

Chiropractors Tampa, Gluten Problem

Dr. Steve Edelson, (813) 831-8321 has been treating patients in the south Tampa area for many years and claims a high success rate with helping people to solve the underlying cause of most aches and p

Recently a chiropractor friend opened my eyes to what was happening to me. Being a chiropractor myself, I am focused on helping others feel better, and yet something bad was happening to me and I did not have a clue what it was. When ever I ate, I felt horrible. For the last few months, the dinner meal was usually the worst, resulting in high blood pressure, and feelings like I was going to die. Yes - it felt that bad! My head would spin, my chest would hurt, and I could not sleep. Food would tend to just sit in my stomach for hours and hours and instead of digesting it, it made me nauseous. I took digestive enzyme and probiotics. I even took KM, a liquid PH balancing supplement. I had to get on high blood pressure pills and then had to add sleeping pills in order to get a good nights sleep (or any sleep really).

Before this all started I was feeling great. In fact, I was exercising regularly, increasing my repetitions of push ups and sit ups almost every morning. Then one day after exercising I got a headache. It would not go away no matter what I did. I tried chiropractic, massage, over the counter medicine, and even prescriptions. The one thing my D.O. noticed was that my blood pressure was way up. And so - I began my life on blood pressure pills. The head ache stopped (sort of). I can occasionally still feel it in the back ground, but only a shadow of what it was (it was very bad). Then my problems began to get worse - just without the head aches (see above for a reminder).

My chiropractor friend listened to what I was going thru, and he has been trying to help me thru it. He has been studying Celiac disease and problems with gluten and suggested that this sounded like what I was going thru. After researching it, it seemed right. Sometimes you know the truth when you hear it, and this seemed to hit the nail on the head. Gluten is a by product of wheat and barely types grains. It is in a majority of food that is processed. It is in breads, pastas, and it is even a binder in many prescription drugs and supplements. Gluten laden products will damage the celia in the small intestines (hence the name Celiac disease). This adds to the inability to digest food. I have since tried my best to avoid any and all foods that might have gluten in it (quite a challenge). The good news is that I feel a lot better, and I have all ready lost 15 pounds. Full recoveries are common when the individual goes on a gluten free diet.

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