

Fighting Fatigue!



Feeling tired is a condition that is quite normal for young and old when it happens after exertion or exercise, and when the brain produces melatonin for us to go to sleep in the evening. However, *being* tired (chronic fatigue) is a health condition affecting an increasing percentage of the population. Although the reasons behind being tired may be multiple, you need only one reason to feel miserable every day, wondering what, if anything, can bring relief.

For decades, people have tried to self-medicate with stimulants in either pill or liquid form, whether legal or not, to meet deadlines at work, to keep up with relationships and commitments, and to be more productive in life. Others are self-medicating to suppress lingering pain, such as from migraines or arthritic conditions, or just to make it through the day.

While some may dismiss fatigue as being “all in their heads,” fighting it can be a tough and ongoing personal battle. Chronic infections, low-grade viruses, environmental toxins, hormonal challenges, improper diet or food allergies, over-

medication, trauma from physical and emotional abuse, suppressed emotions, sleep apnea or deprivation, and undiagnosed conditions such as vision problems, Lyme’s Disease, hypothyroidism, urinary tract infections, or even heart disease are all possible causes of chronic fatigue. Sadly enough, people are often dealing with these in combination.

Ann Boroach, ND, in her book, *Healing Multiple Sclerosis: Diet, Detox and Nutritional Makeover for Total Recovery* (annboroch.com), writes about her own battle with fatigue and multiple sclerosis at the age of 24, how she actually died temporarily, and how she discovered that her mercury fillings and her addiction to sugar had made her both toxic and full of yeast. The book describes in detail the number of disorders associated with Candida overgrowth, including chronic fatigue, fibromyalgia, and different autoimmune illnesses—and what needs to be done to overcome them for good.

Chronic tiredness opens the door to depression, anxiety, aches and to that constant feeling of being overwhelmed. It is actually one of the major reasons for

suicide. And on that note, we see an increase in suicide rates among our teenagers today, who are so overstimulated by schoolwork, sports, TV, high-carbohydrate snacks, and peer pressure, that the strain to perform and be successful has become unbearable for many.

Diagnosing fatigue correctly demands an open and honest mind from both patient and practitioner. The interview needs to be extensive, and bloodwork might be necessary to discover nutritional deficiencies, anemia, hormonal imbalances, and possible inflammatory responses, which may cause elevated levels of white blood cells and alkaline phosphatase. Have you been suffering from chronic pain, caused by injury or accident (car, sports, fall on the ice, etc.) or overuse (physical labor, repetitive work, or sitting down too much)?

There is also the need to address possible long-term trauma, marital and other relationship issues, self-esteem, depression, anxiety, fears from unknown causes, and anger spells, as well as addressing the possible causes for insomnia.

Keep in mind that daily stress has led people to find unhealthy ways to stay on top of their game. This has led to the regular use of both legal and illegal stimulants, often resulting in addictive behavior. This article is not about right or wrong, but simply addresses the complexity of the causes for fatigue. However, if you smoke (or have smoked) marijuana on a

regular basis, or if you use alcohol daily, or cocaine or opiates of any kind, and now you need more in order to feel the desired effect, then you must realize that your body cannot follow that course to anywhere other than self-destruction. If these are your concerns, then realize that there is hope as well as plenty of help in the form of answers out there.

Yes, there are plenty of supplements available to increase energy, such as B vitamins, whey or egg protein, ginseng, royal jelly, DHEA, yohimbe, gotu kola, guarana, ginkgo biloba, rhodiola and NoöRacetam (piracetam). These can help to accelerate the healing process, but they cannot be a replacement for dealing with the causes of the disorder.

If fatigue is caused by hypothyroidism (TSH >2.0, low Free-T3, and possible increased antibodies), then you may benefit from taking increased amounts of iodine, l-tyrosine, and a bovine thyroid glandular. If the thyroid is low because of adrenal fatigue, then benefits may be felt from supplemental herbs such as licorice, euleuthero (formerly Siberian Ginseng), rhodiola and an adrenal glandular from a bovine-sheep source. (The

adrenals lay on top of our kidneys and consist of the actual gland that produces the hormone DHEA, and the cortex that is responsible for cortisol production when we are under stress.)

Both the thyroid and adrenal glands are stimulated by the pituitary gland in the brain, that also helps the production of human growth hormone, estrogen, testosterone and progesterone. A weakened pituitary gland can have a devastating effect on energy production in the body.

There is also the possibility that fatigue may also be a result of a vitamin D3 deficiency. This hormone (often called a vitamin) improves mood, regulates glucose levels, helps the immune system, and aids in the metabolism of calcium and magnesium, both necessary to give us a good night's sleep.

And lastly, you can fight fatigue by starting a weekly exercise routine, which helps endorphins, hormones, blood flow, weight loss, muscle development, good looks and self-esteem! ■

I wish you lots of renewable energy in the New Year!



Jacobus is not a doctor and does not intend to diagnose, treat or cure any disorder. The information is based on self-study, interviewing experts on his weekly 3-hour Sunday morning Radio Program "Gesundheit! With Jacobus," which runs from 7-10 am, on AM 1450-KMMS and AM 1340 KPRK, and on feedback received from retail customers visiting his dietary supplements retail store Gesundheit! Nutrition Center at 2855 N. 19th Avenue, Suite N, in Bozeman (585-4668). If in doubt please visit a professional of your own choice and/or educate yourself with available published materials.



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