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HOW TO SPOT Hidden Health Problems

HOW TO SPOT HIDDEN HEALTH PROBLEMS

by



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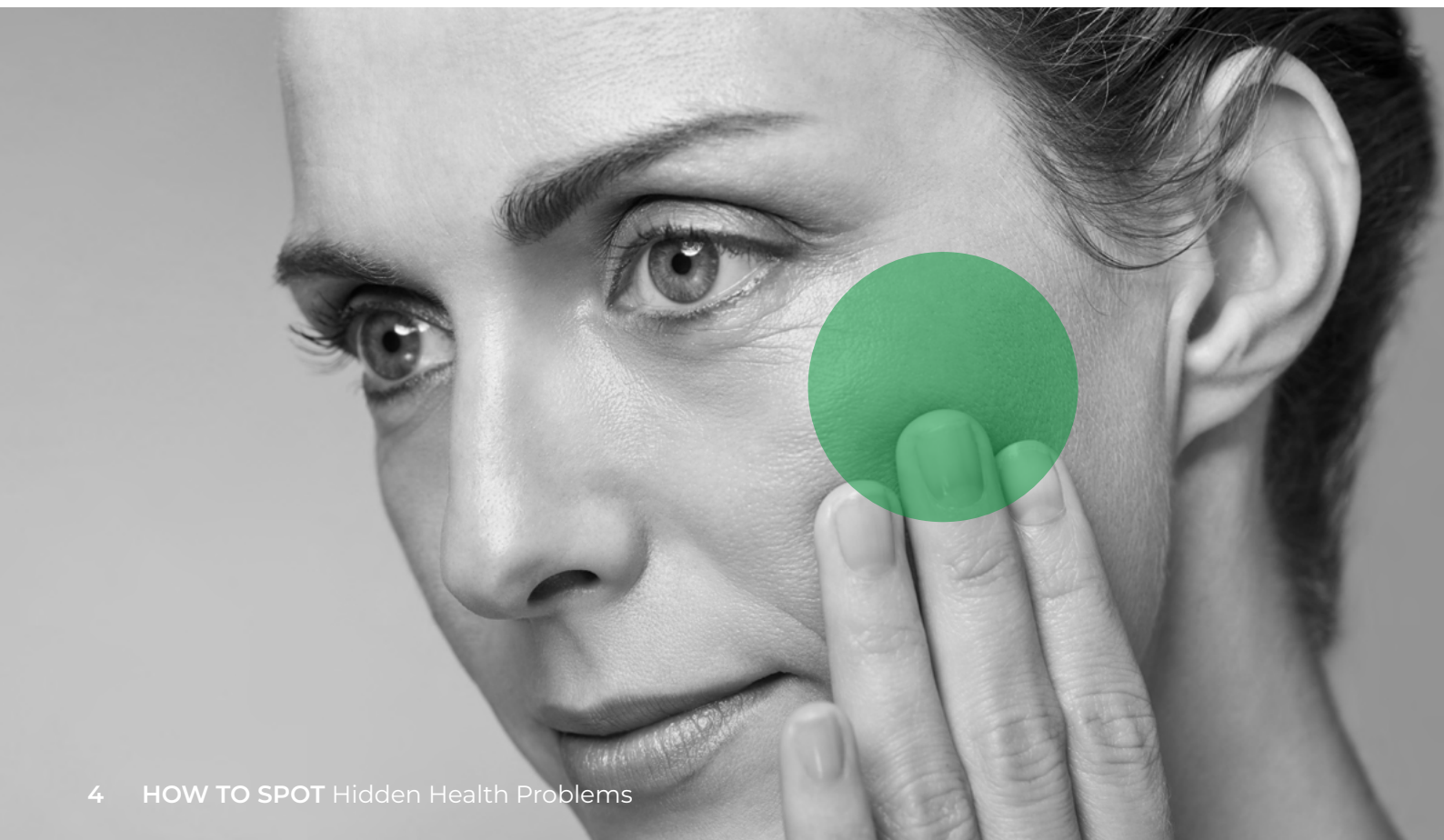
Introduction

Many people have to deal with eczema, as it is a very common skin condition. It is estimated by the National Eczema Association that **31.6 million people in the United States alone have some type of eczema¹. That's around 10% of the country's population.**

Eczema happens when the protective barrier of the skin is not as strong as it should be. When you don't have a strong barrier, it means that moisture tends to escape more easily. **It also allows viruses and bacteria to have an easier way into the body.**

This can lead to flaky, dry, patches of skin on the face, hands, inside the elbows, and behind the knees. People are often prone to flare-ups, which could occur for any number of reasons, such as dry skin, stress, and environmental irritants and allergens².

Below, we will be looking at seven of the best ways to deal with the length and severity of flare-ups. When you start using these methods and you are taking the proper supplements, **you may even find that you have fewer serious issues with eczema.**



What This Report Will Help You Understand

In the special report that follows, you will learn how to spot your **body's S.O.S. signals**, so you can treat and even **IMPROVE** health problems you might be facing. We'll be covering a range of different types of problems that a lot of people simply disregard or never even notice in the first place.

You'll find that paying more attention to your body could help you catch problems before they start to get a lot worse. In the pages that follow, you'll learn more about those aforementioned "little things" you might otherwise overlook.

Uncover Potential Hidden Health Problems

In most cases, people aren't going to miss the big warning signs that indicate trouble with their health. Instead, **it's the little things that tend to slip past you, things that you wouldn't even notice** if you weren't specifically looking for them.



Lymphedema


The lymphatic system is part of the immune system. **Lymphedema occurs when the lymph fluid doesn't drain properly.** This refers to the swelling of tissue caused by a buildup of that protein-rich fluid that would normally be drained by the body's lymphatic system.

Most of the time, this will affect the arms or legs. However, it can occur in other parts of the body, such as the abdomen, chest wall, genitals, and neck.

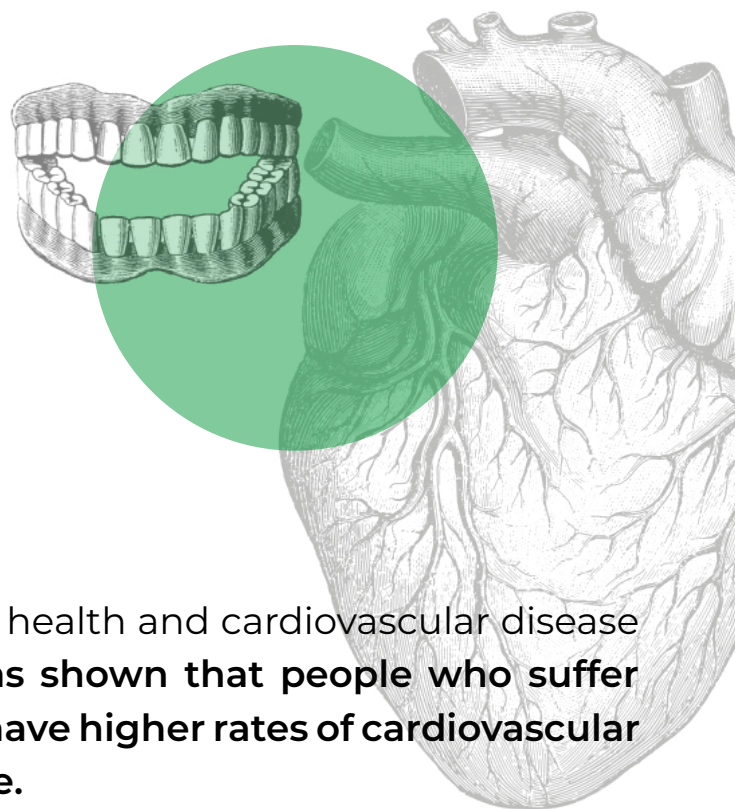
Some of the common signs and symptoms of lymphedema include swelling in the above-mentioned body parts, a restricted range of motion, recurring infections, and a feeling of tightness or heaviness. It may also cause fibrosis, which is the hardening of the skin.

Lymphedema could occur due to a range of reasons. It may be caused by cancer, which could block the lymph vessels. Ironically, it could also be caused by some treatments for cancer including radiation and surgery to remove lymph nodes to determine whether cancer has spread. Surgery doesn't always result in lymphedema, though. Although it is less common, it can be an inherited condition.

Some of the risk factors for developing lymphedema include rheumatoid or psoriatic arthritis, older age, and carrying excess weight.



When it goes untreated, it can lead to a range of health complications including **skin infections, skin leakage, sepsis, and cancer.** You need to pay attention to swelling and other changes in your body. Seek out the advice of a medical professional if you feel you may be suffering from lymphedema. The sooner you act, the better.



Bleeding Gums

You probably aren't aware, but poor oral health and cardiovascular disease have a strong connection. **Research¹ has shown that people who suffer from gum disease or tooth loss tend to have higher rates of cardiovascular issues including heart attack and stroke.**

You might be thinking that this sounds strange. How could your gums have anything to do with your heart? While the researchers are still trying to narrow down the cause, they have developed several theories as to why this happens.

First, they feel that the bacteria that infect the gums and that cause issues like periodontitis and gingivitis can also travel to other blood vessels in the body, which can then cause inflammation and damage. This could result in small blood clots, heart attack, and stroke in some people.

Others feel that it could be the body's immune response to the gum problems, which tends to be inflammation. This could then create vascular damage.

There is a third theory, as well. Some believe there isn't a direct causal connection between gum disease and cardiovascular disease. Instead, it's believed that those who are not taking care of their teeth and gums likely have other bad habits, such as smoking or eating unhealthy foods.

Regardless, bleeding gums are a sign that something is wrong in your body. You will want to take better care of your oral health and consider whether there are any other habits you have that **could be contributing to heart issues down the road.**

Additionally, if you have bleeding gums, it would be a good idea to talk with your doctor about your heart health, just in case.

Weak Fingernails and Ridges on the Nail Beds

Take a moment to look at your fingernails.

Do they have ridges in them? Are your fingernails weaker or more brittle than they used to be? If you have vertical ridges on the nails, it's generally not a problem. Most often, this is simply a sign of aging. If they are brittle, it could also be due to aging or a poor diet.

However, if you have deep horizontal ridges running across your nails, it could be a symptom of a more serious condition that sometimes gets overlooked or misdiagnosed.

These are called Beau's lines². The lines could end up stopping nail growth if the underlying condition isn't treated.

When Beau's lines appear on all of your nails, it could be a symptom of **unmanaged diabetes, mumps, parathyroid disease, syphilis, kidney disease, respiratory conditions, or zinc deficiency.**

If you have Beau's lines, your best course of action is to speak with a healthcare professional to get checked out. They should be capable of diagnosing the cause and can put you on the right treatment path. If they tell you not to worry about it, make sure you get a second opinion. As mentioned, this problem does sometimes result in non-diagnosis or misdiagnosis.



A Red Tip of the Tongue

Now, head to a mirror and stick out your tongue to get a good look at the tip. If you notice that it has a **brighter, redder tip when compared with the rest of the tongue**, it could be an indication of stress and insomnia according to traditional Chinese medicine. **In Chinese medicine, the tongue refers to the heart.**

Think about how you have been feeling. Are you more stressed? Have you been feeling heart palpitations and a sense of nervousness? Are you tossing and turning at night? The redness in the tongue could be a warning sign of these problems that you will want to address.

Therefore, you will want to find some ways that you can deal with your stress and your sleeping problems. **Exercise more often, meditate, talk about your emotions, go for a relaxing walk in nature, and remove stimulants like caffeine.**

You should also set up a better sleep schedule. Get to bed at the same time each night, and make sure your sleeping environment is conducive to getting to sleep. The following tips can help.

- *Stay off the phone and away from the TV for at least an hour before bedtime*
- *Don't drink caffeine for at least eight hours before bedtime*
- *Keep the room cool and dark*
- *Consider listening to nature sounds, such as rain*
- *Sleep and wake at consistent times*
- *Consider a melatonin supplement³, as it helps the brain to relax and get ready for sleep*
- *Don't eat late in the evening*
- *Take a warm shower before bedtime*

These are some simple ways that you can start to get your sleep schedule back on track.



Back Pain

Most people have had at least some back pain in their lives. It could've been from a hard day of work or overexerting yourself. However, if you have frequent or chronic back pain, it could be a sign of other health issues that you do not want to ignore.



Back pain is associated with a range of health conditions including **arthritis, scoliosis, spinal injuries, muscle injuries, herniated discs, kidney stones, and infections, for example.**

It might even be a sign you are dehydrated⁴. Drinking enough water can help to ensure that there is enough cushioning in the discs between your vertebrae. **Being hydrated can help to reduce feelings of pain, as hydrated discs can help to remove pressure from the nerves in the back.**

Of course, hydrating is not a way to fix all of your back problems. If you have any issues or pain in your back that doesn't go away, even if you feel that the pain is minor, it's better to talk with a doctor.

Sometimes, OTC meds will be all you need to allow your back to get pain relief while it heals. **Other times, though, it may be a sign of the problems mentioned earlier.** It's better to be safe and speak with a professional.

Pains in the Neck

If you have pains in your neck or a stiff neck, it's not necessarily a sign of a major problem. **Sometimes, it's associated with muscle pulls from turning your neck too far or too quickly, or straining.** This type of pain will often go away relatively quickly and can be masked with some OTC painkillers.

However, if the pain in your neck is severe and chronic—and you haven't been in an accident—it could be the sign of a deeper problem. **It could be a sign of meningitis. This is a neurological condition that causes the membranes around your spinal cord and brain to inflame.** It's often caused by a virus or a bacteria, but it could be caused by parasites or funguses. **It may also be an indication of cancer.**

Viral meningitis will often be treated with fluids and rest. However, bacterial meningitis is far more severe and will often require prescription medications and hospitalization. In some cases, it can lead to death.

Meningitis neck pains often feel like severe stiffness when you try to bend or turn your neck. It can also cause throbbing pain in your neck and upper back. The area may also feel tender.

Some people are at a higher risk of meningitis. **This includes infants, children in daycare and school, those who are 65 and older, people who live in group settings, those who are immunocompromised, and those who have alcohol use disorder⁵.**

If you have this sort of neck pain that doesn't go away, don't ignore it. Talk with a doctor and get your diagnosis to determine whether you are suffering from meningitis or something less severe.



Small Red Bumps

If you have noticed that you have some small red pimples or bumps on your skin, you might not think twice about it. Most of the time, it's nothing more than a rash that goes away after a day or so. **However, there is a chance that the problem could be the first sign of something substantially more severe.**

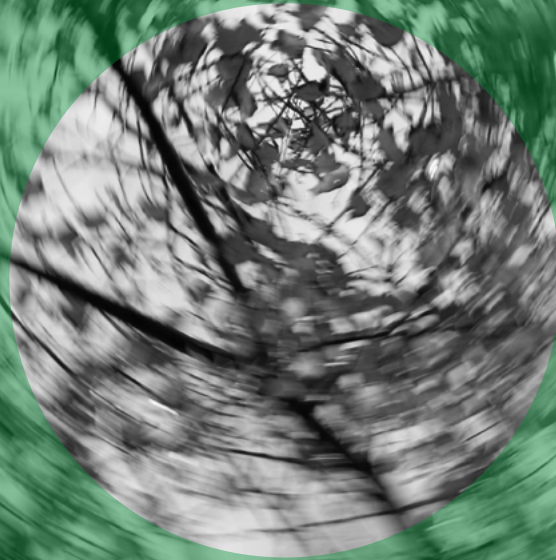
Methicillin-resistant *Staphylococcus aureus* (MRSA) is a staph infection that is very difficult to treat because many antibiotics do not work to clear it up⁶. These types of infections can also spread easily. This, combined with the fact that people don't often recognize the symptoms because they start out so mild, is a problem. **When left untreated, it can lead to sepsis or death.**

While the infection starts as small red bumps on the skin, they can start to become painful and may be filled with pus or other types of drainage. Additionally, it may be accompanied by a fever.

While you will need medical attention to help clear up MRSA, there are certain things you can do that will help to reduce your risk of being infected. **Always maintain good body and hand hygiene, keep wounds covered until they are healed, and don't share personal items like towels or razors.**

If you feel that you may have an infection, get care immediately. **As always, you want to be safe, not sorry.**





Fatigue

We all get tired. It might be a long day at work or a long day of play. However, after getting enough rest, your energy should be replenished. Of course, that doesn't always happen. **Some people feel tired much of the time, and they just think it's because they are too busy or working too hard.** While that might be the case, it could be an indication of deeper problems. This is why it's often so hard to realize when your tiredness is more than par for the course.

You have to pay attention to how you are feeling throughout the day and when you are waking up in the morning. **If you don't feel refreshed and renewed day after day, even when you are getting seven to eight hours of sleep, it could be a serious issue.**

When you find that you are too tired to function properly and rest doesn't help, it could be a sign of a life-threatening illness, such as diabetes⁷, heart disease⁸, or cancer⁹.

Of course, we all hope it's not as serious as this, but you need to be sure. You need to talk with your doctor about your chronic fatigue. **They can help you get to the underlying cause of your tiredness, so you can start getting the treatments you need.**

Conclusion

The information in this report provides you with some knowledge that a lot of people don't have and never bother to learn because the health issues they are seeing might seem minor. By now, you know better. **There's no such thing as a small problem. You need to be sure that you pay close attention to your body and the signs it's showing you.**

These early indicators will help you to get ahead of these issues, so you can start taking better care of your health right now. Of course, these are just some of the indicators that your body might be displaying. **Always pay attention to your health and physical changes.** Speak with a doctor whenever you aren't sure of the problem, just to be on the safe side.

A little attention and prevention will go a long way in making sure you stay as healthy as possible.



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