

# The Top Underlying Health Threats Most Overlooked

**1) Dental Problems:** Your mouth is the gatekeeper and first line of defense for your health. Root canals leave behind dead teeth often causing infection in the body; mercury found in fillings can cause many chronic conditions; wisdom teeth, if not healed properly, can cause cavitations (a reservoir of infections from viruses and bacteria); and titanium implants, in the mouth or elsewhere, can trigger hypersensitivity and create an autoimmune process in the body.

Find an Integrative Dentist at [www.IAOMT.org](http://www.IAOMT.org)

**2) Parasites:** Yes, we ALL have them! Intestinal parasites are a major cause of chronic symptoms and can cause multiple digestive issues.

Unfortunately, many medical doctors believe intestinal parasites are only picked up in tropical countries. One of the most common parasites, *H. pylori*, is spread from person-to-person through kissing and sharing utensils. You can also contract *H. pylori* from the consumption of contaminated water or food. Find more info from [Dr. Todd Watts](#) “The Parasite Guy”, [Evan Brand](#) CFMP, FNTF., and [Dr. Daniel Pompa](#).

**3) Fungal Infections:** Systemic fungal infections (yeast overgrowth, Candida) are often overlooked by most doctors. If you have leaky gut, the fungus can enter the bloodstream and travel, affecting every area of the body. Heavy antibiotic use can increase fungus in the body and kill off any good bacteria you have in your gut to fight off the candida and yeast. A comprehensive stool analysis, candida antibodies test, or Organic Acid Test can provide valuable information.

**4) Emotional Trauma:** Unresolved trauma is an underlying contributor to countless physical illnesses. Trauma stays in our body as energy, affecting our health until we uncover it and process it. Healing trauma can be intimidating and intense — here are three experts in the field:

- [Dr. Bradley Nelson](#), author of *The Emotion Code*.
- [Dr. Aimie Apigian](#), renowned attachment and trauma specialist.
- [Dr. Darren Weissman](#), founder of *The Lifeline Technique*.



**5) Interference Fields:** Surgeries, injuries, scars, traumas, and injection sites cause Interference Fields (IF) which are essentially the energetic scar that remains once the tissue heals. An energetic scar will eventually manifest a physical symptom. Scars can also affect lymph and fascia—bands of connective tissues that surround the muscles and organs in the body (think Saran Wrap.) Bottom line: if you have an IF, you can eat all the best nutrition and not absorb any of it. The same is true for other efforts such as exercise, massage, chiropractic, medication, and sleep. Look into massage or neural therapy which is an injection therapy that breaks down scar tissue.

**6) Lyme disease:** This is so tricky because the general public and most MDs share the opinion that you need to be bitten by a tick and have a bullseye rash to get Lyme. Research shows you can be infected by mosquitoes, spiders, fleas, and even your mother's birth canal. And there are multiple co-infections that affect various parts of the body, making it even more challenging to diagnose. My boys were diagnosed with ADHD but it turned out they were experiencing pediatric Lyme symptoms. Lyme disease is often the root cause of or mimics several autoimmune disorders such as ADHD, RA, MS, Lupus, Sjogren's, Fibromyalgia, and more. Look for an LLMD (Lyme-literate MD) for the most accurate testing and treatment.

[www.lymedisease.org](http://www.lymedisease.org)

**7) Mold Exposure:** Studies show that more than 50% of homes and more than 85% of commercial buildings in the U.S. have water damage and mold. In addition, more than 25% of the population carries the HLA-DR gene (myself included) which makes it more difficult for them to excrete mycotoxins from mold. This can trigger an out-of-control inflammatory response called Chronic Inflammatory Response Syndrome (CIRS) causing a multitude of symptoms including sinus/respiratory issues, loss of balance, dizziness, headaches, heightened sensitivity to all your senses, irregular heartbeat, joint pain, skin rashes and more. Great resources: [www.survivingmold.com](http://www.survivingmold.com) [www.dr cristina.com](http://www.dr cristina.com) [www.betterhealthguy.com](http://www.betterhealthguy.com)



**8) Breast Implant Illness:** This is almost always overlooked as a potential cause for your symptoms. Each woman is unique and many have no issues at all but there are some who have experienced symptoms soon after having their breast implants inserted and others did not until years later. I had my implants removed in 2021 and discovered one of the valves had mold which contributed to my symptoms. Symptoms of breast implant illness vary greatly and there are too many to list here.

A great resource: [www.dianekazer.com](http://www.dianekazer.com)

As you can see, discovering a root cause is complicated and multi-faceted!! Especially since some people have several underlying issues. Where do you even begin?! After reading this list, start with what you feel may be affecting you and go from there. Healing can be overwhelming. Breathe. Give yourself grace. You've got the grit to get through! And I'm here for you. Reach out through my social media @kathyhartgrit (Insta), @kathyhartgritology (FB), or email [kathy@gritology.com](mailto:kathy@gritology.com).

And please share this newsletter with anyone you know struggling with their health!

Future Grit Bits Newsletters will include:

- Getting Properly Diagnosed
- Detoxing Your Body and Environment
- Healthy, Easy Recipes
- Treating Lyme Disease
- Treating Mold Illness

Blessings and love,

Kathy