

Fatigue is Fixable

By Dr. Carol Ann Fischer, BS, DC, ND

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Women today are becoming burdened with ever increasing amounts of stress. Working women are also mothers, the head of their household, and the main income earners. Common complaints from these women are that they do not feel like themselves. They are fatigued, can't get their energy back, and they are tired of being tired.

Fatigue occurs when the body simply does not have the nutrients it needs to create the energy that is demanded of it. The Standard American Diet (SAD) of high carbohydrate and no or low fats does not provide adequate nutrition for the body to make energy. The body uses food to create the energy.

Twice as much energy is generated from a gram of fat compared to a gram of carbohydrates. The good fats have to come from a real food source, like fish, olive oil, butter, flaxseed etc. Women need to eat these fats in order for the body to make hormones and energy.

The feeling of stress, being overloaded and run down is usually an indication of adrenal insufficiency. Unwanted weight gain with a failure to lose weight, in spite of exercise and activity is usually an indication of thyroid insufficiency. Both the adrenals and the thyroid are also involved in energy production in the body.

The adrenal glands cannot produce the correct amount of stress handling hormones when the diet is deficient in minerals. The adrenal glands, located on top of the kidneys, are also involved in energy production and hormone balance. These glands need sodium to be balanced with other minerals. The best food source of these minerals is Celtic sea salt.

Fatigue is also the result of hormonal imbalance in the body. When the natural hormone precursors are missing, the body is unable to make the needed amount of hormones. The thyroid needs iodine, as well as many other minerals. A great source of thyroid support is kelp or dulse (seaweed).

Fatigue also comes from an exhaustion of the fuel that the body needs to make energy. Part of the needed fuel is "good" fat. There are also necessary catalysts and enzymes that help make the production of energy in the body. These are called vitamins and minerals.

The body cannot adequately convert food into fuel if any of the necessary vitamins or minerals are missing. The book "From Soil to Supplement" written over 60 years ago by Dr. Royal Lee, explains the link between the deficiencies in our health and the deficiencies in our food supply.

The goal is to get what the nutritional fuel that we need from our diet. Eating natural and fresh fruits and vegetables, balanced with proteins and complex carbohydrates provides energy for the body.

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Processed foods and fast foods do not supply energy to the body. Because these foods are missing nutrients, the body will then use stored reserves in order to metabolize these un-natural foods. Processed/fast foods ultimately rob the body of the nutrients, resulting in additional nutritional deficiencies.

Eating too many foods that are converted into sugar give the body short bursts of fuel, but not enough energy. Long standing diets high in sugar and refined, processed grains will create a deficiency of the vitamin B complex. Many of the B vitamins are required by the body to metabolize sugars.

The metabolism of sugar becomes difficult for the body without adequate intake of the whole food vitamin B complex found in brewer's yeast, rice bran and molasses. Hormonal imbalance then develops when sugar metabolism malfunctions. Women can have their energy to do all that they do. Fatigue can be eliminated for those who chose. Energy can be restored by simply making diet and lifestyle changes, and balancing hormones naturally.

We are fortunate today that we have the technology to measure nutritional deficiencies, sugar handling ability, and hormonal imbalances. We can determine individual nutritional needs using tools like hair analysis, saliva testing, and computerized nutritional analysis.

Both hair analysis and saliva testing can be done in the privacy of one's home. The labs mail the results to the doctor for review before consulting with the patient. These tests are available to anyone within the USA as long as there is a participating physician.

There are also educational and informative books to help women understand how to help repair and restore their energy. One of the best reference books on the adrenals written by Dr. James Wilson is called "Adrenal Fatigue".

Dr. David Brownstein has written several books on thyroid health, the influence of iodine, and the importance of using Celtic salt. "Sugar Blues" by William Duffy is a classic book explaining how addiction to sugar develops. Nancy Appleton has researched and written about the 143 ways that sugar is harmful to the body. Visit www.nancyappleton.com to learn more about the health dangers of sugar.

Disclaimer: The recommendations in this article are not to be taken as medical advice. If your energy is not what it should be, consult a qualified wellness consultant to determine the cause of your stress, and for specific recommendations on your personal health issues. © Copyright 2010 Dr. Carol Ann Fischer, B.S.D.C. N.D