

# **FATIGUE**

CAUSES AND SOLUTIONS

PRESENTED BY

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# **SLEEP**

## PROBLEMS AFFECTING SLEEP

1. SLEEP APNEA

2. SNORING

3. INSOMNIA

4. EPIC DREAMING

5. SLEEPWALKING

6. MOVEMENT DISORDERS - RESTLESS LEG  
SYNDROME

## SLEEP SURVEY

1. What time do you go to sleep?
2. How long does it take you to go to sleep?
3. How long do you stay asleep; or how soon do you wake up?
4. Do you dream?
5. Do you remember your dream?
6. Are your dreams short or long?
7. Do you have nightmares?
8. What time do you wake up?
9. When do you feel awake?
10. How long after waking do you feel hungry?

# STRESS

## Symptoms of Chronic Fatigue and Stress

Fatigue #1 symptom  
Insomnia  
Headaches  
Decreased Libido  
Respiratory problems  
Mental Confusion / Poor Concentration  
Recurring Infections  
Depression/anxiety  
Intestinal Problems  
Muscle Aches

## 4 Types of Stress

Physical  
Chemical  
Thermal  
Emotional

### ~ Physical Stress

Long work hours  
Heavy Physical Exertion  
Loss of Sleep  
Pain  
Postural Strain  
Subluxations

~ Chemical Stress

Nutrition / Dehydration  
Air Pollution  
Insecticides

~ Thermal Stress

Overheating  
Over chilling

~ Emotional Stress

Death of a loved one  
Prolonged Illness  
Debt  
Marriage  
Job

Stress is cumulative.

Even mild stress in all four categories can accumulate and lead to the development of subsequent symptoms.

## Natural Solutions to Combat Fatigue caused by:

### Physical Stress

- Take frequent stretch & walk breaks at work
- Computerized posture analysis
- Sit up straight
- Exercise regularly
- Massage
- Have regular chiropractic care to reduce structural & neurological stress.

### Chemical Stress

- Reduce intake of stimulants like alcohol, sugar, chocolate, coffee, nicotine, colas and drugs
- Avoid aspartame (Equal, Nutrasweet)
- Increase water intake to 3 liters (quarts) per day
- Get evaluated for food & chemical allergies
- Have a nutritional evaluation to determine the proper supplements that your body's needs
- Adrenal supplements

### Thermal Stress

- Avoid overly hot showers & baths
- Carry a light long sleeve for those "over air conditioned" stores & restaurants
- Put on a light sweater on "chilly" mornings
- Roll down all the car windows when you first get into a hot car. Closed autos can be 20-30 degrees warmer than it is outside.

## Emotional Stress

- Daily Affirmations
- Written Goals
- Exercise
- Daily Meditation & Prayer
- Focus on what's "right" in your life
- Believe that life will improve
- Set Boundaries
- Communicate your feelings
- Get a massage
- 5HTP, Serotonin Synthesis Supplements

# BLOOD SUGAR PROBLEMS DEFINED

- HYPO & HYPERGLYCEMIA
- DIABETES

## CAUSES

- YO-YO DIETS
- INACTIVITY
- UNHEALTHY DIET
  - LOW FAT
  - HIGH FAT
  - LOW CARB
  - HIGH CARB
- EXCESS WEIGHT

# HYPOTHYROID

## Common Symptoms

Fatigue #1 symptom  
Insomnia  
Headaches  
Decreased libido  
Loss of mental clarity  
Recurring Infections  
Depression  
Joint & Muscle Aches  
Weight gain  
Cold extremities  
Constant feeling of being cold

An estimated 27 million Americans (mostly women) are affected, many of these cases are undiagnosed

## What Does The Thyroid Do?

- ~ Thyroid produces 2 hormones: T4 which is then converted into T3
- ~ Controls the rate of function of every cell and gland in the body including growth, repair and metabolism

## Causes of Hypothyroid

Inadequate T4 Production can be caused by:

Adrenal Stress

Poor Nutrition

Autoimmune thyroid

Inadequate conversion T4 to T3 can be caused by:

Inadequate nutrients

Inadequate minerals

Poor liver function

## Natural Alternatives

Eliminate all soy, trans fatty acids, and refined sugar

Balanced nutrition with rich nutrients

Selenium, folic acid, iodine

Olive oil, butter, coconut oil

Pharmaceutical grade supplements

Reduce stress

Balance life

Daily self care

Homeopathic Remedies

Herbs

Chinese medicine / meridian therapy

# Diet for Hypoglycemia and Sugar-handling stress

"Why is diet so important?"

The diets for hypoglycemia and sugar-handling stress are basically the same. Some variations in the diet are necessary to fit each individual's glandular pattern. In many cases, it is necessary for your doctor to adjust the diet in this pamphlet to fit your specific condition.

The diet is designed to aid your body in regulating blood sugar. Whether you have a frank condition of hypoglycemia or a sugar-handling stress, the glandular system is constantly trying to regulate your blood sugar. By following the dietary recommendations in this program, you will in essence be doing the same thing for your glandular system as when putting an injured shoulder in a sling to rest until it can heal. In many cases, the extreme rigidity of this diet can be relaxed after the body has regained its balance and glandular integrity is restored. You should remember, however, that the basic principles of the diet should never be put aside; you should not return to the same bad habits that may have contributed to your health problem in the first place. In fact, this is a basic, healthy diet; consider having other members in your family eat in a similar way.

The items to be avoided are detrimental to anyone's health. Of course, they will affect some people more adversely than others. The detrimental effect usually depends on the individual's hereditary pattern of glandular activity. We all inherit our glands in much the same way as we inherit our facial characteristics and body build. Some people can greatly abuse the glandular mechanisms of the body and not develop symptomatic problems, while others are extremely sensitive to the principles presented in this diet.

Quite often an individual feels much better in just a short time after beginning this dietary approach. Occasionally one may actually feel worse, temporarily, when first starting the diet. Adverse reactions, if they develop, come when the person is very dependent on stimulants to the glandular system. The diet takes away these stimulants because a gland cannot repair itself if it is constantly under the stress of stimulation. As the

glandular system regains its balance, this initial adverse reaction will diminish and improved health will follow. The small percentage of people who have this initial reaction must persist through this stage to regain health, much the same as an alcoholic must stay away from that first drink.

Dietary correction varies among individuals with sugar-handling problems because of their different glandular balances. Presented here are the basic principles of the diet for sugar-handling stress. Your doctor will evaluate you from tests she makes using applied kinesiology methods and possibly laboratory tests. She will make changes in the diet if she finds necessary, to make it fit YOU.

## **Foods Not Permitted**

Most of these foods are not permitted because of their high carbohydrate (sugar and starch) content. Refined carbohydrates (basically white sugar and white flour products) are especially poor foods because they provide energy (calories) with very little nutrition (vitamins, minerals, and protein) essential for good body function and repair.

By eliminating these foods you can take a major step toward good body weight control. Most of these foods are so-called "empty calories." Generally, both the underweight and overweight individual benefit from this basic diet.

### **GENERAL**

CAKES	CANDY COATED FRUITS
PIES	ICINGS
PASTRIES	GLAZES
ICE CREAM	JELLIES
CUSTARDS	JAMS
PUDDINGS	MAFMALADES
FLAVORED GELATIN	COCOA
FRUIT PACKED IN SYRUP	CORN SYRUP
DONUTS	MAPLE SYRUP
BROWNIES	WHITE SUGAR
CHOCOLATE SYRUP	BROWN SYRUP
CANDIES	POWDERED SUGAR
MARSHMALLOWS	SUGARED PEANUT BUTTER
CANDY COATED NUTS	APPLE BUTTER

### **MISCELLANEOUS**

Read labels for sugar content. Sugar in a list of ingredients may be found as:

DEXTROSE	FRUCTOSE
SUCROSE	CORN SWEETENERS
MALTOSE	GALACTOSE

Items often found with a high sugar content:

CHILI SAUCE	CRANBERRY SAUCE
BARBECUE SAUCE	KETCHUP
BOTTLED SALAD DRESSINGS	MUSTARD
STEAK SAUCE	

### **FRUITS**

These fruits are not permitted primarily because of their high carbohydrate content.

BANANAS	PRUNE JUICE
CHERRIES	MARASCHINO CHERRIES
FIGS	DATES
PRUNES	ANY DRIED FRUIT
PERSIMMONS	GRAPES

### **BREADS AND GRAINS**

ENRICHED WHITE BREAD	MUFFINS
ROLLS	NOODLES
SUGAR-COATED CEREALS	PRETZELS
BISCUITS	PANCAKES
GRAHAM CRACKERS	WAFFLES
SALTINES	FLOUR TORTILLAS
SODA CRACKERS	CROUTONS
MACARONI	

### **BEVERAGES**

ARTIFICIAL FRUIT DRINKS	COCOA
SODA POP	COLA DRINKS
MILK SHAKES	GRAPE JUICE
MALTS	ROOT BEER
INSTANT BREAKFAST DRINKS	WINE
CHOCOLATE MILK	CORDIALS
SWEETENED FRUIT JUICES	COCKTAILS
ANY DRINK THAT CONTAINS SUGAR	BEER
	COFFEE