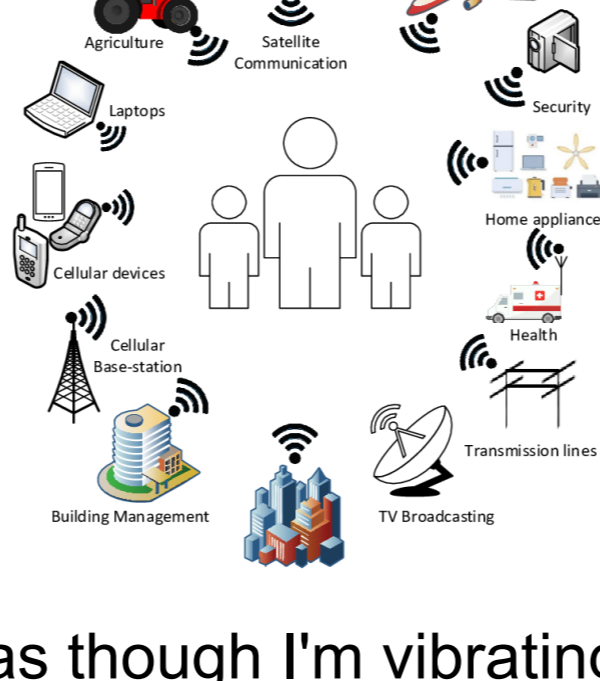


Conscious Body Conversations

A Figment of Your Imagination

One of the most amazing aspects of healing are the "imaginary" symptoms. These are the real reasons you go to the doctor ... the symptoms that don't make sense, that seem to appear out of nowhere, that aren't related to anything and create not just lots and lots of worry, but lots and lots of questions. Unfortunately unless your symptoms lead to a testable diagnosis, your symptoms will be attributed to "nothing to worry about", "normal for your age" or "stress". In other words a figment of your imagination.

Here are a few of my recent cases that defied diagnosis and demonstrated just how important your symptoms can be as guideposts, not figments of your imagination...



"I constantly feel as though I'm vibrating inside, especially when I lie down to sleep."

So the only way that someone can literally feel vibration inside is through an action of the nervous system. This is a very specific description, so of the things that can affect the nervous system, the only things that fit the bill would be an excessive intake of water-soluble B vitamins, a deficiency of fat-soluble B vitamins, magnesium deficiency, viral infection or injury.

If you're magnesium deficient then you will also tend to be constipated and you may also get muscle cramping. If there is a B vitamin imbalance you will tend to also have heart palpitations, numbness and blood pressure changes. If there is a viral infection there should also be fatigue, possible congestion, fever or skin lesions.

Which leaves injury and this is the most common. Injury can occur for any number of reasons, but I've seen a number of situations where a subtle injury occurred leading to symptoms down the road. These types of subtle injuries can cause the nervous system to become more sensitive and reactive, particularly to things such as electrical fields. Sometimes this has happened after radiation therapy for cancer, or after an electrical shock. Sometimes it occurs after living under cell towers or power lines. One man had been a producer for a television show, while I've actually had two women who were traveling in planes that were hit by lightning. None of them thought that anything had actually happened because the symptoms didn't start right away, but sensitivities can develop over time and there is nothing in conventional testing that can detect this type of injury experience.

The natural protocol that worked was: **EMF Protect and Balance, E-Poise and Radiation Plus.**



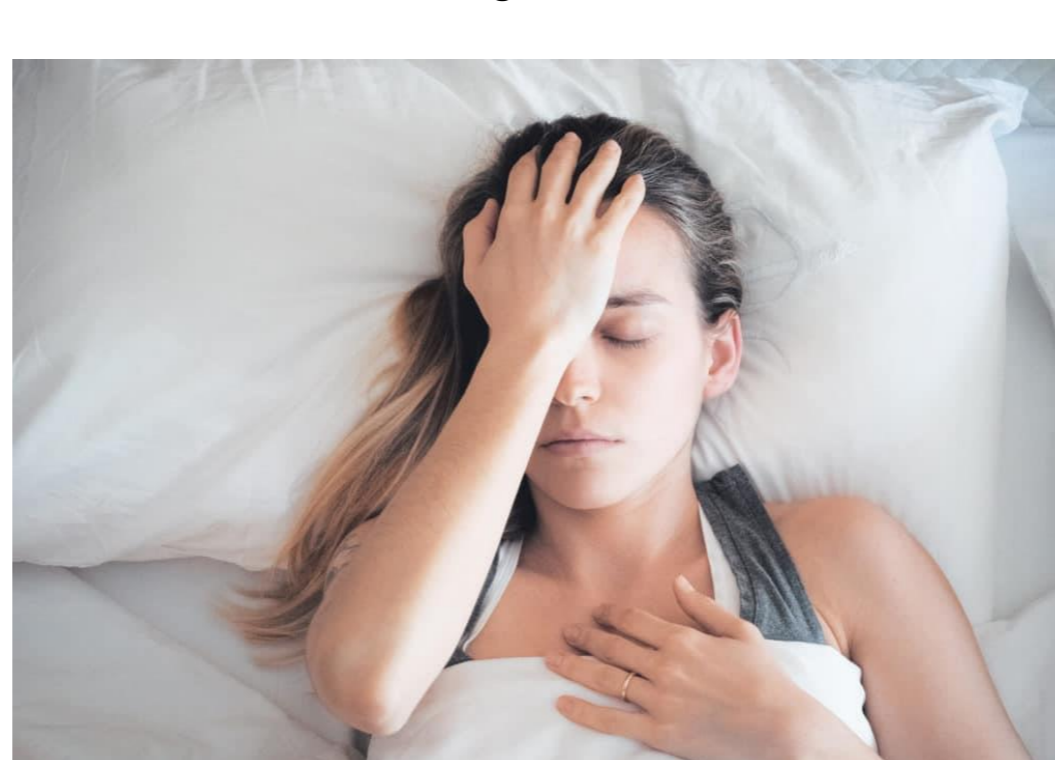
"I constantly feel like my skin itches and it almost feels like bugs crawling on my skin but I don't have any rash?"

Itching of the skin without a rash, lesions, hives or a bite may seem unimportant, but for the people that suffer with this constant irritation it can be exhausting. Itching skin or pruritis is due to histamine being released within the skin tissue creating irritation. But the big question is why?

There are just a few possible reasons: dryness, lack of ionized calcium, hormonal imbalances or parasitic infestation. If the skin is dry it will be dry in multiple areas, such as the inside of the mouth, the eyes and the vaginal tract. This can be due to exposure or too low a level of essential fatty acids. Hormonal imbalances are going to be most common during menopause when estrogen levels drop compared to during your reproductive age and there are usually other symptoms such as brain fog, hot flashes and night sweats. A lack of ionizable calcium is very common because most people make the mistake of thinking only the bones are involved with calcium. Actually the bones are just the storage space, the tissues that use the calcium are the muscles, skin and immune system. So if the calcium has a low availability there is also a tendency to run hot or fever easily, the muscles will tend to be weak or fatigue quickly, the heart rate may change.

The one reason we rarely consider are parasites. Most people think of parasites as something they encounter in another country eating street food and are just in their GI tract. But the most common parasites I've seen are right here on our beaches and in the woods and on our pets. Tinea versicolor is a great one because it creates patches of whiter skin (often mistaken for vitiligo) and since skin parasites are microscopic, you can't see them, so you think there's nothing there. Don't be fooled!

The natural protocol that worked: **Calcium Lactate and Cataplex F for ionized calcium / Para-Tox, Sclero-Tox and Amoeba-Tox blended together with Histamine to reduce irritation.**

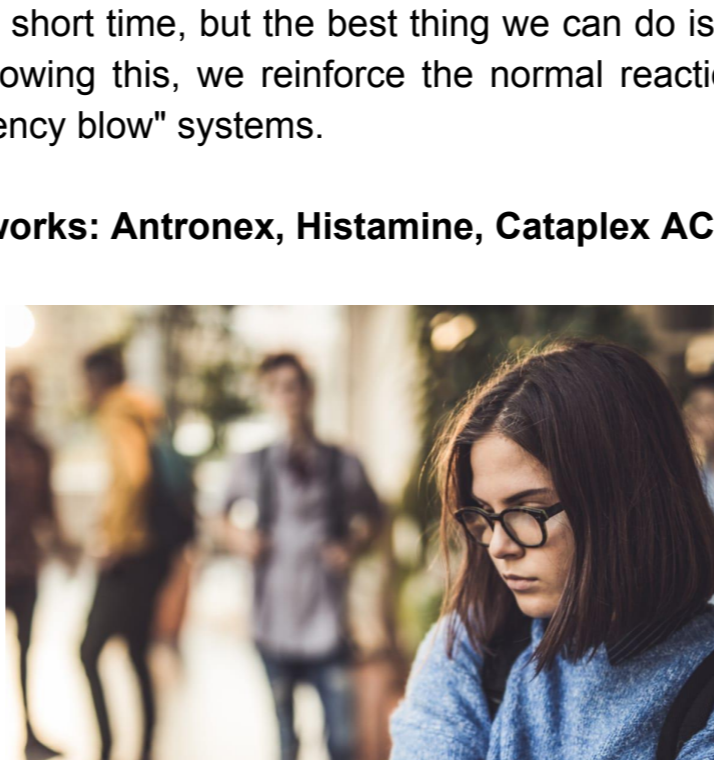


"I feel terrible! I've had headaches, diarrhea, exhaustion, dizziness, (insert any other symptom you can think of here). What's wrong with me?"

If you don't have a fever, if you don't have a sore throat, if the symptoms are not severe, then the answer may be that your body is doing exactly what it is supposed to do. We are often taught to believe that symptoms of any kind are bad, that they need to be suppressed. But the most common reason for symptoms is that the body needs to do some housecleaning, that the immune system is fighting something off, that our body has reached its exhaustion point or that our gut has had enough of the crap we have been eating and drinking and is rebelling to get our attention.

We don't seem to accept that it is normal and healthy for our body to need these periods of time and the symptoms we experience are due to the body using its ordinary functions in extraordinary ways. These symptoms only last a short time, but the best thing we can do is go with the flow and support our body's systems. By allowing this, we reinforce the normal reactions our body needs to have while exercising our "emergency blow" systems.

The natural protocol that works: **Antronex, Histamine, Cataplex ACP, Thymex, Celeragesic.**



"Why am I having so much trouble concentrating since I went back to school? Everything seems so difficult!"

Going back to school can be tough for everyone, but there are some common aspects that everyone experiences, whether they are in first grade or their second year of college. I have recently been offering answers for hundreds of parents and teachers during this first month of classes. Social anxiety, difficulty focusing and concentrating, poor memory, fatigue, vision issues are all very common symptoms. So here are my suggestions and remedies to help.

Diet - the school year is not the summer. That means that a healthy breakfast, high levels of proteins and fats, little to no sugar or starch, low carbohydrates in general, will all go a long way to helping with many adjustment symptoms. School schedules don't provide regular meal times that make sense, so having some food before they leave for school, again when they come home from school and then having a regular dinner are important regardless of a school lunch that is often too early, too late, too quick or simply unhealthy.

Screen Time - more and more schools are insisting on the use of iPads, laptops, digital media and even log-in homework assignments. Limiting excessive screen time is important as is the use of blue light filter glasses to reduce the effects of screen light. No kid wants a limit on their screen use, but it will make a difference with vision, mood, sleep and energy.

Sleep - it is essential for every student to get 7-8 hours of solid sleep at night. This means shutting off the screens at a reasonable time (even if you have to force their phone to remain in the kitchen), removing distractions in the later evening and really working on a decent bedtime depending on when they have to get up in the morning. It can't just be letting them stay awake until they fall asleep which may have been great during the summer, but won't work during the school year.

My favorite remedies for every challenge a student faces:

- Bacopa Complex** - to enhance memory, recall and learning new concepts.
- Tryptophan** - to deepen and normalize sleeping schedules.
- Anxious Brain** - to reduce social anxiety and anxiety in general.
- Dynamic Brain** - to support and enhance higher brain function.
- Focus** - it does just what it says in a big way.
- Echinacea Premium** - the best way for everyone to stay healthy and disease free no matter what they are exposed to!
- Spectric** - for anyone experiencing social communication problems or repetitive movements.
- Elevate** - to raise mood and lift depression.
- Intimate** - to increase social relationship cues and establish friendships.
- Tuna Omega Oil** - there is no better essential fatty acid to enhance brain function.
- Celeragesic** - a great way to reduce headaches and body aches.

Check out Dr. Clickner's latest article and blog posts on
Understanding Viruses
Closed Head Injuries
Getting Sick Can be a Good Thing
Body Control vs. Body Balance

Click on the links below!

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Our Holiday Clinic Schedule

Thanksgiving - We will be open our normal hours in Westborough on Wednesday, November 23rd and Saturday, November 26th. Phones and product orders will be closed Thanksgiving day and Friday. Calls will be returned Saturday morning.



Christmas - Holden will be closed from Wednesday, December 21st through Saturday, January 7th. We will reopen on January 8th. Westborough will be closed from Thursday, December 22nd through Sunday, January 1st. We will reopen on January 2nd.

Phones and product orders will be closed on the Westborough schedule. Online ordering will still be available to you.

For products or to schedule an appointment please contact Cheryl at our Reception Desk (617) 505-3585 cbnreception@gmail.com

Visit our main website for lots of helpful information at www.consciousbodynatmed.com

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