

This is an infectious sexually transmitted disease affecting the sex organs and the mouth.

What to look for

There are three stages of syphilis.

- **In the first stage**, 9 days to 7 weeks after having the infecting intercourse, ulcers and sores appear on the genitals, rectum, or mouth. Lymph nodes near the groin may be swollen as well.
- **In the second stage**, a non-itchy red rash may appear anywhere on the body. Sores may be around the mouth, sex organs or in the throat. You may have flulike symptoms. These symptoms may come and go if not treated.
- **In the dormant stage**, the infection if not treated eventually disappear. It could lay dormant for an indefinite period of time. You will show no symptoms and it is no longer infectious. However, women giving birth may pass the disease onto the child.
- **In the third stage**, which can start anytime from one year to many years later, serious disorders and diseases occur if the disease is still untreated. You may suffer from ulcers, paralysis, heart disease, blindness, deafness, insanity.

Syphilis is very serious, particularly if left untreated. In some patients, the symptoms and the disease clear totally and researchers do not know the reasons why. This disease always needs to be treated.

Causes

Syphilis is caused by a bacterium called *Treponema palladium*, which gains entrance to the body through minor cuts or abrasions in the skin or mucous membranes, most often during sexual intercourse. The disease is also transmitted during birth.

Traditional Treatment

If you are lucky enough to catch this disease early on it may be cured with antibiotics. But if the disease is left untreated, you run the risk of incurring irreversible damage to your heart or nervous system.

If you have syphilis, you will need regular check ups well after treatment has finished.

Dietary Considerations

Eat plenty of fresh fruit and vegetables and avoid high fat, salty foods. Eat a balanced diet and avoid high-fat, salty, processed foods, which may make your system too sluggish to fight off disease.

Personal Care

- Use acupressure massages, which may help rid your body of toxins.
- Eat a balanced diet to help build up your immune system.

Prevention

Always wear a condom while having sex.

When to seek further professional advice

- you experience any of the symptoms listed in the description section.