscious mind. These concepts dictate how you think and the actions you take.

The diet you consumed is designed to facilitate the creation of the condition. In the case of every predisposition toward a condition that runs in a family, a person will develop it if he or she follows the family diet. That individual will end up with the condition.

Crohn's is associated with a type of rheumatoid arthritis that affects some of the joints—specifically, the weight-bearing joints, such as the knees, the hips, the shoulders, the wrists, and the elbows. Some of these joints deal with your ability to stand. They also participate in your ability to move forward. Whatever your endeavors are, you need to be flexible in your movements.

Here is some of the symbology involved. The knees allow for up-and-down movement, supporting and making your aspirations closer to attaining.

The shoulders are symbolic of being able to "shoulder" responsibility. Some people can't. Problems here represent that inability. The wrists and the elbows are tied into how things are handled. They give you flexibility to draw things to you and to push things away.

Crohn's disease also affects the skin. The skin is one aspect of your defense mechanisms. It's how you are exposed to the world. What happens here is that red nodules usually manifest on the shins. The shins are part of the legs; thus, they're part of the support system. The red color

symbolically represents anger or action, danger, which is why our stop signs are red. Fire extinguishers and fire trucks are red.

Blood can be lost, especially if the colon becomes ulcerated. The inflammation of the intestinal tract, another symptom, can create a lack of nutrients to support a healthy body. Some people with Crohn's disease become anemic.

Dermatomyositis

Dermatomyositis is an autoimmune muscle disease that involves inflammation and a skin rash. It is a type of inflammatory myopathy. The cause of dermatomyositis is unknown. Experts think it may be due to a viral infection of the muscles or a problem with the body's immune system. It may also occur in patients who have cancer in the abdomen, the lungs, or other parts of the body.

It most commonly occurs in children ages five to fifteen and adults ages forty to sixty. Women develop this condition more often than men.

Signs and Symptoms

Symptoms may include problems swallowing, muscle weakness, stiffness, or soreness, purple color to the upper eyelids, purple-red skin rash, and shortness of breath.

The condition may be fatal in adults, due to severe muscle weakness, malnutrition, pneumonia, or lung failure. The main causes of death with this condition are cancer and lung disease.

Symbology of Condition

The symptom of having problems swallowing symbolically says that what's being presented is not in keeping with someone's belief system, which is based on his or her subconscious concepts.

The "something" that was presented was in direct opposition to the person's belief system. The individual was diametrically opposed to it; therefore, he or she couldn't swallow it.

The next issue is muscle weakness. Muscles are symbolic of strength. When there's weakness, the person has a feeling within of dealing with situations he or she doesn't have the strength to cope with.

The individual may feel that he or she doesn't have the personal power to deal with this situation from a position of strength.

Another symptom is malnutrition. You can tie that into swallowing. "I can't get enough food in my system; therefore, how am I going to get nutrients into my system?" is the question raised because of not swallowing.

Looking at it from a symbolic point of view, it really is another aspect of self-denial. By not absorbing and utilizing the nutrients, one creates weakness, which sets the body up for disease. The question is, why and how will the disease serve the person?

Next in our line of symptoms is stiffness. Stiffness is symbolic of inflexible thinking. People like this are inclined to take a position of "This is the way it has always been done, and this is my stance and I'm not moving. I'm not changing for anybody or anything."

Soreness is another symptom. The soreness indicates sensitivity in that area of a person's life. Any place where someone is sore is an area that he or she is very sensitive about, emotionally.

One way to understand this is to look at the parts of your body that are sore and then learn the symbology of that part of your body. You can find the symbology of every system, gland, organ, and function in my book *Disease Symbology Handbook*, available at Innerhealthbooks.com.

The next symptoms we see are the color purple on the upper eyelids and a purple-red skin rash. The symbology of the color purple represents royalty. Keep in mind that the exact opposite is also true. This holds true for every symbol: they all have a positive and a negative interpretation.

I present symbols, whether in this work or in any of my books, always from the universal perspective and never from a personal perspective. I do not know your personal symbols—only you do. You created them.

With that said, your eyelids protect your eyes, and the eyes represent perception. It's how you look at the world. What you see and how you respond to what you see trigger patterns of behavior.

The skin rash can absolutely represent sensitivity to what's going on. It all ties in to whatever you're going through. The shortness of breath is a lack of faith in your ability to handle the situation and deal with it positively. Just know that you can.

Diabetes Type 1

Diabetes mellitus type 1 (also known as type 1 diabetes, or T1DM; formerly insulin-dependent diabetes or juvenile diabetes) is a form of diabetes

mellitus that results from the autoimmune destruction of the insulin-producing beta cells in the pancreas. The subsequent lack of insulin leads to increased blood and urine glucose.

The cause of diabetes mellitus type 1 is unknown.

Administration of insulin is essential for survival. Insulin therapy must be continued indefinitely and does not usually impair normal daily activities.

Untreated, diabetes can cause many complications. Acute complications include diabetic ketoacidosis and nonketotic hyperosmolar coma. Serious long-term complications include heart disease, stroke, kidney failure, foot ulcers, and damage to the eyes. Furthermore, complications may arise from low blood sugar caused by excessive treatment.

Signs and Symptoms

The symptoms of classical type 1 diabetes include excessive urination increased thirst, increased hunger, fatigue, and weight loss.

Many type 1 diabetics are diagnosed when they present with diabetic ketoacidosis. The signs and symptoms of diabetic ketoacidosis include xeroderma (dry skin), rapid deep breathing, drowsiness, abdominal pain, and vomiting.

About 12 percent of people with type 1 diabetes have clinical depression.

Symbology of Condition

I would say that individuals afflicted with this condition have a hard time accepting and utilizing the sweets of life. There are many reasons for that. One may be that they don't feel as if they're entitled. Another could be that it's not right to have material possessions when one seeks to be spiritual. There are a lot of different concepts involved in why a person might deny himself or herself the "sweets of life."

One must look within to identify those concepts and their patterns of behavior. Once they are under control, resolution can take place.

One of the causes of type 1 diabetes is the destruction of the beta cells in the pancreas, which produce insulin. There could be a couple of reasons for this. One is actually when the mother's beta cells ended up in the pancreas of the developing fetus. The baby's immune system identified those cells as "non-self" and therefore attacked those beta cells to

eliminate them from the body. This destroys those cells and their ability to produce insulin, thus setting the stage for juvenile, type 1, diabetes.

When we examine the symbology, the first symptom we look at is excessive urination. This implies that the person is eliminating a lot of water. Water is symbolic of the material plane of existence. Water is essential for our life.

At that point of excessive urination, you can begin to see that there is an energy of denial at work. There's no retention of water, not necessarily using what is being presented. It's interesting because the next symptom is increased thirst and hunger. Hunger and thirst are symbolic of material acquisition; however, there is denial at work. With denial in place, people never have an opportunity to fulfill their thirst or hunger.

The remaining two symbols, fatigue and weight loss, again demonstrate one's determination to deny oneself. It's really that simple.

What is fatigue? Fatigue is being tired all of the time, feeling overwhelmed by everything that's confronting the individual. In this case, people do not feel they have the right to use their power, their strength, and the sweetness of life.

The "sweet things" in life are a reflection of your accomplishments. If you don't allow them to manifest or be enjoyed, then the strength and inspiration you would derive from the accomplishments are not realized. If they were, the accomplishments would eliminate the fatigue.

Losing weight is symbolic of someone's inability to use what he or she has. This is another symbol of denial at work. Interestingly enough, there's a Universal Teaching that says, "Use what you have and more will be given" (Matthew 13:12).

When people are diagnosed with diabetic keto-acidosis, we see that the skin becomes dry. The skin is a form of protection. The fact that it's dry indicates that there's no softness, no life in the way this person defends himself or herself.

The sweet things in life are what give us life's pleasures. They promote life and make life joyous.

Another symptom of diabetes is rapid deep breathing. Breathing is tied to spiritual faith in the self. Why? Because God "lives in heaven," the sky; therefore, air is symbolic of spirit. When there is rapid deep breathing, the person cannot get enough "faith in the self" to deal with everything that's going on in his or her life.

Drowsiness is another symptom. This is when feelings of being overwhelmed make you tired.

Abdominal pain and vomiting: both of these actions indicate to me that something is going on that people can't stomach. What are they ingesting, concept-wise, that they want to get out of their system as quickly as possible?

What is giving them pain? These are the types of questions one needs to ask oneself in order to understand the concepts at work, which will help one master the condition.

Endometriosis

Endometriosis is a disease in which tissue that normally grows inside the uterus grows outside the uterus.

Infertility occurs in up to half of all women. About 25 percent of women have no symptoms. Endometriosis can have both social and psychological effects.

The cause is not entirely clear. Risk factors include having a family history of the condition. Most often, the ovaries, the fallopian tubes, and the tissue around the uterus are affected; however, in rare cases it may also occur in other parts of the body.

Endometriosis is estimated to occur in roughly 6 to 10 percent of women. It is most common in those in their thirties and forties.

Signs and Symptoms

Although 20 to 25 percent of people with endometriosis have no symptoms, pain and infertility are common signs.

Symptoms of endometriosis-related pain may include:

- painful, sometimes disabling, cramps during the menstrual period;
- pain may get worse over time (progressive pain);
- also, lower back pains linked to the pelvis,
- typically accompanied by lower back pain or abdominal pain
- painful sex;
- urinary urgency, frequency, and sometimes painful voiding.

Symbology of Condition

There are many reasons for infertility. However, looking at it symbolically, I would have to say that the woman has a feeling that she doesn't have the

authority, the wherewithal, the knowledge and experience, or the desire to be a mother.

Another reason for a lack of fertilization is not wanting a relationship to last or not knowing whether it will. Career considerations are another issue that could block fertilization.

As the concepts are being fulfilled, the body is creating a condition that could prevent pregnancy. The concept would influence the body and create the reality of endometriosis, producing a situation in which there is little chance to have a child, and that is by design. Everything that happens in our lives is our co-creation. From our physical reality, including our material reality, it's all up to individuals to do what they can to create what they will—**do what you can to do as you will.**

Our concepts of who we are supposed to be are formed early in life. By the age of three, children pretty much demonstrate who they are going to be. Then, as time goes on and people mature, they keep refining and expanding the initial concepts in the subconscious mind, thus altering their belief systems.

These subconscious concepts direct us. On one level of life, the goal would be to seek to understand what your subconscious mind is directing you to do at any given moment. That way, you can begin to gain some emotional control over your life.

Pain is the other major symptom. The symbology of pain is imminent danger. It is a sign that something is completely out of balance. When we experience pain, something has already happened.

Fibromyalgia

Fibromyalgia (FM) is a medical condition characterized by chronic widespread pain and a heightened and painful response to pressure.

Fibromyalgia is frequently associated with psychiatric conditions such as depression and anxiety and stress-related disorders such as posttraumatic stress disorder. Not all people with fibromyalgia experience all associated symptoms.

Its exact cause is unknown but is believed to involve psychological, genetic, neurobiological, and environmental factors. There is evidence that environmental factors and certain genes increase the risk of developing fibromyalgia—these same genes are also associated with other functional somatic syndromes and major depressive disorder.

Signs and Symptoms

The defining symptoms of fibromyalgia are chronic widespread pain, fatigue, sleep disturbance, and heightened pain in response to tactile pressure (allodynia). Other symptoms may include tingling of the skin (paresthesias), prolonged muscle spasms, weakness in the limbs, nerve pain, muscle twitching, palpitations, and functional bowel disturbances.

Many people experience cognitive dysfunction (known as "fibrofog"), which may be characterized by impaired concentration, problems with short- and long-term memory, short-term memory consolidation, impaired speed of performance, inability to multi-task, cognitive overload, and diminished attention span.

Although fibromyalgia is classified based on the presence of chronic widespread pain, pain may also be localized in areas such as the shoulders, neck, low back, hips, or other areas. Some neuro-chemical abnormalities that occur in fibromyalgia also regulate mood, sleep, and energy, thus explaining why mood, sleep, and fatigue problems are commonly co-morbid with fibromyalgia.

Symbology of Condition

When you are experiencing pain, something has already happened. Now you must deal with it, whether it's a physical issue, an emotional situation, or a monetary concern.

Whatever it is, you've been given the most uncomfortable symbol that a person can get: pain. You have to look at what is painful and examine it from a symbolic point of view. For instance, the first of the symptoms is painful sex.

Painful sex would be in keeping with infertility, in the sense that as long as the woman is not engaging in sex, there's no chance she will get pregnant. The fact that it's painful gives her more justification not to have sex.

Another area of discomfort is painful cramps during the menstrual cycle. This would only build more resentment at being female, which could be in keeping with not wanting to be pregnant. This could also stimulate concepts and patterns of not wanting to be a woman, not wanting to be female.

You can see how that would relate to lower back or abdominal pain. Usually, when we're talking about lower-back issues, they relate to support. So, obviously, there are questions about supporting oneself as a woman.

Abdominal pain indicates stomach issues, which are all about non-acceptance of what is being presented. In this case, it's a state of mind about the self.

Fibromyalgia to me is another situation much like chronic fatigue and hypoglycemia: it's an indication that there is a need, a want, or a desire to avoid certain situations. Physical pain is worsened by pressure, so sometimes a slight physical touch could be enough pressure to create a painful response.

Another thing I found interesting was that fibromyalgia is already associated with psychiatric conditions, such as depression, anxiety, and stress-related disorders. These all stem from feelings of doubt and the individual feeling that he or she lacks the ability to handle the situation from a position of strength.

A person with fibromyalgia is attracted to certain foods, because the foods will provide the material necessary to keep this condition manifesting. In this case, I would say a fair amount of junk food and lots of chemicalized foods. These chemicals you will find in what you eat, breathe, drink, and apply to your skin.

All of your food should be clean and organically grown. Your water should be clean as well. I am a distilled-water advocate. I believe everyone would be better off drinking distilled water. It is the cleanest form of water you can consume.

Your cosmetics and toiletries should be clean as well. Whatever you apply to your skin ends up in your bloodstream. Your cells are being nourished from your bloodstream. What's also interesting is not everyone with fibromyalgia will experience all of the symptoms.

Once again, we're dealing with a condition that is considered not to have a known cause. However, scientists do say it's involved with psychological genetics. To me, everything is psychological. Yes, there are hereditary situations and genetic dispositions; however, the reality is that each soul entering into the material plane chooses that situation for a learning opportunity.

These genetic and hereditary situations are not truly disadvantages. They are opportunities to understand the self and grow. Every person is dealing with, on one level, genetic and hereditary conditions. These are karmic situations. In Ecclesiastics 3:15, the first part talks about patterns of behavior and how they flow in cycles. The second part, "God requires that which is past," is karma. For all actions taken there is a reaction. All things must be brought back to balance. That is the role of karma, paying for a past action to balance the scale.

Another symptom we see is fatigue. Fatigue confirms the feeling of being overwhelmed, not having the strength, the ability, or the inspiration, which also comes from strength and faith in the self.

Again, we see how doubt undermines the self and generates the physical condition. Your mind uses your body when all else fails. Your mind had been talking to you all along; however, because you don't know how to read symbols, you missed the guidance. Now your mind is using your body. Your mind uses your body as a last resort to give you a symbol. If you don't read the symbols and understand them, then you might experience pain, and some people experience death, the ultimate symbol of rejection.

Sleep disturbance is another symptom. Sleep is vital from one particular point of view: dreams. Dreams give you a glimpse of what's going to unfold tomorrow, based on everything that happened today. Today a pattern of behavior was stimulated because a concept in the subconscious mind, manifesting as a particular belief, was challenged, attacked, or embraced. Even when embracing, for some people this can also set in motion a particular pattern of behavior.

Another symptom for some individuals is tingling of the skin. The skin is a defensive organ because it protects you. It protects everything underneath it. It can also help you deal with the seasonal elements of spring, fall, and summer.

The skin is your largest consuming and elimination organ. It eliminates toxins through sweat.

When the skin is sensitive, that tells me this is a very sensitive person. Many things will upset the individual, and it's understandable when he or she comes from a lack of faith in the self. Then everything is overwhelming.

Another set of symptoms consists of impaired concentration and short-term memory issues. This, too, is easy to understand when you consider that because of your inner feelings about the situation at hand, you would not want to remember the situation because it would only aggravate you.

Fundamentally, fibromyalgia can be widespread pain. It can also be very localized. Look at where it is localized from a symbolic point of view. The shoulders deal with the responsibility handling burdens.

The neck is balance. It is the balance between your spiritual consciousness (your head, that's where you do your thinking) and the trunk of your body, where you do all of your digesting to support your vehicle, your body.

You can begin to see how a lack of faith in the self can be a foundation for disease. All of us have that condition, to one degree or another and in one arena or another. Some people may deny their doubt and lack of faith in the self by exhibiting fake bravado. Sometimes it works; other times it doesn't.

Another thing we see in the above descriptions is a neurochemical issue. Some people will say, "My condition is the result of a neurochemical issue."

However, here's the reality. Your mind is composed of four aspects of your true self. The four aspects are your spiritual self, your emotional self, your social/intellectual self, and your physical/material self. Life is a reflection of your emotional self, as well as, to some degree, your spiritual self.

What happens at a very deep subconscious level is that your spiritual self—the part of you that is connected to the Creative Continuum called God or whatever supreme title you are comfortable with—is receiving guidance and directions. These directions are designed to help you evolve and bring you back into the true fold of the Creative Continuum and unify your energy and spirit with the Creative Energy of God.

The directions and guidance are provided to help you manifest your true self and power. They come in the form of symbols, dreams, occurrences, and accidents. All of those events are your mind's way of talking to you. Your emotional self is the self that is dominant. It is the self that is working with the energy of the directions. However, it and its manifestations are being influenced through emotional needs. These needs are based on the concepts in the subconscious mind.

Grave's Disease

Grave's disease is an autoimmune disease that affects the thyroid. It frequently results in hyperthyroidism and an enlarged thyroid. It occurs about 7.5 times more often in women than men. Often, it starts between the ages of forty and sixty. It is the most common cause of hyperthyroidism in the United States (about 50% to 80% of cases).

The exact cause is unclear; however, it is believed to involve a combination of genetic and environmental factors. A person is more likely to be affected if he or she has a family member with the disease.

The onset of disease may be triggered by stress, infection, or giving birth. Those with other autoimmune diseases, such as type 1 diabetes and

rheumatoid arthritis, are more likely to be affected. Smoking increases the risk of disease and may make the eye problems worse.

The disorder results from an antibody, called thyroid stimulating immunoglobulin (TSI), that has a similar effect to thyroid stimulating hormone (TSH). This is a pituitary hormone that stimulates the thyroid gland to produce thyroxine (T_4) and then triiodothyronine (T_3), which stimulate the metabolism of almost every tissue in the body. It is a hormone synthesized and secreted by cells in the anterior pituitary gland, which regulates the endocrine function of the thyroid.

These antibodies cause the thyroid gland to produce excess thyroid hormone.

Signs and Symptoms

Signs and symptoms of hyperthyroidism may include irritability, muscle weakness, sleeping problems, a fast heartbeat, poor tolerance of heat, diarrhea, and weight loss. Other symptoms may include thickening of the skin on the shins, known as pretibial myxedema, and eye problems such as bulging, a condition known as Grave's ophthalmopathy. About 25 to 80 percent of people develop eye problems.

People with hyperthyroidism may experience behavioral and personality changes, including psychosis, mania, anxiety, agitation, and depression.

Symbology of Condition

The thyroid gland, as are blood pressure and elimination, is regulated by what is called a negative feedback system. This means that once a particular signal is received, the mind knows what to do next. In this case, the thyroid gland, because it is nutritionally compromised, is not producing a whole and complete hormone. When the body is nutritionally compromised, the negative feedback mechanism is not working correctly. When that occurs, the thyroid thinks it still needs to make more hormones. It becomes out of balance. This condition is called hyperthyroidism.

Look at the symbology. To begin with, this condition begins around the ages of forty to sixty. Using the numerology of the Universal Teachings, we find that 40, or 4, represents an advancement or non-advancement. No forward movement, no growth.

When you look at the symbology of the thyroid gland, which is fundamentally regulation, it's designed to regulate the metabolism of the

body. Your body always stays at a constant level, so to speak. This is in keeping with the medical term *homeostasis*. It is something that your mind constantly works at maintaining: balance and harmony.

What gets in the way is the emotional self, along with its defenses and ego-driven needs, wants, and desires.

When you look at the symbology and what are believed to be the causes—a combination of genetic and environmental factors—you'll remember that having a genetic disposition to something means that there is an inherent weakness.

A soul that would choose this type of body is here to learn about some inherent weakness and about how to control things, in addition to learning to balance and keeping things in perspective.

To understand the environmental points of view, look at the environment of the house. The other aspect of the environment consists of the pollutants and the toxins in the air, the water, and the food that people consume. The reality is that parenting and the concepts are the dominant energies of that house, in terms of the roles of the sexes. These are the things that shape the child's mind.

Keep in mind that the soul chooses this situation to further its growth. The fact that the disease runs in families is another indication of where concepts are passed on. It's another example of concepts at work.

It's interesting to note that the disease can be brought on by stress. What is stress? Stress is the way you respond to what you see and hear. The way you respond is based on the concepts in your subconscious mind about who you think you should be, how others should be, and how you think you should respond in any given situation.

Another cause of the condition is infection. What is an infection? Symbolically speaking, it occurs when your defenses are lowered and a concept has been presented and introduced into your realm. This concept weakens you. It attacks you, and because you don't believe you can deal with it from a position of strength, the condition has caused great stress.

Stress, on a physiological level, weakens your immune system. That opens you up to an external attack.

The last cause mentioned was "giving birth." Giving birth, from a symbolic point of view, represents part of one's expression. If people don't feel that they can control and regulate things, they may feel overwhelmed by such a situation. They may work harder at being parents because they feel inadequate or conflicted about it.

Irritability comes from a place of dissatisfaction. Whenever there's dissatisfaction, it traces back to self-doubt. The particular arena that is

affected by the irritation will tell the person where the conflict is. So it's understandable if someone is not exercising control or feels that he or she is not able to exercise control. Then you could see why the individual would be irritable in situations, as a protective mechanism to keep people away.

It's easy to see the relationship of muscle weakness as a symptom. When people feel overwhelmed, they don't feel that they have the strength to deal with anything. That's what weak muscles will communicate.

The sleeping problem is the same issue, on two different levels. One, it further stimulates exhaustion and weakness and feelings of being overwhelmed. It creates a situation of not being able to regulate and control anything as well. Two, it denies you the opportunity, through dreaming, to prepare for tomorrow's events.

A fast heartbeat indicates an emotional issue. Anything related to the heart deals with the emotions. In this case, individuals may be hypersensitive and hyper-emotional. If people don't demonstrate it externally, they are internalizing it, which can do more damage.

Diarrhea represents trying to get something out of the system. Some thought has been introduced into the person's mind, and the body is trying to void it as quickly as it can.

The symptom of weight loss is again in keeping with a lack of strength. Weight can represent power and authority. Not being able to gain weight and ending up losing it indicate feelings of weakness. This takes us back to that belief of no control, no ability to regulate what's going on in one's life.

Other symptoms include thickening skin. Any time you have thickening skin, it's an indication of becoming more defensive. The shins are part of the support system, so something going on there requires examination and understanding. Problems such as weak eyes are an issue, because it's about vision. I think perception must be examined and understood in this condition.

Additional symptoms with hyperthyroidism are behavioral and personality changes. These are easy to see when someone is in self-doubt. It's going to affect the person on multiple levels. The element of fear, which is the root of all of this, is at work. In some situations, it may be more pronounced than in others.

Psychosis would be the ideal way of avoiding whatever is taking place. In this situation, the person completely withdraws from reality.

Additional psychological issues could develop, such as mania, anxiety, agitation, and depression. It's easy to see their role in the same family of feelings. They are nurtured by doubts. When a person is always

on edge, this will stimulate both anxiety and agitation. The last possible effect of this condition is depression. This is very understandable. It is because the person has feelings of inadequacy about dealing with his or her life.

Guillain-Barré Syndrome

Guillain-Barré syndrome is a rare autoimmune disorder that causes your immune system to attack your peripheral nervous system (PNS). The PNS nerves connect your brain and spinal cord with the rest of your body. Damage to these nerves makes it hard for them to transmit signals. As a result, your muscles have trouble responding to your brain.

No one knows what causes the syndrome.

Sometimes it is triggered by an infection, surgery, or a vaccination. Guillain-Barré syndrome damages the myelin sheaths covering the nerves in the peripheral nervous system, which disrupts the nerve impulses, similar to multiple sclerosis and other demyelinating diseases.

During the acute phase, the disorder can be life threatening, with about a quarter of cases requiring admission to an intensive care unit for mechanical ventilation.

Signs and Symptoms

The first symptoms of Guillain-Barré syndrome are numbness and tingling, weakness, and pain, alone or in combination. This is followed by weakness of the legs and the arms that is symmetrical and worsening in time. The muscles of the neck may also be affected, and about half of the patients experience involvement of the cranial nerves, which supply the head and the face; this may lead to weakness of the muscles of the face, swallowing difficulties and sometimes weakness of the eye muscles.

Pain-related symptoms affect more than half of sufferers and include back pain, painful tingling, muscle pain, and pain in the head and the neck relating to irritation of the brain's lining.

Prior to the onset of the neurological symptoms, an upper respiratory tract infection (rhinitis, sore throat) or diarrhea might occur. Twenty-five percent of people with Guillain-Barré syndrome develop weakness of the breathing muscles, leading to respiratory failure, the inability to breathe

adequately to maintain healthy levels of oxygen, and/or carbon dioxide in the blood.

Symbology of Condition

The first thing that comes to mind with this condition is that the individual is beating himself or herself up. The obvious question is why? One of the first symptoms is numbness and tingling. Question oneself about what part of the body is going numb. This will indicate where the defenses have become so thick that there's no feeling. This, too, raises questions. What is one protecting oneself from?

Pain and discomfort in the legs represent concepts dealing with support. You use your legs to support yourself. They are part of your support system. They are related to direction because you use them to take you from place to place.

Your arms help you draw things/people/energy to you or push them away. The approach you take will depend on your subconscious needs.

Everyone operates with patterns. People whose concepts seek approval as a form of acceptance will pull to themselves what they want, need, or desire.

Individuals who seek rejection as their form of acceptance will push things/people/energy away and avoid a harmonious ending.

The weak muscles show up in the head and the face. Muscles that affect the face alter the image. The face is the image that a person presents to the world. Obviously, the individual's appearance is affected by the situation he or she is going through.

Swallowing difficulties indicate there is something going on externally that is hard to swallow. The person may feel as if he or she is being pushed or forced to "swallow" whatever is going on.

Whatever it is, the individual doesn't want to swallow it, nor does he or she want to look at it with clarity. The eye muscles would alter perception, both physically and symbolically.

We see that back and neck pain are possible as well. The back is also tied into the support system. That's why whenever there are back issues, they all indicate some difficulty with material support.

The head represents the spiritual domain. This is where thinking and awareness exist. Because of the symbology of the head, a headache indicates a lack of faith in the self, in whatever that person is dealing with. The individual doesn't feel that he or she has the wherewithal to handle the situation from a position of strength.

Sometimes, when people tell me they have a pain in the neck, my first question is: Who is it? Or, what is it? If someone is a pain in the neck, then it's incumbent on the person who feels this way to question why. This way, people can understand the concept they are working with in regard to their viewpoint and feelings about that personality type.

Once people understand why it bothers them, this will help them become more tolerant and accepting of themselves and others.

Respiratory failure is another possible effect of this disease. The respiratory system is about faith in the self, because spirit, God, or whatever terminology you want to use, lives in heaven. Heaven is in the sky, so air is symbolic of spirit, as is oxygen, which is why it's so essential for our existence. Whenever anything hinders the intake of oxygen, it indicates a lack of faith in the self.

Hashimoto's Thyroiditis

Hashimoto's thyroiditis is a chronic inflammatory autoimmune thyroid disease in which the immune system attacks and destroys the thyroid gland. The thyroid then produces too little hormone and metabolism is slowed. It is the most common of all the thyroid conditions in the United States, and women are affected seven to ten times more often than men.

Most diagnoses occur between the ages of thirty and fifty, and prevalence increases with age in both women and men. It can also be seen in the teenage years.

Low thyroid function can affect the development of the baby. Post-partum thyroiditis can develop in the twelve months following childbirth. Women who are having trouble conceiving should also have their thyroid levels checked, as thyroid hormone levels can affect ovulation.

Signs and Symptoms

There are many symptoms that are attributed to Hashimoto's thyroiditis or Hashimoto's disease. The most common symptoms include the following: fatigue, weight gain, pale or puffy face, feeling cold, joint and muscle pain, constipation, dry and thinning hair, heavy menstrual flow or irregular periods, depression, panic disorder, a slowed heart rate, and problems getting pregnant and maintaining pregnancy.

Symbology of Condition

Thyroid conditions always indicate an imbalance in the sense of being able to self-regulate. A person must be able to regulate his or her emotions. People must also regulate their appetite.

The thyroid regulates the metabolic rate of the body, so that the body stays in a constant state of balance and harmony. The medical term is *homeostasis*.

When your thyroid is out of balance, it indicates a disharmony in your thinking, your actions, and your attitudes. All of that needs to be taken into consideration. If we look at the symptoms, the most common one is fatigue. Fatigue is a sign the person is overwhelmed and/or lacks inspiration. Both of those energies could tie in very easily to regulation, because they require being regulated. Too much of anything is not good. In fact, there's a Universal Teaching that states, "Excess leads to rejection."

Weight gain is another symptom. When people gain weight, I think of two solid reasons why they would want to do that. One reason is to protect themselves from external abuse. With the additional padding, no one can hurt them. Some people strive to make themselves unappealing; they feel this will protect them from anyone getting close enough to cause external abuse. The second reason may lie in their present need to be an authoritative figure. Now they can "throw their weight around."

Another symptom is a pale or puffy face. In both instances, we are talking about imagery. When a person has a pale face, I would say there's a lack of faith. This symbology is based on the simple reason that blood represents spirit. The face seems to be devoid of blood.

Blood carries oxygen throughout the body. Oxygen is symbolic of spirit, because oxygen is in the air. The air is where heaven is, and God is in heaven.

These facial symptoms are an image issue. It is hard to present the proper image when you are not sure of what that might be.

Another issue is feeling cold all of the time. That obviously stems from a low metabolic rate. From a physiological point of view and an emotional point of view, the person could feel isolated. Those feelings would occur during more stressful cycles.

The feeling of being cold will take place more often when the thyroid is in the down cycle of regulation. The metabolic rate would slow down gradually, decreasing its generation of the internal heat of metabolism. The person would feel more susceptible to cold during this period. From an emotional point of view, the individual is going to be emotionally cold and

withdrawn. He or she may also be moody and hypoglycemic, to some degree.

Joint and muscle pain have to do with flexibility. It depends on which joints are hurting. However, this would relate to a flexible way of thinking about the situation the person is involved in and how he or she can deal with it.

Muscle pain would relate to whether or not people felt as if they had the strength to deal with whatever was going on.

Constipation represents an inability to let go of the past. That, too, would have some influence on whether the individual is seeking to over- or under-regulate a situation. Perhaps feelings from the past are influencing actions in the present.

Thinning hair represents weak strength. Hair is symbolic of strength. We get that symbology from the Bible story of Samson and Delilah. When all of Samson's hair was cut off, he lost his strength. Once it grew back, he had all of his strength restored.

There's a feeling of weakness here, especially during times when doubt is at work, creating the down part of the cycle. People would feel as if they didn't have any strength.

Menstrual flow symbolically represents a type of cleansing. A heavy flow and an irregular period indicate an inability to regulate expression. With an irregular period, there's no cycle, no established cycle of fertility, which limits expression.

When it's an ultra-heavy flow, it is draining and can create anemia.

Depression is similar to chronic fatigue, fibromyalgia, or candida, in the sense that although these are different emotionally, the same symbology is applicable.

When people feel overwhelmed by what's going on in their lives, they don't feel that they can regulate it. They may feel that they cannot bring their lives back into balance and harmony. All of this stems from doubt within. A lack of faith in one's ability to handle one's reality is the basic cause of this disease.

A panic disorder is another result of this condition. Whenever people are in a panic, it's because they think they cannot handle a situation.

A slow heart rate symbolically represents suppressed emotions. Whenever a heart attack or anything heart related occurs, it indicates the person is going through an emotional conflict in some area, to the point where the individual no longer feels that he or she can deal with that particular situation.

A slow heart rate also indicates that caution be applied. This would be essential during periods of difficulty in self-regulation.

Getting pregnant is part of expression. It's the ability to bring forth life. That's what our expression does; it tells the world who we are. How we choose to express ourselves will determine what we contribute to humanity.

Some people paint, write, or do crafts. As long as you're doing something that helps grow you intellectually and spiritually, and it can benefit humanity, it's all good.

Idiopathic Pulmonary Fibrosis

Idiopathic pulmonary fibrosis (IPF) is a chronic and ultimately fatal disease characterized by a progressive decline in lung function. The term *pulmonary fibrosis* means scarring of lung tissue and is the cause of worsening dyspnea (shortness of breath). Fibrosis is usually associated with a poor prognosis.

The term *idiopathic* is used because the cause of pulmonary fibrosis is still unknown.

IPF usually occurs in adult individuals of between fifty and seventy years of age, particularly those with a history of cigarette smoking, and affects more men than women.

IPF belongs to a large group of more than two hundred lung diseases known as interstitial lung diseases (ILD), characterized by the involvement of lung interstitium. The interstitium is the tissue between the air sacs in the lung.

Signs and Symptoms

In many patients, symptoms are present for a considerable time before diagnosis. The most common clinical features of IPF include the following:

- Age over fifty years
- Dry, non-productive cough on exertion
- Progressive shortness of breath with exercise
- Dry “Velcro-like” crackling sound in the lungs during inhalation similar to Velcro being torn apart slowly (heard with a stethoscope)
- Clubbing of the digits, a disfigurement of the finger tips or toes

Symbology of Condition

Anything dealing with the lungs or any aspect of the respiratory system represents a lack of faith in the self. The individual feels overwhelmed by life. Within the person's foundation, his or her belief system, there exists a lack of faith in the self.

It's interesting to note that the disease hits between the ages of fifty and seventy. The number 50 or 5 is the five senses that connect us to the material plane.

At this point, at the age of fifty, the mind is telling the person that he or she is now beginning the process of losing complete connection with the material plane, which ultimately results in death.

What you see in this basic description of the disease is that it can ultimately be fatal. However, I believe that depending on the individual and when the disease caught, along with whether the person endeavors to discipline the self through affirmations and programming, life may be prolonged. Of course, there must be an understanding of the concepts that would support this condition. That is the key to surviving it.

You can see a declining state of well-being, which deteriorates even more as we age, starting with a lack of faith in the self. Our patterns of behavior keep repeating, cycle after cycle, and because they do that, each time you don't master the pattern it becomes harder and harder. The pattern itself becomes more strongly ingrained. One result of this lack of faith is the clubbing and disfigurement of fingertips and toes.

Your toes represent balance. That's why there are ten of them, and you have ten fingers to handle material reality. If your fingertips become disfigured in such a way that you can no longer handle material reality, it is another sign that you are disconnecting from it.

Interstitial Cystitis

Interstitial cystitis (IC) is an autoimmune-related condition that causes discomfort or pain in the bladder and a need to urinate frequently and urgently. It is far more common in women than in men.

The symptoms vary from person to person. Some people may have pain without urgency or frequency. Others have urgency and frequency without pain. Women's symptoms often get worse during their periods. They may also have pain with sexual intercourse.

The cause of IC is unknown.

Interstitial cystitis, or bladder pain syndrome, is a chronic inflammatory condition of the sub-mucosal and muscular layers of the bladder.

The cause of IC/BPS is currently unknown and the condition is regarded as a diagnosis of exclusion.

IC/BPS can result in a quality of life comparable to that of a patient with rheumatoid arthritis or with chronic cancer pain or a patient on kidney dialysis.

Signs and Symptoms

The most common symptoms of IC/BPS are suprapubic pain, urinary frequency, painful sexual intercourse, and waking up from sleep to urinate.

Symbology of Condition

The bladder is part of the elimination system. The bladder is a sack holding wastewater, urine; nonetheless, it's a vital part of the bodily system. When one experiences a difficulty in the system, it means that there is something one needs to let go of. However, it's painful, and this may very well be a recurring cycle. This indicates that one may be indulging in a particular set of thoughts. These thoughts or concepts are not beneficial and therefore need to be eliminated, yet doing so creates pain.

Another symptom is the need to urinate frequently during the day and the night. Symbolically, this means there is an issue toxic to the body, as well as to the mind, that the body wants to void as much possible. When this happens, another part of your body could become dehydrated. An example is constipation. So, from that point of view, when you frequently urinate, you may be denying yourself material sustenance, because water is symbolic of the material plane. Material thoughts and considerations may be involved on some level.

Painful sex is another symbol. It is tied into expression. We come to that because sexual intercourse is for procreation. Children are symbolic of our ability to express. Children represent aspects of the unity from which they are formed, which is part of the soul's journey in mastering itself. We all choose our parents, good or bad.

Last but not least is waking up from sleep to urinate. Sleep gives you an opportunity to prepare for the next day. That's one of the purposes of dreams. They let you know which particular patterns of behavior have been

triggered from today's activities. They also give you a glimpse of which patterns are already at work from the activities of the day before.

We're always in the middle of a pattern of behavior. Because they flow in cycles, the pattern could be coming to an end or somewhere halfway toward its conclusion. Some patterns are just being initiated. This is another reason why looking at things from a symbolic perspective is so vital: it gives you the ability to see where you are in the cycle of a particular pattern of behavior. By knowing where you are in the cycle, you have an opportunity to change the outcome of the pattern.

Juvenile Arthritis

Juvenile arthritis is a type of arthritis that happens in children at ages sixteen or younger. It causes joint swelling, pain, stiffness, and loss of motion. It can affect any joint, and in some cases it can affect internal organs as well. One early sign of JA may be limping in the morning. JA causes growth problems in some children.

In most cases, juvenile arthritis is caused by the body attacking its own healthy cells and tissues, causing the joint to become inflamed and stiff. Once the joint has become inflamed and stiff, damage is done to the joint, and the growth of the joint may be changed or impaired.

Signs and Symptoms

Symptoms can come and go. Some children have just one or two flare-ups. Others have symptoms that never go away. Joint swelling, pain, and stiffness are common symptoms.

Symbology of Condition

I find it amazing that juvenile arthritis is one of the most common childhood diseases in the United States. These are children under the age of sixteen. Interestingly, the number 16 turns into 7, which is symbolic of a cycle. We get this interpretation from the Bible, because it took seven days to create heaven and earth.

Here we see that a child growing up in a particular family that has very rigid thinking will develop stubbornness as he ages. His stubbornness will solidify him, not like Lou Gehrig's disease, but stiffen him to the point where he will need assistance or will become immobile.

This type of arthritis, like all types of arthritis, is symbolic of inflexible thinking. The tendency is to rely on the way that it was always done, whether good, bad, or indifferent. By being rigid in one's thinking, one develops rigid joints as well.

See the other forms of arthritis as well, for a fuller perspective.

Lupus

Lupus is a chronic inflammatory autoimmune disease, in which the body's immune system mistakenly attacks healthy tissue. When the immune system is functioning normally, it makes proteins called antibodies that protect against pathogens such as viruses and bacteria. Lupus is characterized by the presence of antibodies against a person's own proteins; these are most commonly anti-nuclear antibodies, which are found in nearly all cases. These antibodies lead to inflammation.

Although the underlying cause of autoimmune diseases is unknown, most believe that lupus results from both genetic and environmental stimuli.

There are three common types of lupus.

Systemic lupus erythematosus (SLE) is the most serious. SLE most often harms the heart, the joints, the skin, the lungs, the blood vessels, the liver, the kidneys, and the nervous system. The course of the disease is unpredictable, with periods of illness (called flares) alternating with remissions.

The disease occurs nine times more often in women than in men, especially in women of child-bearing years, ages fifteen to thirty-five, and is also more common in those of non-European descent.

Discoid lupus causes a raised, scaly, red rash, usually on the face, the scalp, and the neck, and may cause scarring.

Neonatal lupus is a rare disease that can affect some newborn babies of women with SLE or certain other immune system disorders. These babies may have a heart defect, skin rash, low blood count, and/or liver problems. However, most infants of mothers with SLE are born healthy.

Lupus affects many internal organs in the body.

While there is no cure for SLE, it is treated with immunosuppression, mainly with cyclophosphamide, corticosteroids, and other immunosuppressants. The goal of these treatments is to keep symptoms under control. SLE can be fatal.

Signs and Symptoms

SLE is one of several diseases known as "the great imitators" because it often mimics or is mistaken for other illnesses. SLE is a classical item in differential diagnosis, because SLE symptoms vary widely and come and go unpredictably. Diagnosis can thus be elusive, with some people suffering unexplained symptoms of untreated SLE for years.

Common initial and chronic complaints include fever, malaise, joint pains, muscle pains, and fatigue. Because these symptoms are so often seen in association with other diseases, these signs and symptoms are not part of the diagnostic criteria for SLE. When occurring in conjunction with other signs and symptoms (see below), however, they are considered suggestive.

While SLE can occur in both males and females, the symptoms associated with each sex are different. Females tend to have greater relapses, a low white blood cell count, more arthritis, Raynaud's phenomenon, and psychiatric symptoms.

Males tend to have more seizures, kidney disease, serositis (inflammation of tissues lining the lungs and heart), skin problems, and peripheral neuropathy.

Skin

Sufferers of discoid lupus may exhibit thick, red scaly patches on the skin. Similarly, subacute cutaneous lupus manifests as red, scaly patches of skin but with distinct edges. Acute cutaneous lupus manifests as a rash. Some suffer from the classic malar rash (or butterfly rash) associated with the disease. Hair loss; mouth, nasal, urinary tract, and vaginal ulcers; and lesions on the skin are other possible manifestations. Tiny tears in the delicate tissue around the eyes can occur after even minimal rubbing.

Muscles and Bones

The most commonly sought medical attention is for joint pain, with the small joints of the hand and the wrist usually affected, although all joints are at risk.

Blood

Anemia is common in children with SLE and develops in about 50 percent of cases. Low platelet and white blood cell counts may be due to the disease or a side effect of pharmacological treatment.

Heart

A person with SLE may have inflammation of various parts of the heart, such as inflammation of the fibrous sac surrounding the heart, the heart muscle, and the inner lining of the heart. Atherosclerosis also tends to occur more often and advances more rapidly than in the general population.

Lungs

Lung and pleura inflammation can cause pleuritis, pleural effusion, lupus pneumonitis, chronic diffuse interstitial lung disease, pulmonary hypertension, pulmonary emboli, pulmonary hemorrhage, and shrinking lung syndrome.

Kidneys

Painless passage of blood or protein in the urine may often be the only presenting sign of kidney involvement. Acute or chronic renal impairment may develop with lupus nephritis, leading to acute or end-stage kidney failure.

Reproductive

SLE causes an increased rate of fetal death in utero and spontaneous abortion (miscarriage). Pregnancy outcome appears to be worse in SLE patients whose disease flares up during pregnancy.

Symbology of Condition

The very first thing we come across when we look at the symptoms is that they come and go unexpectedly or unpredictably. I would relate that to stress. When the individual is under stress, the body will react accordingly. Because lupus attacks the glands, and the glands have their own symbolic significance, you can begin to understand how stress, which evolves out of doubt and fear, affects the body. There's uncertainty about being able to handle the current situation. That would cause the symptoms to occur.

Next, we see some of the more common symptoms, such as fever. Whenever there is fever, there's anger. The person is burning up about something.

Malaise is an overall feeling of unease. Uneasiness is always the result of not feeling secure in the current situation. Of course, this stems from doubt.

Your joints are symbolic of flexibility in thinking. The muscles allow you to do things, to handle things. The muscles are symbolic of the amount of strength you have to deal with situations.

Fatigue is a lack of energy, a lack of inspiration, and feelings of being overwhelmed by what is occurring.

It is interesting to note that females have another set of symptoms that males don't generally deal with: low white blood cell count and more arthritis.

White blood cells are part of the immune system, so, symbolically, this means that women have a tendency, more often than not, to feel defenseless. In addition, they have a tendency toward inflexible thinking, being rigid in their position. That, too, can stem from doubt.

The psychiatric reaction is easily understood from the perspective of a complete lack of faith in the self. These feelings have caused many to end up homeless, incarcerated, or worse.

Men, as it says, tend to have more seizures. A seizure is symbolic of one's inability to maintain control in the current environment and situation. There's no continuity; there's no muscular control.

Kidney disease is very specific, because your kidneys are cleansing organs. Looking at it symbolically, you could see that an individual man has a hard time letting go of the past. He has a hard time eliminating that which is unhealthy. It's interesting because the next symptoms indicate an inflammation of the heart and the lungs.

The lungs are symbolic of faith in the self, because you bring in air, which is symbolic of heaven. God lives in heaven, so you can see the spiritual connection.

The heart is symbolic of the emotions. When you put all of the symptoms together, you can see that a man who is living with man's teachings about the role of the male, such as being the provider, the strong one, the leader, or the dominant partner, is not able to sustain those roles. If he does not believe he has the ability to fulfill all of those roles with strength and power, his doubt will have a cascading effect on his well-being.

We will approach the other symptoms one by one. The skin becoming thick demonstrates one's sensitivity. So if the skin is thick, it indicates that defenses are being raised and employed, because one feels constantly under attack.

There are other symptoms listed under the skin, but I'm not going to deal with them because they're only possibilities. If you're reading this and

you have them, then contact me, and I will give you the symbology, if you haven't found it throughout my work.

I talked about joint pain earlier. Here, it's more specific. It talks about the hands and the wrists. Your hands are symbolic of how you handle life. Your wrists indicate your flexibility and handling. You can begin to see how doubt limits one's faith in the self to handle things. One can also see the beginning of arthritis, inflexible thinking, in this particular situation.

The next thing we see is anemia. This indicates that there's not enough oxygen circulating, not enough iron to carry oxygen throughout the body. Iron is symbolic of emotional control.

I have already discussed the heart, the lungs, and the kidneys. The reproductive issues are in keeping with one's doubt about being able to bring forth expression. That's what children represent. They demonstrate the ability to create and express.

Lyme Disease

Lyme disease is believed to be autoimmune related and is transmitted by the bite of a deer tick.

Some people may not be treated for Lyme disease because they do not have any symptoms or their symptoms are mild. Chronic persistent Lyme disease may develop months or even years after the Lyme disease. Chronic persistent Lyme disease can affect the skin, the brain, and the nervous system, and the muscles, the bones, and the cartilage.

Months to years later, repeated episodes of joint pain and swelling may occur. Occasionally, people develop shooting pains or tingling in their arms and legs. Despite appropriate treatment, about 10 to 20 percent of people also develop joint pains, have problems with memory, and feel tired much of the time.

Lyme disease is transmitted to humans by the bite of infected ticks of the Ixodes genus. Usually, the tick must be attached for 36 to 48 hours before the bacteria are spread. The disease does not appear to be transmissible between people, by other animals, or through food.

Signs and Symptoms

Early symptoms may include fever, headache, and feeling tired. If untreated, symptoms may include loss of the ability to move one or both sides of the face, severe headaches with neck stiffness, or heart

palpitations, among others. Symptoms also include chronic arthritis, joint inflammation in the knees and other large joints, memory loss, mood changes, sleep disorders, abnormal sensitivity to light, numbness, and tingling.

Lyme disease can affect multiple body systems and produce a broad range of symptoms. Not all patients with Lyme disease have all symptoms, and many of the symptoms are not specific to Lyme disease but can occur with other diseases as well. The incubation period from infection to the onset of symptoms is usually one to two weeks, but can be much shorter (days) or much longer (months to years).

Symbology of Condition

Looking at the symbology, let us start off with the earliest symptoms of fever. Fever represents anger. Whenever there's a fever, that person is burning up about something that is taking place. We will see how this fits in, as we go through all of the symptoms of Lyme disease.

The next symptom is a headache. Headaches indicate that the person is in a situation in which he or she feels overwhelmed. The head is symbolic of the spiritual plane, because that's where you do your thinking. It is where your consciousness resides. So when doubt is present and manifesting, it is due to the current situation, which stimulates feelings of being overwhelmed.

Another symptom is feeling tired. With this symptom, a few conditions are likely to exist. Chronic fatigue, fibromyalgia, candida, and/or hypoglycemia are prime examples. These conditions are the result of a situation making a person feel tired on a physical level. However, on the emotional and spiritual levels, it is doubt at work. The doubt then creates a lack of inspiration. Inspiration is based on courage and confidence to deal with any situation.

Next, we see that there is loss of the ability to move one side or the other of the face. The face is symbolic of the image you present to the world. Depending on which side is immobile, this would further indicate which aspect of one's self-image is in doubt. If the left side of the face is paralyzed, then it's material considerations. If the right side, then it's faith in the self that is in question.

Sometimes the headaches come with a stiff neck. Your neck represents the balance between your spiritual considerations, your head, and your material considerations, the trunk of your body. The reason the trunk is symbolic of the material plane is that this is where you digest all of

your food. From the trunk, you nourish your body, which is a vehicle to carry your consciousness from place to place. It is your vehicle in the material plane.

Another symptom we see consists of heart palpitations. The heart is symbolic of the emotions. The above description states that Lyme disease can affect multiple body systems. Following are the affected systems. The joints experience a condition that feels like arthritis and is due to joint inflammation. It is interesting that primarily the knees and the large joints are targeted. The knees are tied into aspirations, and the large joints all relate to flexible thinking.

Memory loss is another symptom. Sleep disorders, abnormal sensitivity to light, numbness, and tingling are others.

When you look at the symbology of arthritis, it represents inflexible thinking. The knees allow you to rise to your expectations or to stand up, to be able to deal with things. Memory loss speaks for itself; there are things you don't want to remember. Mood changes make me think of hypoglycemia, which I mentioned is a lack of confidence.

Sleep disorders are the inability to prepare for the upcoming day, so one goes into the day unprepared and from a position of weakness, not strength.

An abnormal sensitivity to light is another symptom. Light represents insights. Insights lead to understanding. That, in turn, leads to control, which manifests as mastery.

At some point, the question arises: "How can something someone caught from a tick bite make the person responsible for the symbolic significance of the disease?" Diseases represent reflections of what is occurring and taking place within.

Everyone co-creates the situation he or she is in. I know you don't think so, and you may not agree. However, if the person had not taken a walk in that area on that day at that time, the tick would not have been able to bite him or her. We set things in motion, based on our needs, wants, and desires. How we satisfy them is done in myriad ways, such as a tick bite, an accident, losing something, hurting ourselves, or getting sick.

All of these are events that the mind orchestrates, in order to achieve an end result. So, people with Lyme disease believe they are in an overwhelming situation that they don't feel they can master. That is incorrect. You are never placed in a situation you cannot rise above and master.

Ménière's Disease

Ménière's disease is a disorder of the inner ear. It can cause severe dizziness, a roaring sound in the ears called tinnitus, hearing loss that comes and goes, and the feeling of ear pressure or pain. It usually affects just one ear. It is a common cause of hearing loss.

Attacks of dizziness may come on suddenly or after a short period of tinnitus or muffled hearing. Some people have single attacks of dizziness once in a while. Others may have many attacks close together over several days.

Some people with Ménière's disease have “drop attacks,” during which the dizziness is so bad they lose their balance and fall.

Scientists don't yet know the cause.

Signs and Symptoms

Ménière's often begins with one symptom and gradually progresses. The symptoms of Ménière's are variable; not all sufferers experience the same symptoms. However, so-called classic Ménière's is considered to have the following four symptoms:

- **Attacks of rotational vertigo** that can be severe, incapacitating, unpredictable, and last anywhere from minutes to hours, but generally no longer than twenty-four hours. For some, prolonged attacks can occur, lasting from several days to several weeks, often causing the sufferer to be severely incapacitated. This combines with an increase in volume of tinnitus and temporary, albeit significant, hearing loss. Hearing may improve after an attack, but often becomes progressively worse. Nausea, vomiting, and sweating sometimes accompany vertigo, but are symptoms of vertigo, and not of Ménière's.
- Fluctuating, progressive, **unilateral (in one ear) or bilateral (in both ears) hearing loss**, usually in lower frequencies. For some, sounds can appear tinny or distorted, and patients can experience unusual sensitivity to noises.
- Unilateral or bilateral **tinnitus**.
- A **sensation of fullness or pressure** in one or both ears.

Symbology of Condition

Migraine

There is an increased prevalence of migraine in patients with Ménière's disease, with some clinical samples showing about one-third of patients experiencing migraines.

It's interesting that Ménière's begins with one symptom and gradually progresses. Apparently, not everyone will experience the same symptoms. However, there are four classical signs that almost all will experience. I find that noteworthy because four represents advancement or a block. The block indicates non-forward movement. In this case, I would say someone developing this disease is tired of hearing everything that's going on in life, especially in his or her life on multiple levels.

One symptom that stands out is rotational vertigo. Vertigo implies that there's an imbalance. The individual can't get a solid footing. Something is going on that makes the person feel that he or she is out of kilter. Obviously, the individual needs to understand what is happening that's throwing him or her off balance. Why the person even feels that he or she can't maintain balance in this type of situation is worthy of questioning.

When you add the symptoms of vertigo, such as nausea, vomiting, and sweating, there is a need to examine them separately. Nausea represents the inability to stomach something that's going on around you. Whatever is being presented is so unacceptable, based on your belief system, that you feel you cannot stomach it. You want this out of your system and out of your life as quickly as possible.

Sweating is another symptom. Sweating is a way of cooling down the body, so what is occurring is actually making the person angry, creating internal heat. Sweating is a way of venting. In all three situations, there is a need to be free of whatever is going on. Whatever it is, one doesn't want to hear it. Another situation that can evolve is the person going deaf. This is what it's really about: not wanting to hear what is being said.

Multiple Sclerosis

Multiple sclerosis (MS) is an inflammatory disease in which the insulating covers of nerve cells in the brain and the spinal cord are damaged. This damage disrupts the ability of parts of the nervous system to communicate, resulting in a wide range of signs and symptoms, including physical, mental, and sometimes psychiatric problems.

MS takes several forms, with new symptoms either occurring in isolated attacks (relapsing forms) or building up over time (progressive forms). Between attacks, symptoms may disappear completely; however,

permanent neurological problems often occur, especially as the disease advances.

While the cause is not clear, the underlying mechanism is thought to be either destruction by the immune system or failure of the myelin-producing cells. Proposed causes for this include genetics and environmental factors such as infections.

There is no known cure for multiple sclerosis.

Multiple sclerosis is the most common autoimmune disorder affecting the central nervous system. The disease usually begins between the ages of twenty and fifty and is twice as common in women as in men.

Signs and Symptoms

A person with MS can have almost any neurological symptom or sign, with autonomic, visual, motor, and sensory problems being the most common. The specific symptoms are determined by the locations of the lesions within the nervous system and may include loss of sensitivity or changes in sensation, such as tingling, pins and needles or numbness, muscle weakness, very pronounced reflexes, muscle spasms, or difficulty in moving; difficulties with coordination and balance (ataxia); problems with speech or swallowing; visual problems (nystagmus, optic neuritis, or double vision); feeling tired; acute or chronic pain; and bladder and bowel difficulties, among others. Difficulties thinking and emotional problems, such as depression or unstable mood, are also common.

Some relapses, however, are preceded by common triggers, and they occur more frequently during spring and summer. Similarly, viral infections, such as the common cold, influenza, or gastroenteritis, increase their risk.

Stress may also trigger an attack.

Usually, the disease is mild, but some people lose the ability to write, speak, or walk.

Symbology of Condition

The overall symbology of multiple sclerosis is a belief within the individual that he or she is not equipped to handle everything that life presents. On some level and in some aspect of the self, the person was taught that he or she can't handle certain situations. In other areas, the person is fine, fabulous.

However, there is an area in which the person completely lacks faith in himself or herself and has a deep-seated belief of being inadequate for the task at hand.

In examining the symptoms, the first one we see consists of issues with the autonomic nervous system. This system literally controls the heartbeat and respiration, just to name a few functions. It's done automatically. When there is disruption in the system, the ability to control muscular transactions is gone.

The next symptom we see affects the vision, which would indicate a distortion in what one perceives. Symbolically, a distortion is the way one is examining, evaluating, and judging, based on beliefs in the subconscious mind. In a sense, everyone has distorted vision. This is why you should know what you're looking at.

Additional symptoms are motor skills and sensory issues. In both instances, there's a danger that one is losing control over one's limbs and hands. The other problem is not being able to feel pain or knowing whether you've damaged yourself and, if so, to what degree? Symbolically, it also indicates that on one level, there is high sensitivity, and on another level, there is no sensitivity toward others' issues and how they affect you.

Muscle weakness is another symptom. When the muscles are weak, it implies that you don't feel as if you have the strength to stand up straight, support yourself, handle things, or carry the load. You have an underlying feeling of not having the strength to deal with what is confronting you.

You also have difficulty moving. Difficulties with coordination and balance indicate that whatever situation you are experiencing causes a feeling of being locked in. There's nothing else you can do, and you really are dependent on the current situation to maintain control.

Another issue we see is with speech and swallowing. Symbolically, it's hard for the individual to say what's really on his or her mind. At the same time, it may be hard for the person to swallow what's going on.

Feeling tired and experiencing pain are other reactions to life, from this person's point of view. There are a lot of difficulties, from time to time, when things are overwhelming and situations are painful.

There are also issues with bladder and bowel control. We need to eliminate toxins/waste and polluted water. The man-made concepts and teachings that we live by are not in our best interest. They are not in keeping with the Universal Teachings, the Immutable Laws of God.

This loss of faculties indicates that there is no control over the situation whatsoever. Last but not least are the emotional problems that can arise, such as depression. An unstable mood is another. These

symptoms manifest when one feels that one cannot master, cannot control, the current situation. One may believe they are ill-equipped beyond one's abilities.

I use the word *believed* here, because that's what it is. That's not necessarily the truth, but it is what the person has been taught about the self at the conceptual level. In other words, that he or she cannot necessarily handle a certain level of situation.

Myasthenia Gravis

Myasthenia gravis is either an autoimmune or a congenital neuromuscular disease that leads to fluctuating muscle weakness and fatigue. In the most common cases, muscle weakness is caused by circulating antibodies that block acetylcholine receptors at the postsynaptic neuromuscular junction, inhibiting the excitatory effects of the neurotransmitter acetylcholine on nicotinic receptors at neuromuscular junctions.

The disease is diagnosed in three to thirty people per million per year. Diagnosis is becoming more common, due to increased awareness. MG must be distinguished from congenital myasthenic syndromes that can present similar symptoms but do not respond to immunosuppressive treatments.

Signs and Symptoms

Common symptoms are trouble with eye and eyelid movement, facial expression, and swallowing. But it can also affect other muscles. The weakness gets worse with activity and better with rest. The hallmark of myasthenia gravis is fatigability.

The onset of the disorder can be sudden. Often, symptoms are intermittent. In most cases, the first noticeable symptom is weakness of the eye muscles. In others, difficulty in swallowing and slurred speech may be the first signs.

Symptoms, which vary in type and severity, may include asymmetrical ptosis (a drooping of one or both eyelids); diplopia (double vision), due to weakness of the muscles that control eye movements; an unstable or waddling gait; weakness in arms, hands, fingers, legs, and neck; a change in facial expression; and shortness of breath.

Symbology of Condition

It's interesting to note that even the medical community does not know what this condition is. As we see above, it's said to be either an autoimmune or a neuromuscular condition. The bottom line is that it's a disease of not thinking that you can handle a situation that is occurring.

Looking at the symptoms, one by one, from the symbolic perspective, we see that the beginning may be drooping eyelids. This tells me that something is occurring that the person does not want to see. I would question whether it was the right eye or the left eye. Each eye has a different symbolic interpretation, based on which side of the body it is on.

We see here that sometimes it's both eyes. Movement can also create a symphony of distortions. Things are taking place that the person doesn't want to see, because seeing what's occurring means that he or she will have to deal with the situation.

If we believe that we don't have the strength to confront or deal with a situation, then obviously we don't want to see it either. You can see the truth of this tied in to the fact that there are facial changes, so that one's image is not the same.

The difficulty in swallowing is symbolic of not wanting to swallow what's taking place on an emotional level. This is exemplified externally, as well as internally.

We also see an unstable or waddling gait. You know when you're headed somewhere that you're going there with a purpose. You know the direction you're going, and you walk surefooted, unless you trip on something. When that symbol occurs, it's telling you that doubt is at work and you're not so surefooted. The same thing is taking place with this condition, because there is a weakness in the direction you are headed.

We see further where the hands, the fingers, and the legs are all affected. That would affect the way you believe you can handle things, how far you can lift things or exercise control.

Your fingers determine how well you can manipulate things. Your legs provide support. Your neck provides balance between your spiritual thinking (head) and your material considerations (trunk). All of these issues are tied in to major doubt and fear at work.

You need to understand which concepts are at work by examining the areas where you believe you don't have strength. Then those are the areas you focus on to build strength, while at the same time increasing the strength that you accept yourself as having. There is a Universal Teaching that states, "Use what you have and more will be given." This teaching was presented in the parable found in Matthew 25:14–29.

Myositis

Myositis (Inclusion body myositis [IBM]) is an inflammatory muscle disease, characterized by slowly progressive weakness and wasting of the muscles, most apparent in the arms and legs. There are two types: sporadic inclusion body myositis (sIBM) and hereditary inclusion body myopathy (hIBM). It is slightly more common in men than in women.

In sporadic inclusion body myositis, two processes, one autoimmune and the other degenerative, appear to occur in the muscle cells in parallel.

sIBM is a rare, yet increasingly prevalent, disease, being the most common cause of inflammatory myopathy in the over fifties; the most recent research, done in Australia, indicates that the incidence of IBM varies and is different in different populations and different ethnic groups.

There is no effective treatment for the disease.

Signs and Symptoms

Common early symptoms include frequent tripping and falling, weakness going up stairs, and trouble manipulating the fingers—turning doorknobs, gripping keys, and so on. Foot drop in one or both feet has been a symptom of IBM and advanced stages of polymyositis (PM).

Mobility is progressively restricted as it becomes hard for the person to bend down, reach for things, walk quickly, and so on. Many patients say they have balance problems and fall easily, as the muscles cannot compensate for an off-balanced posture.

Patients with sIBM usually eventually need to resort to a cane or a walker, and, in most cases, a wheelchair eventually becomes a necessity.

Symbology of Condition

This is another disease brought on by doubt and fear. It's interesting that it affects men more than women; however, when you consider the man-made roles of the sexes, you can understand why. The male is portrayed to be the provider, the strong one, the leader in the relationship. He is also labeled with the false expectation that he is invincible, the impeccable one.

You can see that's a hard list of criteria to live up to. You can also see why men would begin to experience wasting away of their muscle tissue.

What's also interesting is that it's on two levels, autoimmune and degenerative. So, on one level there is anger, and the individual is beating himself up. On another level, it is part of the autoimmune, degenerative disease syndrome. The reality is that too much doubt and uncertainty are eating away at what little confidence exists.

What's even more interesting about this situation is how it seems to happen to men over fifty. This is easily understood because you know you can be strong for only so long, especially when you're using man's teachings, whether they are spiritual, religious, or monetarily based. Obviously, they're not working.

When you depend on that which doesn't build real strength, you can't build any power that is true and lasting. By building a working faith based on self-knowledge and experience, one can accomplish what one sets out to do.

There are so many different issues going on; however, doubt and fear are at work in the subconscious mind. What is interesting and scary or frightening for people who deal with this condition is that there is no effective treatment, according to medical science. I would say to you, if you see what is going on, where your doubt and fears are operating, and you can begin to understand them, then you will be in a position of strength. Once you're there, I guarantee that you'll be able to gain control over the situation.

Of course, you'll have to maintain constant awareness to keep control, because the ego, riddled with doubt and fear, does not want to die. It wants to continue to fulfill its subconscious expectations. However, taking control over your subconscious emotional motivations can change everything.

Narcolepsy

Narcolepsy is a chronic neurological disorder involving the loss of the brain's ability to regulate sleep-wake cycles normally. People with narcolepsy experience frequent excessive daytime sleepiness, comparable to how people who don't have narcolepsy feel after twenty-four to forty-eight hours of sleep deprivation, as well as disturbed nocturnal sleep, which often is confused with insomnia.

Those with narcolepsy generally experience the REM stage of sleep within five minutes of falling asleep, while people who don't have narcolepsy (unless they are significantly sleep deprived) do not experience

REM until after a period of slow-wave sleep, which lasts for about the first hour or so of a sleep cycle.

Another common symptom of narcolepsy is cataplexy, a sudden and transient episode of muscle weakness accompanied by full conscious awareness, typically (though not necessarily) triggered by emotions such as laughing, crying, terror, and so on, affecting roughly 70 percent of people who have narcolepsy.

Signs and Symptoms

There are two main characteristics of narcolepsy: excessive daytime sleepiness and abnormal REM sleep. The first, excessive daytime sleepiness (EDS), occurs even after adequate nighttime sleep. A person with narcolepsy is likely to become drowsy or fall asleep, often at inappropriate times and places, or just be very tired throughout the day.

Daytime naps may occur with little warning and may be physically irresistible. These naps can occur several times a day. They are typically refreshing, but only for a few hours or less. Vivid dreams may be experienced on a constant or regular basis, even during very brief naps.

Drowsiness may persist for prolonged periods of time or simply never cease. In addition, nighttime sleep may be fragmented with frequent awakenings.

Narcoleptics are unique, in that they enter into the REM phase of sleep in the beginning of sleep, even when sleeping during the day.

The classic symptoms of the disorder, often referred to as the "tetrad of narcolepsy," are cataplexy, sleep paralysis, hypnagogic hallucinations, and excessive daytime sleepiness. Other symptoms may include automatic behaviors and nighttime wakefulness. These symptoms may not occur in all patients.

Symbology of Condition

This is an interesting disease because of the way it manifests. It can strike at any time. If the person has had a good night's sleep, he or she can still experience daytime drowsiness and/or just go right to sleep anywhere, at any time. Imagine if that occurs while the individual is driving a car.

It would seem that if people could trace back to the beginning of the narcolepsy, they would gain insight about what type of circumstances bring about this situation. Seeking to avoid whatever is going on in their lives is the fundamental cause. There is something they don't want to partake of or

be involved with—something they don't believe they can handle. That's what people are doing when they inappropriately fall asleep during the day, which is the action part of the cycle.

That's what created this condition, initially. We also see that there can be great dreams, fabulous dreams, almost on falling asleep. There's a fine bridge between conscious awareness and subconscious guidance, because that's what dreams are: guidance.

Neuritis

Neuritis is a general term for inflammation of a nerve or the general inflammation of the peripheral nervous system. Symptoms depend on the nerves involved but may include pain, paresthesia (pins and needles), paresis (weakness), hypoesthesia (numbness), anesthesia, paralysis, wasting, and disappearance of the reflexes.

Symbology of Condition

In examining the symbology of the condition, so many different nerves may be involved that I'm going to stick to generalizations of the symptoms listed above—symptoms such as pain.

The first question that comes to mind when someone has pain is, where? That tells you which emotional/concept area is under attack. Pain is letting you know that your body is under attack, from within or from without. Either way, it's a dangerous situation.

If the pain were in your hands, it indicates you have a problem handling the current situation. This implies that the situation is emotionally painful. If the pain is in your back, I would look at issues related to support. That is what your back symbolically represents. It supports your standing upright.

Look at where the pain is located and think about what that could possibly indicate, symbolically and emotionally. Every part, system, gland, organ, and function of your body has a symbolic significance. You can learn what you are going through by examining the symbology of the area affected. You can always gain insights from my book *Disease Symbology Handbook*.

The feeling of pins and needles is annoying and makes it uncomfortable to touch anything or brush up against something. This indicates being overly sensitive to the current situation.

Muscular weakness is another symptom, and this indicates a lack of strength. Obviously, it speaks for itself.

Depending on the part of the body that is affected, this gives an indication where the individual believes he or she is weak in dealing with the situation. However, the truth is that you're never in a situation that you cannot master.

Anesthesia is another symptom that may occur, with dire consequences.

When you look at the word *anesthesia*, you may think of “going under” for a medical or dental procedure. However, the literal Greek translation means “without sensation.”

In this case, the person would be awake and aware but not have any sensation in his or her body.

The next symptom is paralysis. You can see the progression. In paralysis, it's as if the situation is so overwhelming that the person is frozen in place. The individual can't do anything about it. He or she feels totally overwhelmed and without power and strength to deal with what is taking place.

Wasting away pretty much speaks for itself. The person is disappearing. The lack of reflexes further solidifies the symbology of the individual's “believing” he or she cannot handle or deal with a situation.

What you believe about yourself in your subconscious mind may be very limiting. It is based on a particular set of concepts. When you understand these concepts, all related negative aspects will be brought under control, and you will experience growth.

Palindromic Rheumatism

Palindromic rheumatism (PR) is an autoimmune-related disease characterized by sudden, multiple, and recurring attacks of joint pain and swelling, typically in the hands and the feet. Each episode may last from several hours to several days. The frequency of attacks also varies, from one episode a day to several during the course of a year. Between attacks, the symptoms disappear, and the affected joints appear normal on x-ray exams.

The cause of palindromic rheumatism is unknown.

Some individuals with palindromic rheumatism develop chronic joint inflammation and go on to develop rheumatoid arthritis.

Symbology of Condition

This is a relatively easy disease to interpret, for the simple reason that any time the joints are affected, it's always an indication of inflexible thinking. In this case, it pertains to direction and how one handles events in one's life.

We see this because the hands and the feet are typically affected, and this situation would be brought on by stress. Because the attack is unexpected, the individual needs to look at what is currently taking place in his or her life at the time of the attack. The person must look at what is occurring to see what would trigger doubt and fear.

These energies are the result of a concept in the subconscious mind that says people can't handle the current situation. Also, whatever is occurring may have them questioning the direction they are taking in their lives.

Pernicious Anemia (PA)

Pernicious anemia is a decrease in red blood cells that occurs when the intestines cannot properly absorb vitamin B₁₂. Red blood cells provide oxygen to body tissues. There are many types of anemia. Pernicious anemia is a type of vitamin B₁₂ anemia.

The body needs vitamin B₁₂ to make red blood cells. You get this vitamin from eating foods such as meat, poultry, shellfish, eggs, and dairy products.

A special protein, called intrinsic factor (IF), helps your intestines absorb vitamin B₁₂. This protein is released by cells in the stomach. When the stomach does not make enough intrinsic factor, the intestines cannot properly absorb vitamin B₁₂.

Common causes of pernicious anemia include weakened stomach lining (atrophic gastritis), an autoimmune condition in which the body's immune system attacks the actual intrinsic factor protein or the cells in the lining of your stomach that make it.

Very rarely, pernicious anemia is passed down through families.

In adults, symptoms of pernicious anemia are usually not seen until after age thirty. The average age of diagnosis is age sixty. Patients usually do well with treatment. It is important to start treatment early. Nerve damage can be permanent if treatment does not start within six months of symptoms.

A number of studies have shown long-term vitamin replacement treatment may be maintained with high-dose oral B₁₂ supplements, because sufficient B₁₂ is absorbed from these by a normal intestine, even without any intrinsic factor. In this regard, nasal and sublingual forms of B₁₂ have not been found to have any special value over simple swallowed tablets.

Signs and Symptoms

Common symptoms include anemia, fatigue, depression, low-grade fevers, nausea, gastrointestinal symptoms (heartburn, diarrhea, dyspepsia), weight loss, neuropathic pain, jaundice, glossitis (swollen, red, and smooth appearance of the tongue), angular cheilitis (sores at the corner of the mouth), dehydrated/cracked and pale lips and dark circles around the eyes (look of exhaustion), brittle nails, and thinning and early graying of the hair.

Symbology of Condition

Looking at the symptoms of anemia symbolically, we find a lack of faith in the self. This is because one role of the red blood cells is to carry oxygen, symbolic of spirit, to all parts of the body. Oxygen is essential for the basic functionality of each cell.

Because there is a lack of oxygen, the cell cannot work at optimal levels. When that occurs, fatigue sets in, which indicates a feeling of being overwhelmed. When a person is overwhelmed, it stymies inspiration.

The next symptom we will examine is depression. Depression is something that could result from the feeling of being overwhelmed, feeling unprepared, or feeling that one doesn't have the strength to deal with the situations and events occurring in one's life.

Another symptom is a low-grade fever. Fevers indicate anger. Any time there is fever, the person is "burning up" about something. Often nausea is happening at the same time. This indicates that whatever is occurring is unacceptable at a level of subconscious concepts—enough to make the person sick. The same thing happens with heartburn.

Diarrhea results whenever the concept has already been incorporated into the person's reality. Now it's a matter of wanting to get it out of his or her reality as quickly as possible.

The weight-loss aspect indicates a lack of strength, because weight can be symbolic of power. Some people like to throw their weight around.

Another result of this condition is pain. Where the pain strikes is a great indication of which concepts, on an emotional level, are in conflict.

Jaundice indicates that the liver is not working well. The meaning behind this is that the person is unable to cleanse thoroughly and properly. The swollen tongue makes speaking difficult, so there's a question here about communication and expressing one's opinions. The same symbology applies when you see cracks at the corner of the mouth. It's painful to communicate. Another set of symbols that infers a communication issue consists of pale, dry, cracked lips.

Dark circles under the eyes are the result of stress. They can also indicate kidney issues and/or malnutrition. This look of exhaustion is common when a person is overwhelmed and struggling to deal with what is taking place. The individual doesn't think he or she has the strength to handle the situation. You can see how a person can become exhausted when doubt and fear are at work.

Nails are a type of defense. In addition, they are tools because you can use your nails to scratch something to expose what is underneath.

Brittle nails are another sign of "believed" weakness. This is a belief that one doesn't have enough strength and faith in one's ability to get to the truth of things, to get to the nitty-gritty of the matter.

Thinning and graying hair also indicate a weakness, a lack of strength, symbolically. I use the term *weakness*; however, this doesn't necessarily mean that the concepts are true about the person. It only means that the individual believes the concepts that say he or she is weak or lacks strength to deal with various aspects of life. The truth of the matter is that no one is ever placed in a situation that he or she cannot master.

There are many symptoms related to anemia, and, ideally, I covered enough to give you many insights.

Peripheral Neuropathy

Peripheral neuropathy (PN) is damage to, or a disease affecting, the nerves, which may impair sensation, movement, gland or organ function, or other aspects of health, depending on the type of nerve affected. Common causes include systemic diseases (such as diabetes or leprosy), vitamin deficiency, medication (e.g., chemotherapy), traumatic injury, radiation therapy, excessive alcohol consumption, immune system disease, or viral infection.

It can also be genetic (present from birth) or *idiopathic* (no known cause).

Peripheral neuropathy may be chronic (a long-term condition where symptoms begin subtly and progress slowly) or acute (sudden onset, rapid progress, and slow resolution).

Acute neuropathies demand urgent diagnoses. Motor nerves (that control muscles), sensory nerves, or autonomic nerves (that control automatic functions such as heart rate, body temperature, and breathing) may be affected. More than one type of nerve may be affected at the same time.

Signs and Symptoms

Neuropathy may cause painful cramps, muscle twitching, muscle loss, bone degeneration, and changes in the skin, the hair, and the nails.

In addition, motor neuropathy may cause impaired balance and coordination or, most commonly, muscle weakness;

Sensory neuropathy may cause numbness to touch and vibration, reduced position sense causing poorer coordination and balance, reduced sensitivity to temperature change and pain, spontaneous tingling or burning pain, or skin allodynia (severe pain from normally non-painful stimuli, such as light touch);

And autonomic neuropathy may produce diverse symptoms, depending on the affected glands and organs, but common symptoms are poor bladder control, abnormal blood pressure or heart rate, and reduced ability to sweat normally.

Symbology of Condition

Who or what got on the person's nerves? What has overloaded the individual to the point of near burnout? The other aspect stems from people feeling incapable of dealing with the life situations they find themselves in.

In examining the symptoms, we see muscular issues. Twitching indicates a breakdown in internal communication. The communication is the conflict between believing and not believing in the self. The twitching indicates a lack of confidence, a reflection of doubt at work.

Muscle cramps at a painful level indicate "knots of tension" brought about by stress. Stress is the child of doubt in the self, in regard to the particular situation. Muscle loss symbolizes feelings of weakness. People

do not believe they have the strength necessary to handle their current situation.

One must look back in all matters of disease to discover a possible trigger. *That will lead to the subconscious concept on which the disease is built.*

Polymyalgia Rheumatica

Polymyalgia rheumatica is a syndrome with pain or stiffness, usually in the neck, the shoulders, and the upper arms and hips, but that may occur all over the body. The pain can be very sudden or can occur gradually over a period. It may be caused by an inflammatory condition of the blood vessels, such as temporal arteritis.

Most PMR sufferers wake up in the morning with pain in their muscles; however, there have been cases in which the patient has developed the pain during the evenings or has pain and stiffness all day long.

Patients who have polymyalgia rheumatica may also have temporal arteritis, an inflammation of blood vessels in the face, which can cause blindness if not treated quickly.

The pain and stiffness can be debilitating, if not treated, and can lead to severe depression.

PMR is usually treated with courses of oral corticosteroids. Most people need to continue the corticosteroid treatment for two to three years. PMR sometimes goes away on its own in a year or two, but medications and self-care measures can improve the rate of recovery.

Signs and Symptoms

A wide range of symptoms indicates whether a person has polymyalgia rheumatica. The classic symptoms include:

- Pain and stiffness (moderate to severe) in the neck, the shoulders, the upper arms, the thighs, and the hips, which inhibits activity, especially in the morning/after sleeping. Pain can also occur in the groin area and in the buttocks.
- Fatigue and lack of appetite (possibly leading to weight loss) are also indicative of polymyalgia rheumatica.
- Anemia.
- An overall feeling of illness.

- Low-grade (mild) fever.

About 15 percent of people who are diagnosed with polymyalgia rheumatica also have temporal arteritis, and about 50 percent of people with temporal arteritis have polymyalgia rheumatica. Some symptoms of temporal arteritis include headaches, scalp tenderness, jaw or facial soreness, distorted vision or aching in the limbs caused by decreased blood flow, and fatigue.

Symbology of Condition

Pain is the dominant issue. We initially see pain in the neck. The first questions that come to my mind are, “Who is the pain in the neck?” or “What is the pain in the neck?” Your neck is the balance between your spiritual thinking (head) and your material considerations (the trunk of the body), because that's where you digest your food to feed your body and keep it/you alive on the material plane.

If you're dealing with this symptom, look around—there is something causing this discomfort. It is “what you think is the way you should be dealing with it.” The way it needs to be dealt with may not be in keeping with your emotional makeup, concepts, or understanding; therefore, it causes you pain in your neck.

Pain in the shoulders indicates difficulty in shouldering the responsibility. It could also be the current situation, the load, the burden, whatever it is, in the person's mind.

The upper arms indicate one's ability to handle things to bring them within one's grasp or to keep them at arm's-length. When a person is doing that, it seems to be painful on both levels in both of those areas. Examine each physical transaction, pushing away or drawing into your grasp, and do it separately to get a deeper understanding. What are you trying to embrace that is difficult? What are you trying to keep away that is also painful?

The next area affected is the thighs and the hips. Your thighs are the muscles that give you strength to move forward and stand up quickly. (They are also symbolic of being able to aspire.) However, especially in the morning/after sleeping, there is pain and weakness in this area.

Your hips allow you direction and mobility, which means you can always have freedom to alter your path as your understanding grows.

Two other areas affected by pain are the groin area and the buttocks. The groin area can represent issues with cleansing, letting go of past issues, and expression.

In regard to the buttocks, it's the same question as the neck. Who or what is a pain in the ass? Regarding the symbolic aspect, when you have a pain in this area, it makes sitting uncomfortable. This may indicate that you need to be participating in the resolution of the situation.

Fatigue can almost always relate to feelings of being overwhelmed and uninspired. This can lead to chronic fatigue and possibly fibromyalgia.

Anemia represents lack of faith in the self. An overall feeling of illness also demonstrates feeling uninspired or motivated. A low-grade (mild) fever says that something is seething within. The person is a little angry about something, yet has limited the expression of anger or internalized it.

Primary Biliary Cirrhosis

Primary biliary cirrhosis is irritation and swelling (inflammation) of the bile ducts of the liver. This blocks the flow of bile, which damages the liver cells and leads to scarring called cirrhosis.

The cause of inflamed bile ducts in the liver is not known. However, primary biliary cirrhosis is an autoimmune disorder. The disease more commonly affects middle-aged women.

Long-term bile obstruction is believed to lead to liver cirrhosis. The disease may be linked to autoimmune disorders, such as celiac disease, Raynaud's phenomenon, sicca syndrome (dry eyes or mouth), and thyroid disease.

More than half of patients have no symptoms at the time of diagnosis.

Signs and Symptoms

Symptoms most often come on slowly and may include abdominal pain, enlarged liver, fatigue, fatty deposits under the skin, fatty stools, itching, jaundice, and soft yellow spots on the eyelid. The outcome can vary. If the condition is not treated, most patients will die without a liver transplant. About a quarter of patients who have had the disease for ten years will have liver failure. Doctors can now use a statistical model to predict the best time to do the transplant. Other diseases, such as hypothyroidism and anemia, can also develop.

Symbology of Condition

Abdominal pain tells me that whatever's going on in that person's life is very hard for him or her to accept. The individual may be living it but is really having an extremely hard time with it. Apparently, it is painful.

Next we see an enlarged liver, which immediately tells us that the body's not going to be able to detoxify or make enough fuel to keep itself running at optimal levels. Fatigue is also a symptom, and now we can understand why: the liver is not converting enough protein, fats, and carbohydrates into fuel.

It appears from the fatty deposits under the skin and the fatty stools that the liver is overproducing fat at an exaggerated rate that the body cannot process. The itching indicates an irritation, so here I would look at whatever is irritating to the individual.

With jaundice, your coloring changes. Your eye whites will appear yellow, and the skin will also have a yellow hue.

Psoriasis

Psoriasis is a skin disease that causes itchy or sore patches of thick, red skin with silvery scales. Patches generally show up on the elbows, the knees, the scalp, the back, the face, the palms, and the feet, but they can show up on other parts of the body.

Some people who have psoriasis also get a form of arthritis called psoriatic arthritis. A problem with your immune system causes psoriasis. In a process called cell turnover, skin cells that grow deep in your skin rise to the surface. Normally, this takes a month. In psoriasis, it happens in just days because your cells rise too fast.

Psoriasis can last a long time, even a lifetime.

The causes of psoriasis are not fully understood. It is not purely a skin disorder and can have a negative impact on many organ systems.

Psoriasis has been associated with an increased risk of certain cancers, cardiovascular disease, and other immune-mediated disorders, such as Crohn's disease and ulcerative colitis.

It is generally considered a genetic disease, thought to be triggered or influenced by environmental factors. Psoriasis develops when the immune system mistakes a normal skin cell for a pathogen and sends out

faulty signals that cause overproduction of new skin cells. It is not contagious.

No cure is available for psoriasis.

Signs and Symptoms

Plaque

Psoriasis vulgaris (also known as chronic stationary psoriasis or plaque-like psoriasis) is the most common form and affects 85 to 90 percent of people with psoriasis.

Plaque psoriasis typically appears as raised areas of inflamed skin covered with silvery-white scaly skin. These areas are called plaques and are most commonly found on the elbows, the knees, the scalp, and the back.

Psoriatic erythroderma (erythrodermic psoriasis) involves widespread inflammation and exfoliation of the skin over most of the body surface. It may be accompanied by severe itching, swelling, and pain. It is often the result of an exacerbation of unstable plaque psoriasis, particularly following the abrupt withdrawal of systemic glucocorticoids. This form of psoriasis can be fatal, as the extreme inflammation and exfoliation disrupt the body's ability to regulate temperature and perform barrier functions.

Pustular

Pustular psoriasis appears as raised bumps filled with noninfectious pus (pustules). The skin under and surrounding the pustules is red and tender. Pustular psoriasis can be localized, commonly to the hands and the feet (palmoplantar pustulosis), or generalized with widespread patches occurring randomly on any part of the body.

Acrodermatitis continua is a form of localized psoriasis limited to the fingers and the toes that may spread to the hands and the feet. Pustulosis palmaris et plantaris is another form of localized pustular psoriasis similar to acrodermatitis continua with pustules erupting from red, tender, scaly skin found on the palms of the hands and the soles of the feet.

Symbology of Condition

Overall, this condition is about sensitivity. The emotional state of this person is fragile. Everything may upset or offend the person or feel like an attack.

The elbows allow objects to be brought close in, as well as keep things away from the person.

The knees allow for standing from a sitting or squatting position. Knees are also tied in to aspiration.

When I think of the scalp, I think hair. Hair is symbolic of strength. The scalp being infected says there are concerns and sensitivities about the person's strength.

The back ties in to this, because back issues are a sign of doubt related to supporting oneself.

We also see that psoriasis can affect the entire body. The severe itching, swelling, and pain all relate to the inflamed response the person has to the situation he or she is involved in.

It is interesting that some forms affect the hands, the feet, the fingers, and the toes. Each has its own symbolic interpretation. The hands are how people handle things. The fingers each have a symbolic meaning. The thumb is will; the pointing finger, emotions—you point at others as the problem; the middle is aspiration, the longest on the hand; the social finger, which wears class rings, wedding bands; the little finger, the ego, which should be disappearing.

The feet represent direction. You point them where you want them to take you. Toes are balance.

Raynaud's Phenomenon

Raynaud's phenomenon is a condition in which cold temperatures or strong emotions cause blood vessel spasms. This blocks blood flow to the fingers, the toes, the ears, and the nose.

Raynaud's phenomenon can be linked to other conditions. This is called secondary Raynaud's phenomenon. Most people with the condition are over age thirty. Common causes are diseases of the arteries (such as atherosclerosis and Buerger's disease), drugs that cause narrowing of the arteries (such as amphetamines, certain types of beta-blockers, some cancer drugs, certain drugs used for migraine headaches), arthritis and autoimmune conditions (such as scleroderma, Sjogren's syndrome, rheumatoid arthritis, and systemic lupus erythematosus), repeated injury or

usage (such as from typing, playing the piano, or heavy use of hand tools), smoking, frostbite, and thoracic outlet syndrome.

Raynaud's phenomenon can also occur without another cause. This is called primary Raynaud's phenomenon. It most often begins in people younger than age thirty.

This condition may also cause nails to become brittle with longitudinal ridges. Raynaud's phenomenon by itself is just a sign (hypoperfusion) accompanied by a symptom (discomfort). When linked to pathogenesis, it can be part of Raynaud's disease (also known as primary Raynaud's phenomenon), where the cause is unknown, or part of Raynaud's syndrome (secondary Raynaud's phenomenon), which is a syndrome caused by a known primary disease, most commonly connective tissue disorders, such as systemic lupus erythematosus.

It is a hyperactivation of the sympathetic nervous system causing extreme vasoconstriction of the peripheral blood vessels, leading to tissue hypoxia. Chronic, recurrent cases of Raynaud's phenomenon can result in atrophy of the skin, subcutaneous tissues, and muscles. In rare cases, it can cause ulceration and ischemic gangrene.

Signs and Symptoms

The condition can cause pain within the affected extremities, discoloration (paleness), and sensations of cold and/or numbness. This can often be distressing to those who are not diagnosed, and sometimes it can be obstructive. If someone with Raynaud's is placed in a cold climate, it could potentially become dangerous.

1 When exposed to cold temperatures, the blood supply to the fingers or the toes and, in some cases, the nose or the earlobes, is markedly reduced; the skin turns pale or white (called pallor) and becomes cold and numb.

2 When the oxygen supply is depleted, the skin color turns blue (called cyanosis).

3 These events are episodic, and when the episode subsides or the area is warmed, the blood flow returns, and the skin color first turns red (rubor), and then back to normal, often accompanied by swelling, tingling, and a painful "pins and needles" sensation.

All three color changes are observed in classic Raynaud's. However, not all patients see all of the aforementioned color changes in all episodes, especially in milder cases of the condition.

Symptoms are thought to be due to reactive hyperemias of the areas deprived of blood flow.

Symbology of Condition

Any condition in which the blood flow is restricted indicates a lack of faith in the self. Blood represents spirit, because it carries oxygen. Oxygen is symbolic of spirit, because God lives in heaven. The air is symbolic of heaven, as well as spirit.

The fingers represent different emotions and how you handle things. Determining which finger is affected will indicate where the emotional conflict resides.

When the toes are numb, it may interfere with balance, which the toes symbolize.

Ears are symbolic of your ability to listen to the self, as well as to others. In this situation, the person may be in a situation he or she no longer wants to listen to. The nose is tied in to faith in the self, because it is part of the respiratory system. In addition, there are elements of a question about one's image.

Reactive Arthritis

Reactive arthritis is classified as an autoimmune condition that develops in response to an infection in another part of the body (cross-reactivity). Coming into contact with bacteria and developing an infection can trigger the disease. By the time the patient presents with symptoms, often the "trigger" infection has been cured or is in remission in chronic cases, thus making determination of the initial cause difficult.

The clinical pattern of reactive arthritis commonly consists of an inflammation of fewer than five joints, which often include the knee or the sacroiliac joint. The arthritis may be "additive" (more joints become inflamed, in addition to the primarily affected one) or "migratory" (new joints become inflamed after the initially inflamed site has already improved).

It most commonly strikes individuals twenty to forty years of age, is more common in men than in women, and more common in white than in black people.

Signs and Symptoms

The manifestations of reactive arthritis include the following triad of symptoms: inflammatory arthritis of large joints, inflammation of the eyes in the form of conjunctivitis or uveitis, and urethritis in men or cervicitis in women.

Arthritis occurring alone following sexual exposure or enteric infection is also known as reactive arthritis. Patients can also present with mucocutaneous lesions, as well as psoriasis-like skin lesions such as circinate balanitis and keratoderma blennorrhagicum. Enthesitis can involve the Achilles tendon, resulting in heel pain. Not all affected persons have all of the manifestations.

Symptoms generally appear within 1 to 3 weeks but can range from 4 to 35 days from the onset of the inciting episode of the disease.

- The classical presentation of the syndrome starts with urinary symptoms, such as burning pain on urination (dysuria) or an increased frequency of urination. Other urogenital problems may arise, such as prostatitis in men and cervicitis, salpingitis, and/or vulvovaginitis in women.

- It presents with monoarthritis affecting the large joints, such as the knees and the sacroiliac spine, causing pain and swelling. An asymmetrical inflammatory arthritis of interphalangeal joints may be present but with relative sparing of small joints such as the wrist and the hand.

- Patients can have enthesitis presenting as heel pain, Achilles tendinitis, or plantar fasciitis, along with balanitis circinata (circinate balanitis), which involves penile lesions present in roughly 20 to 40 percent of men with the disease.

- A small percentage of men and women develop small hard nodules called keratoderma blennorrhagicum on the soles of the feet and, less commonly, on the palms of the hands or elsewhere. The presence of keratoderma blennorrhagica is diagnostic of reactive arthritis in the absence of the classical triad. Subcutaneous nodules are not a feature.

- Ocular involvement (mild bilateral conjunctivitis) occurs in about 50 percent of men with urogenital reactive arthritis syndrome and about 75 percent of men with enteric reactive arthritis syndrome. Conjunctivitis and uveitis can include redness of the eyes, eye pain and irritation, or blurred vision. Eye involvement typically occurs early in the course of reactive arthritis, and symptoms may come and go.

- Dactylitis, or "sausage digit," a diffuse swelling of a solitary finger or toe, is a distinctive feature of reactive arthritis and other peripheral spondylarthritides but can also be seen in polyarticular gout and sarcoidosis.

- Mucocutaneous lesions can be present. Common findings include oral ulcers that come and go. In some cases, these ulcers are painless and go unnoticed. In the oral cavity, the patients may suffer from recurrent aphthous stomatitis, geographic tongue, and migratory stomatitis in higher prevalence than the general population.
- Some patients suffer serious gastrointestinal problems, similar to those of Crohn's disease.
- About 10 percent of people with reactive arthritis, especially those with a prolonged course of the disease, will develop cardiac manifestations, including aortic regurgitation and pericarditis. Reiter's syndrome has been described as a precursor of other joint conditions, including ankylosing spondylitis.

Symbology of Condition

All forms of arthritis are symbolic of inflexible thinking.

Restless Legs Syndrome

Restless legs syndrome (RLS) causes a powerful urge to move your legs. Your legs become uncomfortable when you are lying down or sitting. Some people describe it as a creeping, crawling, tingling, or burning sensation. Moving makes your legs feel better, but not for long. RLS can make it hard to fall asleep and stay asleep.

In most cases, there is no known cause for RLS.

In other cases, RLS is caused by a disease or a condition, such as anemia or pregnancy. Some medicines can also cause temporary RLS. Caffeine, tobacco, and alcohol may make symptoms worse.

It most commonly affects the legs but can affect the arms, the torso, the head, and even phantom limbs. Moving the affected body part modulates the sensations, providing temporary relief.

RLS sensations range from pain or an aching in the muscles to "an itch you can't scratch," an unpleasant "tickle that won't stop," or even a "crawling" feeling. The sensations typically begin or intensify during quiet wakefulness, such as when relaxing, reading, studying, or trying to sleep. In addition, most individuals with RLS suffer from periodic limb movement disorder (limbs jerking during sleep), which is an objective physiologic marker of the disorder and is associated with sleep disruption. It can be caused by low iron levels.

Signs and Symptoms

The sensations—and the need to move—may return immediately after ceasing movement or at a later time. RLS may start at any age, including childhood, and is a progressive disease for some, while the symptoms may remit in others.

The sensation and the urge can occur in any body part; the most cited location is the legs, followed by the arms. Some people have little or no sensation, yet still have a strong urge to move.

Movement usually brings immediate relief, although temporary and partial. Walking is most common; however, stretching, yoga, biking, or another physical activity may relieve the symptoms. Continuous, fast up-and-down movements of the leg and/or rapidly moving the legs toward and then away from each other may keep sensations at bay without having to walk. Specific movements may be unique to each person.

Sitting or lying down (reading, plane ride, watching TV) can trigger the sensations and the urge to move. Severity depends on the severity of the person's RLS, the degree of restfulness, the duration of the inactivity, and so on.

Some experience RLS only at bedtime, while others experience it throughout the day and the night. Most sufferers experience the worst symptoms in the evening and the least in the morning.

Individuals with RLS have higher rates of depression and anxiety disorders.

Primary and Secondary

RLS is categorized as either primary or secondary.

- Primary RLS is considered idiopathic or with no known cause. Primary RLS usually begins slowly, before approximately forty to forty-five years of age and may disappear for months or even years. It is often progressive and gets worse with age. RLS in children is often misdiagnosed as growing pains.

- Secondary RLS often has a sudden onset after age forty, and may be daily from the beginning. It is most associated with specific medical conditions or the use of certain drugs.

Symbology of Condition

This condition focuses on the legs and the arms. The symptoms are worse at night. Looking at the symbology, you see that the legs represent support and direction. After a hard day of stress, you can see where doubt about one's ability to support oneself could come into question.

The arms represent the ability to draw things to you or repulse them. When the arms are restless, it diminishes your ability to control or handle things.

I deal with this condition myself, and I take Michael's Multi-Minerals thirty minutes before bed or when the restlessness becomes annoying.

Rheumatic Fever

Rheumatic fever is an inflammatory autoimmune disease that may develop after an infection with group A Streptococcus bacteria (such as strep throat or scarlet fever). The disease typically develops two to four weeks after a throat infection.

The disease can affect the heart, the joints, the skin, and the brain.

Rheumatic fever mainly affects children ages five to fifteen.

The underlying mechanism is believed to involve the production of antibodies against a person's own tissues. Some people, due to their genetics, are more likely to get the disease when exposed to the bacteria than others. Other risk factors include malnutrition and poverty.

Signs and Symptoms

Symptoms include abdominal pain; fever; heart (cardiac) problems, which may not have symptoms or may result in shortness of breath and chest pain; joint pain; arthritis (mainly in the knees, the elbows, the ankles, and the wrists); joint swelling; redness or warmth; nosebleeds (epistaxis); skin nodules; skin rash; skin eruptions on the trunk and the upper part of the arms or the legs; eruptions that look ring-shaped or snake-like; and sydenham chorea (emotional instability, muscle weakness, and quick, uncoordinated jerky movements that mainly affect the face, the feet, and the hands). If you are diagnosed with acute rheumatic fever, you will be treated with antibiotics.

The heart is involved in about half of the cases. Permanent damage to the heart valves, known as rheumatic heart disease (RHD), usually occurs only after multiple attacks but may occasionally occur after a single

case of ARF. The damaged valves may result in heart failure. The abnormal valves also increase the risk of the person developing atrial fibrillation and infection of the valves.

Symbology of Condition

The very first symptom we see is abdominal pain. This says something is going on that the person cannot stomach. It is emotionally painful. This point is driven home by the fact that the next symptom is fever. Fever is symbolic of brewing anger. Something about the situation is “burning the person” up.

Heart problems, which may not have symptoms or may result in shortness of breath and chest pain, are indicative of emotional turmoil. The heart is symbolic of the emotions.

Joint pain, arthritis (mainly in the knees, the elbows, the ankles, and the wrists), and joint swelling are symbolic of inflexible thinking.

Nosebleeds can be the result of hypertension. They also indicate an issue with faith in the self. Every aspect of the respiratory system represents “faith in the self,” so any issues here indicate doubt at work.

Any issues with the skin indicate a sensitive person. There are many reasons for his or her sensitivities.

Another symptom is muscle weakness and quick, uncoordinated, jerky movements that mainly affect the face, the feet, and the hands. These symptoms are also tied in to doubt about being able to handle all that is taking place.

Rheumatoid Arthritis (RA)

Rheumatoid arthritis (RA) is a chronic, systemic inflammatory disorder that primarily affects the joints. It may result in deformed and painful joints, which can lead to loss of function. The disease may also have signs and symptoms in organs other than the joints.

The cause of rheumatoid arthritis is not completely understood.

The process involves inflammation and fibrosis of the capsule around the joints. It also affects the underlying bone and cartilage. RA can produce diffuse inflammation in the lungs, the membrane around the heart, the membranes of the lung, and the whites of the eye. It can also produce

nodular lesions, most common within the skin. It is a clinical diagnosis made mostly on the basis of symptoms and physical examination.

Onset is most frequent during middle age, but people of any age can be affected.

Signs and Symptoms

Arthritis of the joints involves inflammation of the synovial membrane. Joints become swollen, tender, and warm, and stiffness limits their movement. With time, multiple joints are affected (it is a polyarthritis). Most commonly involved are the small joints of the hands, the feet, and the cervical spine, but larger joints, such as the shoulder and the knee, can also be involved.

These signs help distinguish rheumatoid from non-inflammatory problems of the joints, often referred to as osteoarthritis or "wear-and-tear" arthritis. In arthritis of non-inflammatory causes, signs of inflammation and early morning stiffness are less prominent, with stiffness typically less than one hour, and movements induce pain caused by mechanical arthritis.

The pain associated with RA is induced at the site of inflammation and classified as nociceptive, as opposed to neuropathic.

As the pathology progresses, the inflammatory activity leads to tendon tethering and erosion and destruction of the joint surface, which impair range of movement and lead to deformity. The fingers may suffer from almost any deformity, depending on which joints are most involved. Specific deformities, which also occur in osteoarthritis, include ulnar deviation, boutonniere deformity, swan neck deformity and "Z-thumb." "Z-thumb" or "Z-deformity" consists of hyperextension of the interphalangeal joint, fixed flexion and subluxation of the metacarpophalangeal joint and gives a "Z" appearance to the thumb. The hammer toe deformity may be seen. In the worst case, joints are known as arthritis mutilans, due to the mutilating nature of the deformities.

People with RA are more prone to atherosclerosis, and risk of myocardial infarction (heart attack) and stroke is markedly increased.

Symbology of Condition

Please see the symbology in Juvenile Arthritis. All forms of arthritis share the same symbology, inflexible thinking.

Sarcoidosis

Sarcoidosis is an autoimmune disease that leads to inflammation, usually in the lungs, the skin, or the lymph nodes. It starts as tiny, grain-like lumps, called granulomas. Sarcoidosis can affect any organ in your body.

No one is sure what causes sarcoidosis.

It affects men and women of all ages and races. It occurs mostly in people ages twenty to fifty; African Americans, especially women; and people of Northern European origin.

Signs and Symptoms

Many people have no symptoms. If you have symptoms, they may include cough, shortness of breath, weight loss, night sweats, and fatigue. Tests to diagnose sarcoidosis include chest x-rays, lung function tests, and a biopsy. Not everyone who has the disease needs treatment. If you do, prednisone, a type of steroid, is the main treatment.

Symbology of Condition

The first symptom we see is inflammation. Whenever there is inflammation, your mind and body are telling you where the emotional conflict exists. The first place the inflammation occurs is the lungs. This indicates a lack of faith in the self.

The next area affected is the skin. This indicates that the person is very sensitive. When the lymph nodes are involved, it says there is an issue with cleansing. This means the person is having a hard time letting go of the past.

Because sarcoidosis can affect any organ in your body, the way to understand the symbolic meaning is to know the significance of the area affected.

Scleroderma

Scleroderma, also known as systemic sclerosis, is a chronic systemic autoimmune disease characterized by hardening (sclero) of the skin (derma). In the more severe form, it also affects internal organs.

Limited scleroderma involves cutaneous manifestations that mainly affect the hands, the arms, and the face. Diffuse scleroderma is rapidly progressing and affects a large area of the skin and one or more internal organs, frequently the kidneys, the esophagus, the heart, and/or the lungs. This form of scleroderma can be quite disabling. There are no treatments for scleroderma itself, but individual organ system complications are treated.

The prognosis is generally good for limited cutaneous scleroderma patients who escape lung complications, but is worse for those with the diffuse cutaneous disease, particularly in older age and for males.

Death occurs most often from lung, heart, and kidney complications. In diffuse cutaneous disease, five-year survival is 70 percent and ten-year survival is 55 percent.

The cause of scleroderma is unknown.

It is an autoimmune condition, in which the body's immune system attacks healthy tissues. Strong environment influences have also been implicated in the etiology of scleroderma.

Signs and Symptoms

Potential signs and symptoms include:

Cardiovascular: Raynaud's phenomenon (is the presenting symptom in 70 percent of affected persons, occurs in 95 percent of affected individuals at some time during their illness); healed pitting ulcers on the fingertips; skin and mucousal telangiectasis; palpitations, irregular heart rate and fainting, due to conduction abnormalities, hypertension, and congestive heart failure.

Digestive: gastro-esophageal reflux disease, bloating, indigestion, loss of appetite, diarrhea alternating with constipation, sicca syndrome and its complications, loosening of teeth, and hoarseness (due to acid reflux).

Pulmonary: progressive worsening of shortness of breath, chest pain (due to pulmonary artery hypertension) and dry, persistent cough, due to interstitial lung disease.

Musculoskeletal: joint and muscle aches, loss of joint range of motion, carpal tunnel syndrome, and muscle weakness.

Genitourinary: erectile dysfunction, dyspareunia, scleroderma renal crises, and kidney failure.

Other: facial pain due to trigeminal neuralgia, hand paraesthesias, headache, stroke, fatigue, calcinosis, and weight loss.

Symbology of Condition

Whenever there is hardening of the skin, it indicates a great degree of sensitivity and defensiveness. In examining the hands, we see, from the symbolic point of view, that the person is sensitive and somewhat defensive about how he or she is handling the current situation.

The arms are symbolic of a person's ability to pull things to himself or herself. At the same time, the arms also allow for pushing away. Symbolically, there is difficulty here in the action of bringing things close in or keeping them at bay.

The face represents image. All of the symptoms and the disease itself have their roots in doubt.

Sclerodactyly (skin thickening on the fingers): Issues dealing with the fingers relate to the finer points of how a situation is handled. In this case, it seems there are some defensive issues involved.

Another symptom consists of dilated capillaries on the face, the hands, and the mucous membranes, which indicate subtle anger at work. With dilation, more blood manifests in an area. In this case, it deals with image, handling, and an indication that defenses are "at the ready."

In diffuse scleroderma, we see hardening of the organs. The kidneys relate to cleansing and balance. The heart deals with emotions, and the lungs are symbolic of faith in the self.

When a person is defensive, which stems from doubt, he or she will also be very sensitive. These go hand in hand.

Sjogren's Syndrome

Sjögren's syndrome or Sjögren syndrome is a chronic autoimmune disease, in which the body's white blood cells destroy the exocrine glands, specifically the salivary and the lacrimal glands, which produce saliva and tears, respectively.

This leads to the development of dry mouth and dry eyes, which takes place in association with lymphocytic infiltration of the glands. That inflammatory process eventually severely damages or destroys the glands.

Sjögren's syndrome is usually classified as either "primary" or "secondary." Primary Sjögren's syndrome occurs by itself, and secondary Sjögren's syndrome occurs when another connective tissue disease is present.

Signs and Symptoms

The hallmark symptom of Sjögren's syndrome is a generalized dryness, part of what are known as sicca symptoms. Sicca syndrome also incorporates vaginal dryness and chronic bronchitis.

Sjögren's syndrome may cause skin, nose, and vaginal dryness and may affect other organs of the body, including the kidneys, the blood vessels, the lungs, the liver, the pancreas, the peripheral nervous system (distal axonal sensorimotor neuropathy), and the brain.

Skin dryness in some Sjögren's patients may be the result of lymphocytic infiltration into skin glands. The symptoms may develop insidiously, with the diagnosis often not considered for several years, because the complaints of sicca may be otherwise attributed to medications, a dry environment, or aging or may be regarded as not of a severity warranting the level of investigation necessary to establish the presence of the specific underlying autoimmune disorder condition.

Symbology of Condition

When you have dryness of the skin or any part of the body, it indicates a lack of life, so to speak. Water is symbolic of life; without it, we are dead.

Dryness within the nasal cavity indicates that there is not enough life being brought into the system of a spiritual nature.

When dryness occurs within the vagina, it makes sexual intercourse very painful. This can lead to a breakdown in personal communication and relationships.

Apparently, this condition can affect various organs within the body. When it affects the kidneys, it can impede cleansing, the removal of waste and toxins. Symbolically, it indicates an inability to thoroughly let go of the past.

The lungs are symbolic of faith in the self. Trouble here is directly related to doubt and fear.

Another area affected can be the liver. The liver is symbolic of cleansing and converting. This means that the person with liver issues may not be able to adjust quickly to changing situations. In the same regard, the person has a hard time letting go of the past. The pancreas makes enzymes and insulin. When there are problems here, they relate to the inability to break down situations into manageable portions. They also impede the ability to enjoy the sweets of life.

The last area that may be affected is the brain. This is the essential organ that operates your body. Of course, it is controlled and influenced by

the mind. A dry brain indicates a “lifeless” approach to, and thoughts about, issues the person is exposed to.

Sperm and Testicular Autoimmunity

Sperm and testicular autoimmunity—The human immune system is trained during the early postnatal period. In men, at puberty, when the sperm first appear in the testis and the epididymis, the human immune system will have the chance to contact sperm antigens.

Similarly, when women become sexually active, their immune systems will inevitably contact sperm antigens. Therefore, once sperm, as an autoantigen, activates the human immune system, an autoimmune response against human sperm will occur.

Symbology of Condition

This condition is easy to see symbolically. It says that the male in this type of situation feels he doesn't have the wherewithal to express himself on multiple levels. The solution to this situation is understanding the concepts of expression and self-image that lie within the subconscious mind.

Ulcerative Colitis

Ulcerative colitis (colitis ulcerosa, UC) is an autoimmune-related disease form of inflammatory bowel disease (IBD) that causes inflammation and ulcers in the colon.

The disease is a type of colitis, which is a group of diseases that cause inflammation of the colon, the largest section of the large intestine, either in segments or completely.

Ulcerative colitis shares much in common with Crohn's disease, another form of IBD, but what sets it apart from Crohn's disease is that ulcerative colitis, as its name suggests, only affects the colon and the rectum, leaving the rest of the gastrointestinal tract unscathed, while Crohn's disease can affect the whole GI tract from mouth to anus.

The disease is more prevalent in northern countries of the world, as well as in northern areas of individual countries or other regions. Rates tend to be higher in more affluent countries, which may indicate that the greater prevalence is due to increased rates of diagnosis.

It may also indicate that an industrial or Western diet and lifestyle increases the prevalence of this disease, including symptoms that may or may not be related to ulcerative colitis. Although UC has no known cause, there is a presumed genetic component to susceptibility.

Signs and Symptoms

The main symptom of active disease is usually constant diarrhea, mixed with blood, of gradual onset. IBD (Crohn's disease [CD] and ulcerative colitis [UC]) is often confused with irritable bowel syndrome (IBS).

Symbology of Condition

There are two components to this situation, the first being inflammation of the villi in the intestinal tract, and the second being ulceration of the bowel. Any time there are any issues with the colon, such as diarrhea or constipation (because diarrhea is a form of constipation), there's no fecal matter being released. Constipation indicates a refusal to let go of the past. You can see how past concepts can be detrimental to one's health.

The ulceration indicates a lot of anger in this situation. The anger is actually eating a hole in the colon wall.

Resolution is accomplished through understanding the concepts involved—the ones you are holding on to, as well as those causing the anger.

Undifferentiated Connective Tissue Disease (UCTD)

Undifferentiated connective tissue disease is a systemic autoimmune disease. This means the body's natural immune system does not behave normally. Instead of serving to fight infections, such as bacteria and viruses, the body's own immune system attacks itself.

In UCTD, autoimmunity may cause the immune system to attack specific parts of the body, resulting in a variety of problems. These represent systemic autoimmune diseases that often involve the joints, the cartilage, the muscles, and the skin. They can also involve any other organ system, such as the eyes, the heart, the lungs, the kidneys, the gastrointestinal tract, the bone marrow, the nervous system, and the blood vessels. Examples of connective tissue diseases include lupus,

scleroderma, rheumatoid arthritis, Sjögren's syndrome, myositis, and vasculitis.

Signs and Symptoms

Disease presentation varies widely from patient to patient, as UCTD is by definition nonspecific. Symptoms typically include constitutional complaints that are common to connective tissue diseases, such as fatigue, malaise, and fever. Other symptoms associated with UCTD include:

- dry eyes
- dry mouth
- hair loss
- joint inflammation
- joint pain
- oral ulcers
- positive ANA test
- Raynaud's phenomenon
- sun-sensitive rash

Lung involvement, such as nonspecific interstitial pneumonia, is a possible disease complication.

Symbology of Condition

When we look at the symbology, the first thing we see is that it affects the joints. As stated previously, the joints represent inflexible thinking. Muscles are indicative of strength, because it requires strength to accomplish any task, even emotional. So when the muscles are weak, it implies that the person thinks and believes that he or she is inherently weak.

Another area that is affected is the skin. The skin is part of your defense system. Whenever there are issues with the skin, it indicates sensitivity and defensiveness about the situation or the person.

The concept of weakness is the one that is active in the current endeavor. The patterns of behavior are created to reinforce and validate the concept as being true. It is not. It is a learned and reinforced concept. No one is weak. God gave man "dominion" over everything (Genesis 1:26–28).

It is stated that this condition may also affect the eyes. In that case, it is a matter of perception. It relates to the way things are looked at. We

could also relate it to what is currently going on that the person does not want to see.

The next area being affected is the heart. The heart is symbolic of the emotions. This would be in keeping with the fact that ulcers “eat at you,” just as anger does. Uncontrolled emotional energies at work, along with unawareness of them, can and often do lead to heart attacks. This highlights the need to be aware all of the time.

The lungs are another area affected by this condition. Any time any aspect of the respiratory system is affected, it always deals with doubt. Doubt in oneself creates a lack of faith in one's own ability to get things done, to handle things from a position of strength.

The kidneys are the next area that is compromised. The kidneys represent cleansing and balance. The kidneys ensure that your body keeps the nutrients it requires to operate at optimal efficiency. Another aspect of the kidneys is that issues here indicate a difficulty in letting go of the past.

Difficulties in the gastrointestinal tract indicate that whatever is going on in your life at the time is hard to “stomach and digest and accept.”

Issues with the bone marrow indicate a feeling of not being able to defend oneself from attack. There may also be feelings of weakness, because the bones represent strength.

Vasculitis

Vasculitis is an autoimmune-related inflammation of the blood vessels, which it can destroy. It happens when the body's immune system attacks the blood vessels by mistake. It can happen because of an infection, a medicine, or another disease.

The cause is often unknown.

Vasculitis can affect arteries, veins, and capillaries.

Signs and Symptoms

Possible symptoms include:

- General symptoms: Fever, weight loss
- Skin: Palpable purpura, livedo reticularis
- Muscles and joints: Myalgia or myositis, arthralgia, or arthritis
- Nervous system: Mononeuritis multiplex, headache, stroke, tinnitus, reduced visual acuity, acute visual loss

- Heart and arteries: Myocardial infarction, hypertension, gangrene
- Respiratory tract: Nosebleeds, bloody cough, lung infiltrates
- GI tract: Abdominal pain, bloody stool, perforations
- Kidneys: Glomerulonephritis

Symbology of Condition

Your blood vessels allow blood to flow through your body unimpeded. Blood is symbolic of spirit because it contains oxygen, which is also symbolic of spirit because God lives in heaven.

In this condition, the blood vessels become inflamed and could be destroyed, as was stated above. When they become inflamed, they impede distribution of the blood throughout the system. So the question is what causes the inflammation? The short answer: doubt.

Whenever there is doubt in a person's mind, determining the arena the doubt is manifesting in will show where the emotional conflict resides in the body. By understanding this, you have the opportunity to remove the doubt and apply what you have learned.

Vitiligo

Vitiligo is a chronic skin disease characterized by portions of the skin losing their pigment. It occurs when skin pigment cells die or are unable to function. Aside from cases of contact with certain chemicals, the cause of vitiligo is unknown. Research suggests vitiligo may arise from autoimmune, genetic, oxidative stress, neural, or viral causes.

Autoimmune diseases, such as Addison's disease, Hashimoto's thyroiditis, and type 1 diabetes mellitus, tend to occur more often in people who have vitiligo.

Signs and Symptoms

The only sign of vitiligo is the presence of pale patchy areas of depigmented skin, which tend to occur on the extremities. The patches are initially small but often grow and change shape.

When skin lesions occur, they are most prominent on the face, the hands, and the wrists. The loss of skin pigmentation is particularly

noticeable around body orifices, such as the mouth, the eyes, the nostrils, the genitalia, and the umbilicus. Some lesions have increased skin pigment around the edges. Patients who are stigmatized for their condition may experience depression and similar mood disorders.

Symbology of Condition

With vitiligo, the symbology is simple. Its manifestation obviously deals with image, because the white patches show up on the face more than anywhere else on the body. This indicates doubt at work in the person's image and expression.

The other basic areas that are affected are the hands and the wrists, and this indicates that the person has doubt in his or her ability to handle things that are going on in life. There is also a lack of flexibility in how someone handles things.

Symbology of Numbers

The symbolic significance of numbers is based on the Universal Teachings. Numbers play a major role in life. They are even more important when you begin to look at them from the symbolic perspective. Numbers show up in dreams, in events, and even in daily occurrences.

When you have a dream, you are getting guidance. This guidance, in the form of symbols, is based on your emotional associations and is designed to help you navigate the energies of the upcoming day. For instance, if you see three pens on a desk in your dream, it could indicate that there is a need to understand that something is going on with your ability to communicate. Pens, from a symbolic perspective, could represent communication, especially for one who writes to people.

Of course, that is the universal perspective. Your PEA, personal emotional association, may be different. That is one reason it is in your best interest to create your own symbolic dictionary.

If you see more than one "anything" in your dream, or conscious reality, you need to look at it from the symbolic point of view. It will help define exactly where you are in your cycle. It may even help you see and understand which particular pattern is at work.

Before you go forward, realize that I chose to put down only the positive interpretations. It would be in your best interest to also think of the exact opposite in your interpretations at the same time. If you see everything through a positive interpretation, without considering the

possibility that the exact opposite is true, then you are living and looking at life through "rose-colored glasses." When you do that, you will be unprepared for the negative aspects, should they be in the process of unfolding. Forewarned is forearmed.

Here are the numbers to help you begin to think in these terms.

1 = UNITY

Unity within the self between the male and the female aspects and the material and spiritual aspects of the self

2 = BALANCE AND HARMONY

1 + 1 = 2. When you have unity between the male and the female, as well as the material and the spiritual, you have true balance and harmony.

3 = UNDERSTANDING

2 + 1 = 3. When you are in unity with the self and are balanced and in harmony, you understand whatever you are confronting.

4 = ADVANCEMENT

3 + 1 = 4. When you are in unity with the self and you understand, you advance in life on the path of mastery.

2 + 2 = 4. When you are balanced and in harmony within your material and spiritual self and your male and female self, you advance in life on the path to mastery.

5 = MATERIAL PLANE

It is through the five senses that you are connected to the material plane.

4 + 1 = 5. When you are in unity and are advancing, you are in control of your emotions and material existence.

3 + 2 = 5. When you are balanced and in harmony and incorporate understanding into your endeavors, you are in control of your emotions and material existence.

6 = MAN

Man was created on the sixth day. Man is given dominion over the material plane (Genesis 1:26).

$5 + 1 = 6$. When you approach the material plane in unity, you are being Man, both male and female.

$4 + 2 = 6$. When you are advancing in your life from the position of balance and harmony, you are Man.

$3 + 3 = 6$. When all of your understanding, both male and female, as well as material and spiritual, guides you, you are Man.

7 = CYCLE

The heaven (spirit) and the earth (material) were created in seven days. Everything in the universe flows in cycles. Your personal history repeats itself, just as the cliché states, "History repeats itself." You can be in control of the outcome of each cycle in your life, depending on how you enter into it. Symbols are the guideposts that can keep you on the path.

$6 + 1 = 7$. Man in total unity starts every cycle in life from a position of strength.

$5 + 2 = 7$. On the material plane, when you are balanced and in harmony, you start each cycle from a position of strength.

$4 + 3 = 7$. When you understand and are advancing, you start each cycle in life from a position of strength.

8 = MASTERY OF THE MATERIAL PLANE

$7 + 1 = 8$. Entering a cycle in total unity leads to total mastery of the material plane.

$6 + 2 = 8$. Man as master of the self, being balanced and in harmony, will master the material plane.

$5 + 3 = 8$. Totally understanding the material plane and your relationship within it leads to mastery.

$4 + 4 = 8$. Advancement upon advancement leads to total material mastery.

9 = CLEANSING

There are nine openings in the body for bringing in fresh, clean sustenance, such as air, water, foods, and thoughts. If you do not eliminate the refuse, that which is no longer useful, you will become toxic and die.

What thoughts are being retained at a subconscious level that may be toxic? (The openings are nose, ears, eyes, mouth, anus, and urethra.)

$8 + 1 = 9$. Mastery of life and true unity require a constant cleansing process to ensure continued growth and development.

$7 + 2 = 9$. Starting a new cycle in strength, balance, and harmony requires a constant cleansing process to ensure continued growth and development.

$6 + 3 = 9$. Man can achieve true understanding only through the internal cleansing process. Understanding the motivating factors at work on a subconscious level gives Man an opportunity to gain control over his or her emotional life and thus truly master life.

$5 + 4 = 9$. True advancement on the material plane requires a constant cleansing process to ensure continued growth and development.

10 = HANDLING

You have ten fingers to grip, hold, and manipulate material life. Ten fingers to handle any situation you are in. You are never placed in a situation that you cannot master. You have ten toes, five on each foot; these are for balancing you on your path. Without toes to balance yourself, standing erect and having a strong position in matters of life would be difficult.

$9 + 1 = 10$. When you cleanse the negative beliefs and expectations you maintain about yourself and attain unity with your self, you can handle anything.

$8 + 2 = 10$. With degrees of mastery and being balanced and in harmony, you can handle anything.

$7 + 3 = 10$. Going into any cycle with understanding will allow you to handle anything that might arise.

$6 + 4 = 10$. Man is meant to advance in each life cycle. You have the tools to handle anything that would block your growth and development.

$5 + 5 = 10$. Keeping the material plane in its proper perspective, as well as balanced, leads to handling all situations masterfully.

Conclusion

I know from experience that when people understand what works against them or what the root cause of their condition is, they can master it. Of course, it takes constant awareness and emotional control.

If you have any questions, do not hesitate to contact me at michael383@me.com.