



## Are You Spasmophilic ?

By Dr Henri Rubinstein

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 140 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. You are fatigued in the morning as you rise: you feel depressed and anxious without reason. You feel too chilly or too warm, too hungry or not enough. You sleep poorly. Often you have muscular cramps, fluttering eyelids, tingling, contractions: all these indicate neuromuscular overstimulation one of the most evident signs of spasmophilia, which is also sometimes called chronic tetany. But these are not the only symptoms: from headaches dizziness, a feeling of blurred vision, to the visceral symptoms which concern the digestive, respiratory, vascular systems, as well as the genital sphere, the range is vast and often misleading. Certain subjects have several symptoms, others only a few. However it is important to detect an unrecognized spasmophilia - often by the doctors themselves - and to lead patients out of inextricable pathological situations. Spasmophilia is a metabolic disease which can suddenly become worse under the impact of a trigger factor such as stress, mourning, divorce, professional worries, etc. It is not an imaginary disease nor a mental disease. It is diagnosed with precision, and treated effectively. Certain rules of food hygiene,...



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