

Healing Fatigue and Feeling Alive

Are you starting the New Year tired, run down, stressed, fatigued? Perhaps it is time to check in with your health care provider to discover the cause of your fatigue and to receive an annual physical and labs.

Three common causes of fatigue include iron deficient anemia, hypothyroid and adrenal fatigue. A simple test for iron deficiency is a complete blood count (CBC) and ferritin, which is a measure of iron stores. Low ferritin is the earliest sign of deficiency. People at the greatest risk for iron deficient anemia include vegetarians, women whose menses result in heavy blood loss and pregnant or lactating women. When men or menopausal women are iron deficient, it is often related to gastrointestinal bleeding.

Fatigue is a common

symptom of hypothyroid and other symptoms include constipation, depression, cold intolerance, muscle cramps, itchy dry skin, brittle nails, dry hair, edema, menstrual irregularities and abnormal weight gain. The most common and sensitive marker to measure thyroid function is TSH, thyroid stimulating hormone. A high TSH is diagnostic of hypothyroidism. Whenever a patient has a high TSH, I always look for thyroid antibodies to check for an autoimmune disease.

Fatigue is the most common sign of adrenal stress. Other symptoms include being a slow starter in the morning, headaches with stress, craving sweets, caffeine, salt, experiencing a burst of energy late at night, inability to stay asleep, afternoon sleepiness, transient dizziness to name a few. Cortisol is the primary glucocorticoid released by the adrenals. Cortisol has

a specific pattern during a 24 hour period. The highest levels of cortisol occur in the morning and gradually taper down throughout the day and have their lowest level around midnight. Adrenal fatigue

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has significant effects on the body. When the adrenals are stressed and chronically producing more cortisol, the insulin receptors can become insensitive resulting in elevated insulin. When the adrenals are exhausted and cortisol is low, then low blood sugar cannot be returned to normal and the result can be reactive hypoglycemia. High cortisol has an effect on

active T3, the active form of thyroid hormone. Elevated cortisol suppresses the immune system and consequently decreases the ability to fight infections. Elevated cortisol has a negative impact on bone metabolism by affecting calcium absorption. As you can see the adrenals affect many of our body's functions.

The systems of our body are interconnected. The treatment of anemia and hypothyroid appear to be straight forward. Iron deficient anemia generally requires iron and also treatment of the underlying cause of the deficiency. Hypothyroid requires thyroid hormone. When an autoimmune condition is involved then calming the immune system becomes imperative. There is a thyroid adrenal connection and it is important to treat both for full recovery.

The treatment of adrenal stress is comprehensive and begins with lifestyle. The first step is to identify what is robbing your energy and what is supporting you. Increase what is supporting you and remove what is depleting your energy. The second step is to make sure you are getting adequate sleep. When sleep is an issue, it may mean that learning to relax is primary. Relaxation can

All's Well
Health for Body, Mind, Spirit

by Moira Fitzpatrick, PhD, ND



be induced through deep and slow breathing, hypnotherapy, yoga, creating a mantra or meditation. Creating a sleep ritual may be helpful such as setting a bedtime, taking an Epsom salt bath and drinking a calming tea. If you have a tendency to be hypoglycemic make sure you eat a snack that contains protein and a carbohydrate such as half a slice of whole grain bread and almond butter. Avoid caffeine containing beverages. Turn the computer or television off about two hours before you go to bed. When supplementation is needed for sleep, consider melatonin (0.25 – 1.5mg) taken 30 minutes before bedtime. Herbs which may help with sleep include Valerian, Passion Flower, California Poppy and hops. Lithium, L-Theanine, 5-HTP, Tryptophan and Vitamin B6 may help with sleep.

Stabilizing blood sugar is an essential part of healing adrenal stress. Diet is the foundation of blood sugar stabilization. This begins with a substantial protein based breakfast. It is helpful to eat every two-three hours and snack on foods

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Your Passion Is Your Currency

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These assets have the potential to create a broad richness of life including creating income opportunities. While this is true, the fact is that if they don't have a way that we can connect them to value, those words have no meaning for us. This is especially true when Wednesday night comes along and you're looking at your checkbook and you decide if you write this check it's going to deplete a great deal of your account.

We tend to be most familiar with financial capital, but recognize that well before someone invests money into a company, they have invested thought, intention and focus. In the material world, the idea of financial currency is really a collective figment of our imagination. It is a series of symbols and agreements as to what to do and we think it's real because we've found ways to measure it.

It's important to get in touch with the divine inside. The soul's currency is love, and it is this currency that creates fulfillment, love and abundance. When you begin to value yourself and what you have to offer, you will ultimately share with the world what is uniquely yours. When you use your

inner assets, direct them with intention and focus, you only need to add the source energy of love to harness the essence of source energy: spiritual capital. The feeling of love which is the soul's real currency is creative, connective and transformative. When you invest your spiritual capital, the return on investment is not just simply monetary but it opens up other possibilities.

To find out more about Ernie Cho and his book *Soul Currency* visit his website at www.soulcurrency.com.

Judith Campanaro is an art therapist who can be reached through her website www.judithcampanaro.com.

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