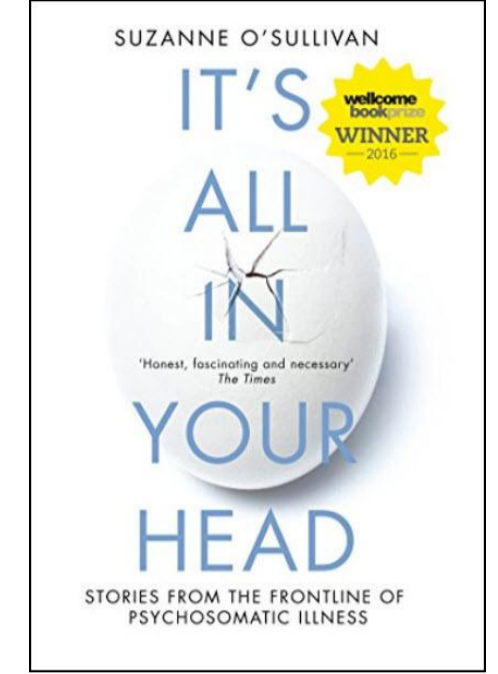


Start Here

Functional disorders

- The answer to your problems may be explained in the book to the right.
- It costs about £10 on Amazon.
- A price worth paying to find the answer that no doctor has been able to find? Here is the bottom line.
- There is no physical reason why you should have the symptoms you have.
- That's why the tests are pretty much normal.
- If you imagine a computer. The problem is with your software programmes, not the hardware of your computer.
- The actual problem is with the mind, not the body.



- So you are saying, 'It's all in my head'.
- You're saying I'm making this up?
- You're saying I'm a liar?
- You think I'm doing this on purpose?

- Let's be clear from the beginning so we both know where we stand.
- There are 3 types of something being 'in your head'.

- Functional disorders.
- These are subconsciously generated.
- People are confused why a disease can't be found with all the tests they have had.
- This is likely what you are feeling.
- There are lots of other names for this condition e.g. medically unexplained symptoms, conversion disorders, psychosomatic illness, pseudo seizures, non-epileptic seizures, somatisation etc etc.

- Fictitious disorders.
- You are lying, but you are doing this to get support or attention.
- Sometimes you are unaware of your behaviour and cannot control it.

- Malingering.
- A deliberate lie to get a financial gain, win a lawsuit, get family to take care of you.
- It is illegal, and you can get prosecuted.

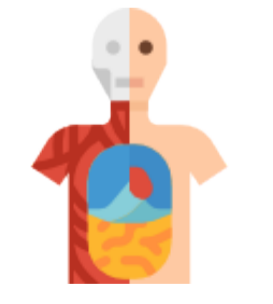
- You are in a bad place.
- I hope you stop, for your sake and those around you.

- This is the type which can be helped.
- This is the type which can be cured.

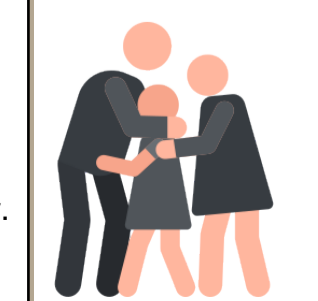
- So how should a doctor find the liar from the genuine?
- How should they spot the fictitious and malingerer?
- They shouldn't.
- They should make the assumption that their patients suffering is genuine.
- It's true that there are some, who have the satisfaction that they have fooled the system. Those that are actually fictitious and malingering.
- But it is better to miss the rare dishonest few, than to be suspicious against all the patients that the doctor encounters.
- The accusation of faking can be damaging forever.



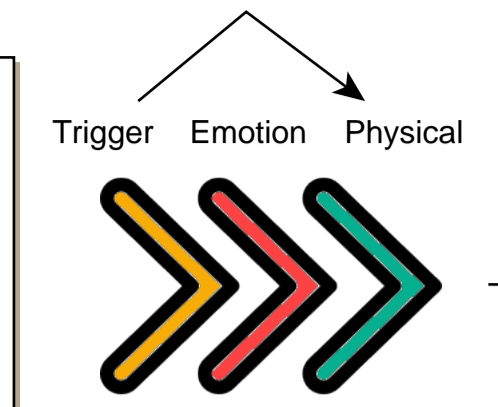
- So I agree with you.
- Your symptoms are real. You are not lying. You are not making it up.
- However, there is no physical cause for the symptoms to occur.
- Then why am I having the symptoms then? It doesn't make any sense.
- There has to be something wrong, else why as I getting the symptoms.



- Imagine this scenario.
- Your sitting at home watching TV with your family.
- The phone rings.
- You pick it up and say 'Hi'.
- The person on the other end can barely get their words out.
- They tell you that your grandmother has died.
- You cry. There is 'water' flowing out from your eyes.
- All that happened was some sounds coming out the phone held to your ear.
- An emotion in the brain/mind, causing a physical symptom.
- There is nothing wrong with the eyes, there is no disease of the eyes, but you are getting the 'symptom'.



- If an unpleasant emotion has been converted into a physical symptom, you might not even know it existed in the first place.
- So you're saying I might not know I am stressed. The stress skipped my brain, and turned directly into a physical symptom.
- Yes, that can, and does occur.
- Often people say, I'm not the type of person that would allow stress to cause symptoms. I'm a strong person. I don't do stress.
- And that is the whole point. By not 'doing stress', you allow the trigger to show itself physically instead of psychologically.



- This is the toughest barrier to this whole topic of functional disorders.
- Some people have a clear trauma/trigger for the functional disorder to start.
- And for these people, it is easier for the doctor and the patient to accept the possibility of it being a functional disorder.
- But many others do not have a clear cut trigger
- They cannot pin point anything in their life that is really stressful.
- They are happy in their relationships, work, finances, mood etc.
- They have had tougher times in the past and nothing happened then, so why would it happen now?
- So how can it be in their mind. How can it be psychological?
- There is no easy answer to this.
- So how can we be confident in calling it a functional disorder then?
- Because the tests are normal. The body is not diseased. The hardware is normal.
- And that's the key. All the important tests need to be done first before we talk about the possibility of functional disorders.



- Ok.
- I accept that the mind can have an emotional feeling or thought, and then a physical change can occur in the body.
- But I don't have an emotional trigger for my symptoms.
- No one has told me a relative has died.
- I didn't see a boy dying on the road after being hit by a car.
- I don't get scared on aeroplanes.
- And although I definitely don't want that tarantula crawling on my face, I'm not freaking out.



- I hope you can see that the mind causes physical symptoms all the time.
- It's normal for that to happen.
- It happens to all humans.
- There are some people reading this that are feeling uneasy just because there is a photo of a tarantula on the screen. They know it can't jump out of the screen and start crawling on their face.
- For these people, hairs on the back of their neck are standing up.
- They might become aware of their heart beat all of a sudden.
- They are a little scared. They think they can feel something crawling on their leg.
- Another example of brain/mind causing a physical change in the body.
- It's normal.



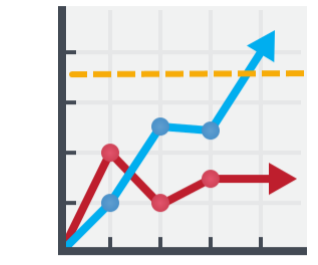
- You are holding onto the seat's arm rest.
- You look through the small window out onto the runway.
- As you listen to the air hostess go through their well rehearsed explanation, of what to do in an emergency, you begin to feel unwell.
- Your heart is beating fast, your mouth is dry, your throat feels like it is closing up, breathing is an effort, you cant get air into your lungs.
- You are having a panic attack.
- There is nothing wrong with the body, but you are getting the 'symptoms'.



- You are walking back home from the local shop.
- You are close to your front door.
- You hear the wheels of a car screech and skid, and then a loud thud.
- You turn around and see a young boy lying on the road and his twisted bike next to him.
- Your heart is pounding and feels like it is going to burst out your chest.
- An emotion in the brain/mind, causing a physical symptom.
- There is nothing wrong with the heart, but you are getting the 'symptom'.



- This has got nothing to do with being a weak person.
- We are ALL at risk of developing functional disorders. If we are pushed far enough we can ALL develop it.
- But we all have different limits before that can occur.
- It is possible that having suffered abuse as a child, losing a parent at a young age, getting mixed up in drugs and alcohol and stressful work and relationships can push you much closer to your limit.
- But there will be individuals who have suffered all of the above and they still do not have any functional disorders.
- And others who will have just one of the above and they will develop functional disorders.
- It's to do with what pushes US too far and crosses OUR limit.
- The limit is different for each of us.
- There may, or may not, be a clear trigger for this illness you have now.
- A psychiatrist can help find some type of answer to your question.
- But please note. Sometimes there is no single answer, because there is no single cause.



- Psychiatrist!
- So you want me to lie on a couch and speak to a doctor who thinks I'm mad.
- No.
- But a psychiatrist is the specialist who helps with the mind.
- This is an illness that is originating in the mind.
- That's why a psychiatrist can help, if you want help.



- So how come no other doctor has ever said I have this so called 'functional disorder'.
- What makes you so clever.
- I've been told I have a disease by consultants with years of experience in their speciality.
- Good point. But yet here you are with the same symptoms. You are not any better.



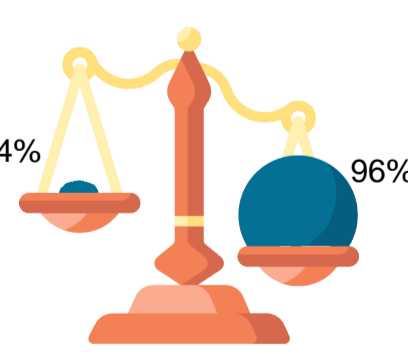
- A good question though, 'why don't doctors diagnose 'functional disorders'.
- For lot's of reasons.
- Let's go through a few of them.
- Because they might think it's better to treat with medication, 'just in case'.
- The mistake of offering a disease label 'just in case', has resulted in many patients taking medications and their risks and side-effects for years (or a life time) with no improvement in the symptoms.
- Would you accept a doctor treating a broken bone with just pain killers?
- No doubt it will work for a short while.
- But it's not actually treating the real problem i.e. the fractured bone.



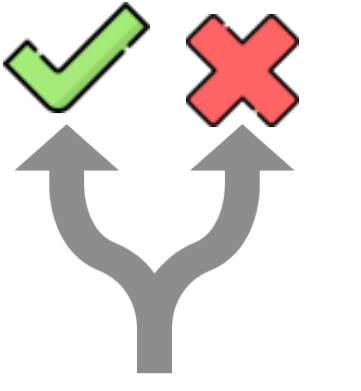
- Doctors might worry about the anger that will be directed at them by the patient and their relatives.
- But protecting a patient in this way is not in the patients best interest if they are in fact being denied a diagnosis that can actually be treated correctly.



- Doctors are scared of getting it wrong, and later on maybe we will prove a physical disease. And the lawsuit that could follow.
- But how often does that actually happen?
- Just 4% of 'functional disorder's' are wrong.
- Just 4% actually have a physical disease rather than it being functional.
- So the real question to ask yourself is...do you want to go on living your life as if you are in that tiny 4%?
- Or do you want to have a think about the fact that you are more likely to be in the 96% category where the diagnosis of functional disorder is correct.
- By not giving the correct diagnosis of functional disorder, you are being harmed by doctors.
- By not accepting the diagnosis of functional disorder you are harming your chance of recovery.



- This is not a summary of the entire book.
- It's just to offer you another path if you wish.
- You have to be ready and open minded to this totally different way of thinking about your mind and body.
- So please ask yourself the following:
- Are you fed up with all the medications you have tried that have failed to help you?
- Have you been down enough dead ends?
- Have you had enough tests that get you no further to feeling better?
- Are you frustrated with all the expert doctors you have seen, but seen no benefit from.
- Are you tired of feeling the way you do?
- If the answer is 'Yes', then please read the book mentioned or something similar.
- I sincerely hope you and those around you, start to feel better soon.



- But the treatments I've had previously do work...for a short time.
- I'm sure they do.
- It's not the treatment that is working.
- It's the mind taking away the symptoms for a brief time.
- Or the mind stopping one symptom and starting another instead.
- It makes it look like we are on the right track in prescribing medications and suggesting other treatments.
- The symptoms always come back, don't they.
- Hasn't that been the case so far with you as well?
- You think you are on the mend, and then you are back to square one.
- We are treating the wrong condition.
- You are receiving the wrong treatment.



- The mind can cause any symptom to occur.
- For some people it stops them moving their legs and they end up in a wheelchair.
- For other's it makes the fingers in one hand curl up and dig into their palm.
- It convinces people that they cannot swallow.
- It causes the voice to stop working.
- It makes an arm jerk and move by itself.
- Eye's close involuntarily and no amount of reassurance (or pleading) can make them open.
- It makes people have seizures where their entire body is shaking violently and looks like they are going to die.
- Almost any function of the body can be affected in any way.
- Even in one person the functional disorder can change how it shows itself, over minutes, hours or years.



- You are saying I'm bringing this onto myself.
- I'm to blame.
- It's my fault.
- But how can I accept I have a functional disorder, if I don't even believe I have it?
- How come so many different symptoms can happen if it's all down to the mind causing it.



- What harm?
- Once a patient has wrongly been given a diagnosis of a disease, the chance of recovering quickly falls.
- The patient and doctor, will lose face if they give up that diagnosis and move to another diagnosis instead (if they move to the correct diagnosis).
- What will your family say, what will work say, what will people think?
- So they stick to their guns, and often go along a path of misery, month after month, year after year. Some continue along the wrong path until they die.
- And here's the funny/sad part.
- With the correct diagnosis a patient can be cured of their functional disorder.

