

# Table of Contents

Foreword . . . . .	vii
Acknowledgements . . . . .	ix
Introduction . . . . .	xi
1. Understanding the Diagnostic Process and Its Limitations. . . . .	1
2. Understanding the Human Body . . . . .	9
3. How to Observe Your Symptoms . . . . .	14
4. Toxic or Irritating Substances that Cause Symptoms . . . . .	23
5. Stress as a Cause of Your Symptoms . . . . .	39
6. A Diagnosis Can Be a Barrier to Finding the Real Cause of Symptoms . . . . .	51
7. Illness as a Way of Life . . . . .	58
8. Self Infliction and Feigned Illnesses: The Most Puzzling Symptoms . . . . .	71
9. Alcoholism: The Hidden Disease . . . . .	85
10. Some Concluding Thoughts and Advice . . . . .	90
Appendix I. Some Diagnoses You Never Want Missed . . . . .	96
Appendix II. MAST: A Diagnostic Test for Alcoholism . . . . .	101
Appendix III. Format for Diary for Recording Symptoms* . . . . .	107
Appendix IV. Share Your Experience and Success with Others* . . . . .	123
About the Author . . . . .	125

---

\*Forms in this appendix are downloadable at [www.cablepublishing.com](http://www.cablepublishing.com).  
Click on Puzzling Symptoms and scroll down to the button.