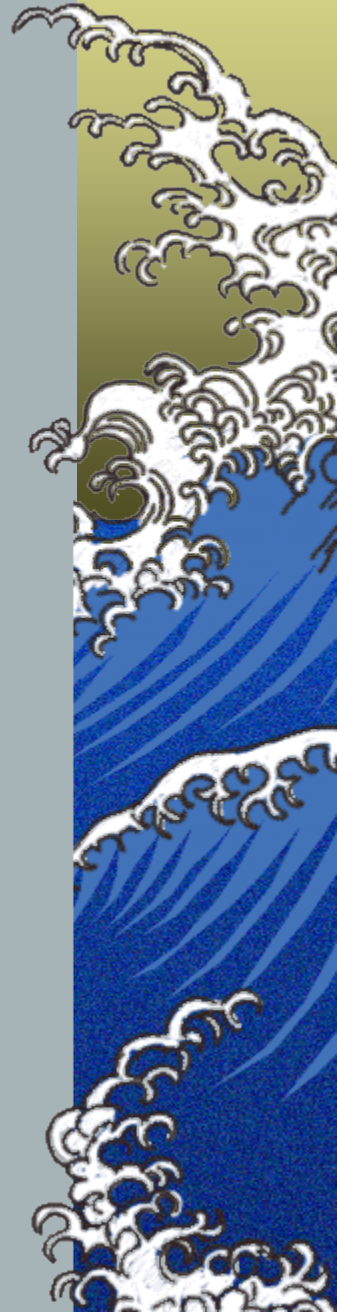


Lectures in Holistic Health

4th in a series

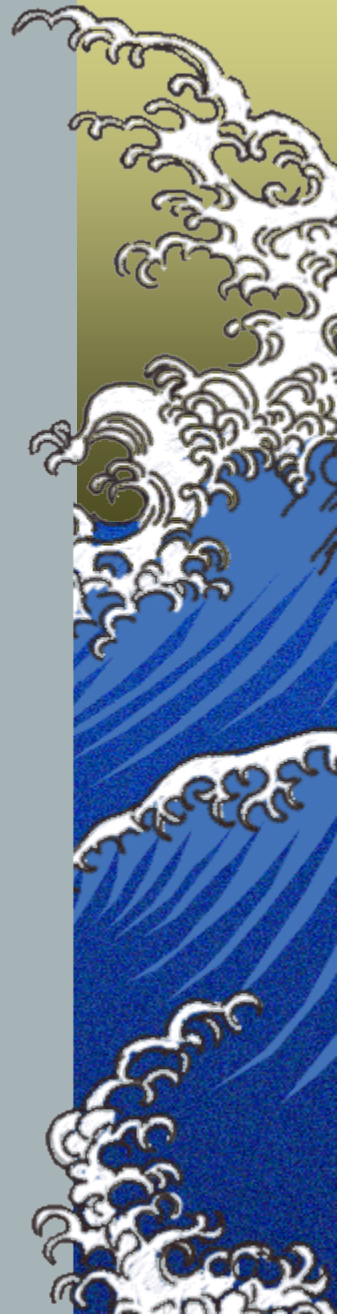
Jakob Jaggy h MD



AHMA www.holisticmedicine.org

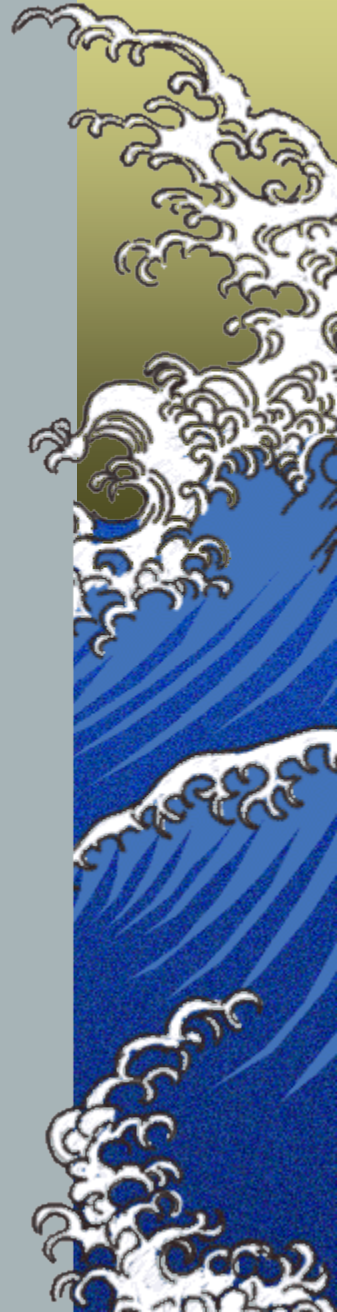
FoCuS www.foothillsustainability.org

OuterAisle www.tablemountain.com



Chronic Fatigue

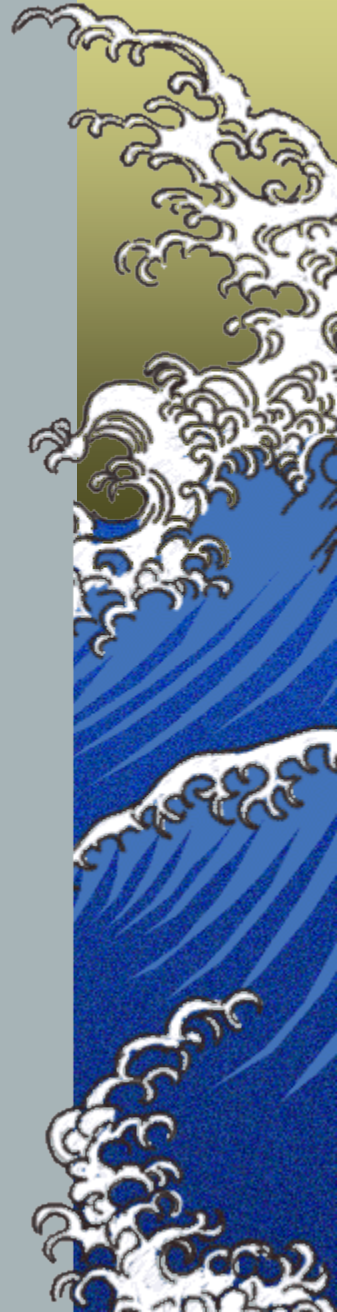
Most common etiologies for fatigue persisting for more than 6 months.



Fatigued and don't know why ?

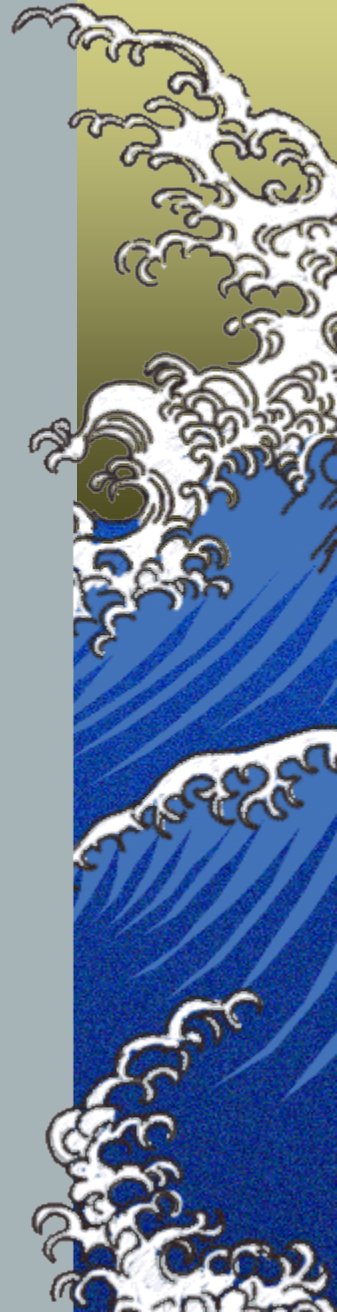
The 11 most common reasons for fatigue are :

- ▲ - *Anemia*
- ▲ - *Iron deficiency*
- ▲ - *Sleep apnea*
- ▲ - *Vitamin B12 deficiency*
- ▲ - *Hypothyroidism*
- ▲ - *Hypoadrenia*
- ▲ - *Sick building syndrome*
- ▲ - *Hormone imbalance*
- ▲ - *Hypoglycemia*
- ▲ - *Candidiasis/Food allergies*
- ▲ - *Stealth viruses*



Anemia / Iron deficiency

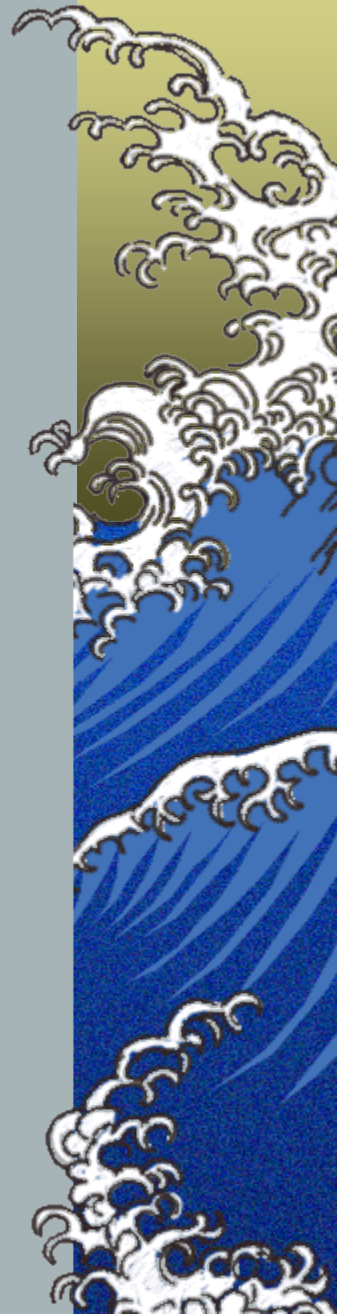
- ▶ *Simply get your Hemoglobin and your Ferritin levels checked.*
- ▶ *Hemoglobin : 14.0 – 18.0 gm/dl*
- ▶ *Ferritin : 22 – 322 ng/ml*



Sleep apnea

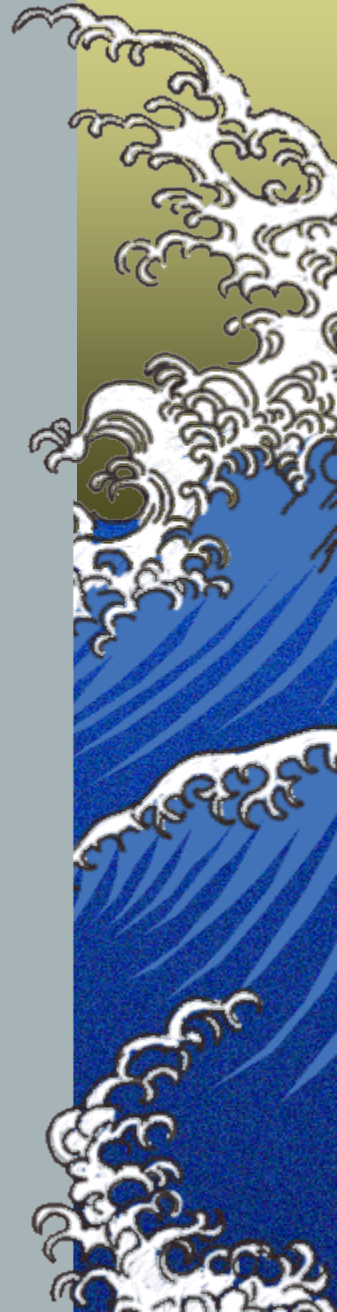
▲ *Symptoms that are suspicious are as follows :*

- *wake up tired*
- *snoring*
- *take naps during the day*
- *stop breathing for prolonged time*



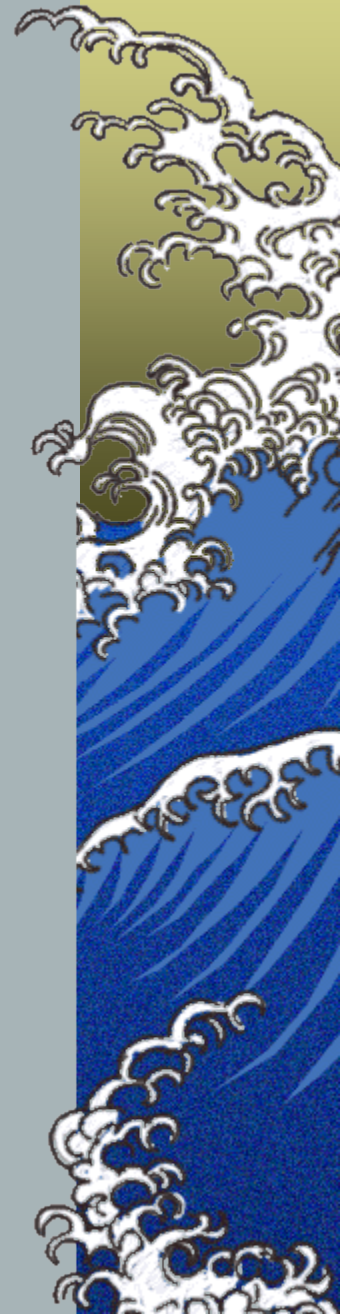
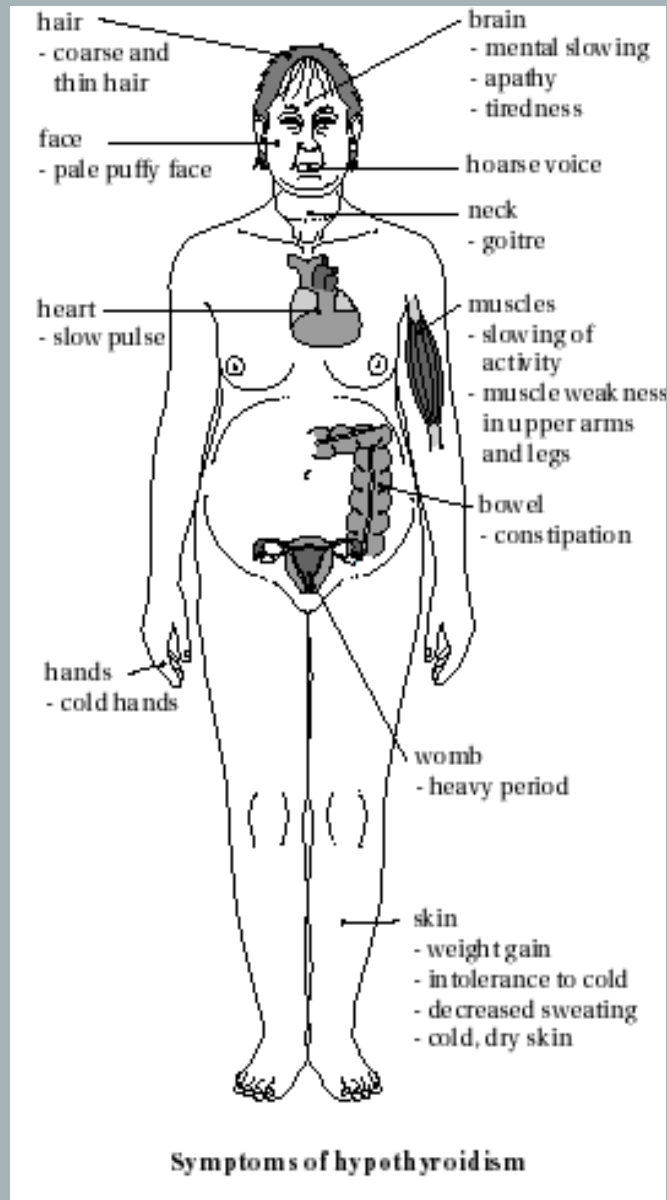
Vitamin B12 deficiency

- ▶ *I have found that many patients as they are getting older become vitamin B12 deficient. B12 levels do rarely correlate with the deficiency.*
- ▶ *Mostly likely due to a decrease in the production of intrinsic factor.*



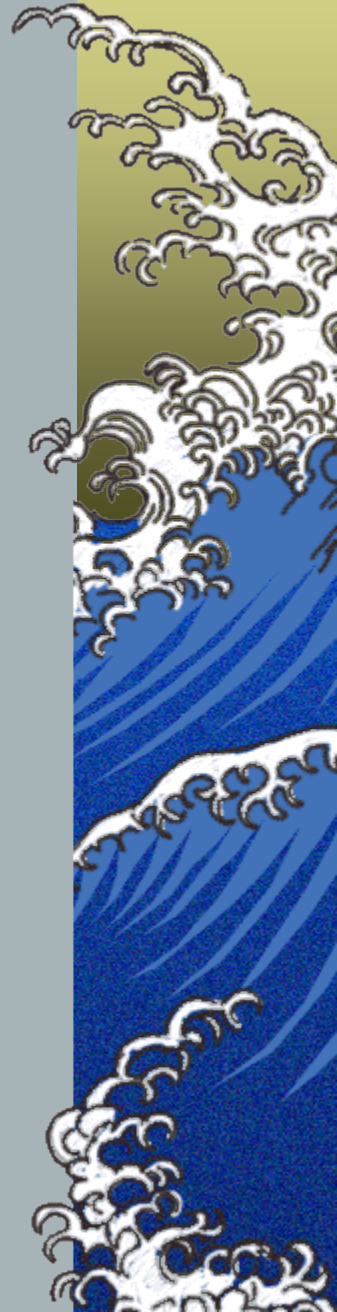
Clinical Hypothyroidism

THE THYROID GLAND



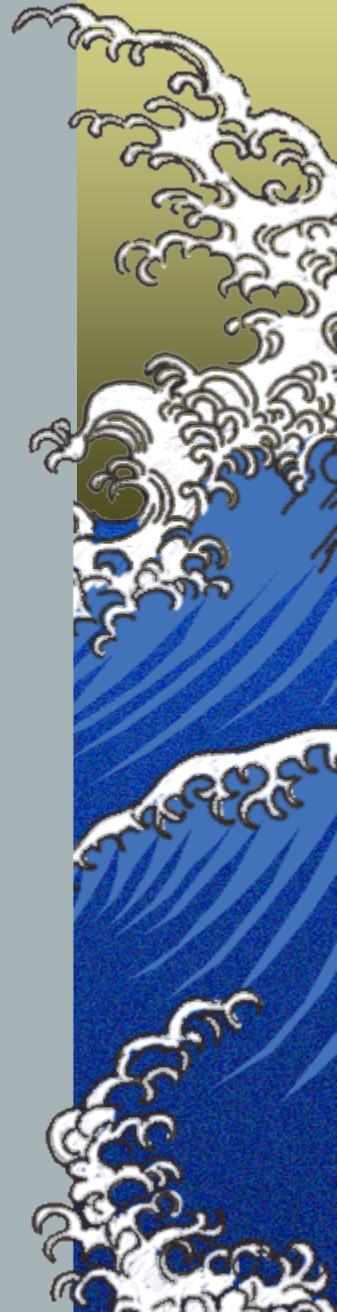
Types of Hypothyroidism

- ▶ *Hypothyroidism grade 1*
- ▶ *Hypothyroidism grade 2*
- ▶ *Hypothyroidism grade 3*
- ▶ *Non-thyroidal Hypothyroidism*



The tyranny of the TSH

- ▶ *Reference range for TSH is 0.4 to 5.5.*
- ▶ *How do reference ranges come about?*
- ▶ *What is an optimum range?*



Non-thyroidal Hypothyroidism?

- ▶ *Environmental endocrine disruptors interfere with the production and function of hormones at all levels, including the level of the receptors.*
- ▶ *For info go to www.scorecard.org and www.ourstolenfuture.com .*



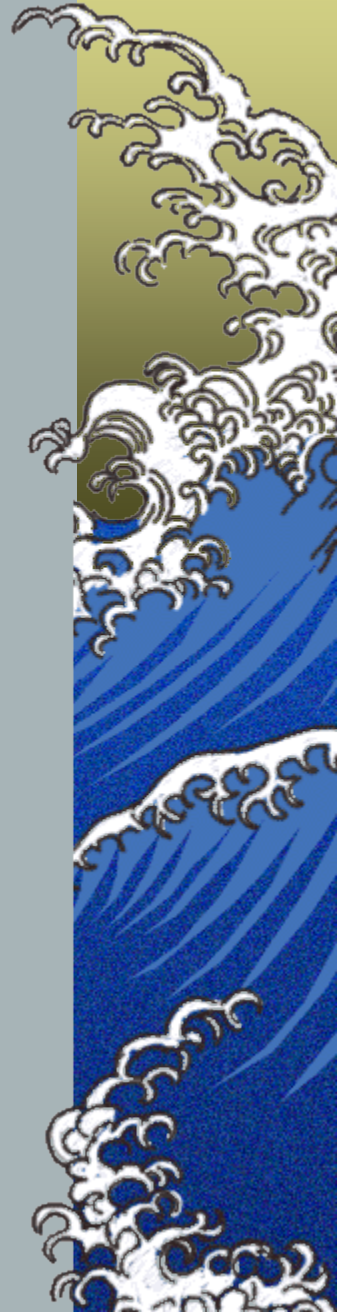
Flame retardants

- ▶ *Brominated flame retardants have a similar structure as Thyroxine (T4).*

Tox Science 2000

- ▶ *PCB's, DDT and organochlorine pesticides have a similar action.*

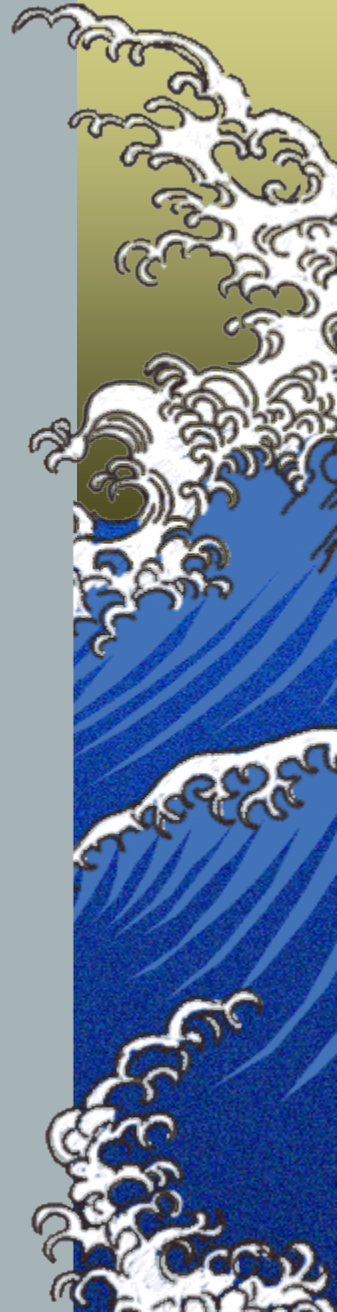
Env Health Perspective 1999



West Nile Virus vs Hypothyroidism

- ▶ *Animal tests have shown that chronic exposure to pyrethroids can cause thyroid cysts and decrease production of T4 and T3.*

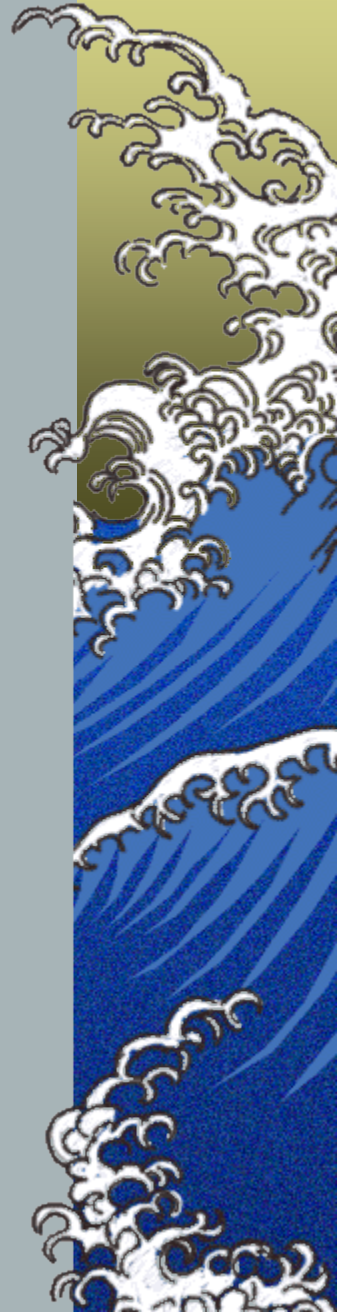
J of Applied Toxicology 1996



Safe water ?

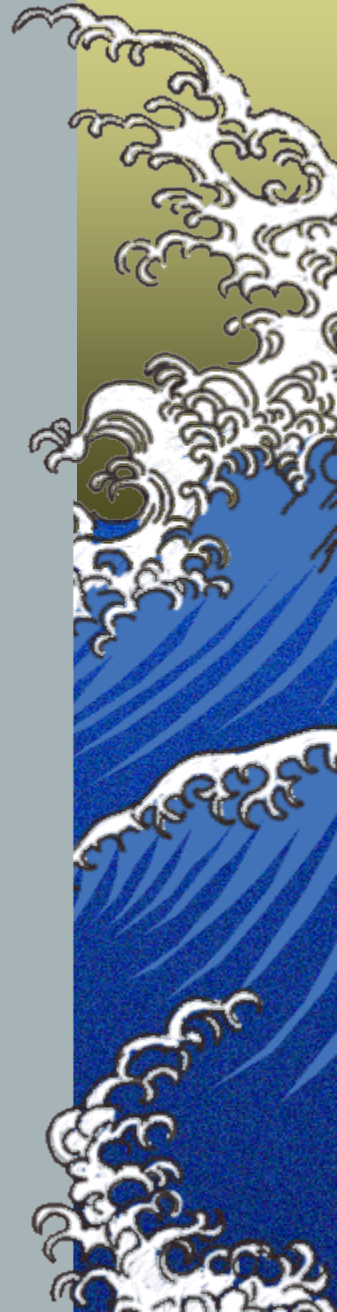
- ▶ *There is a statistical association between low-level perchlorate in drinking water and abnormal thyroid functioning.*

J of Occupational and Env Med 2000



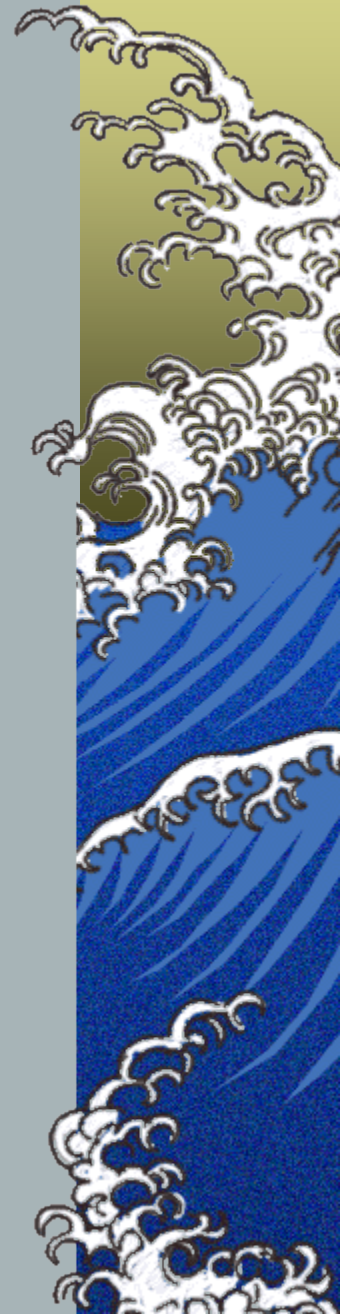
Anti-clumping agent in bread

- ▶ *In an unfortunate move in the 80's Iodine was replaced with Bromide as an anti-clumping agent. Therefore decreasing an already insufficient supply of Iodine with an antithyroid substance.*
- ▶ *Goitrogenic substances include : brussel sprouts, rutabaga, turnips, kohlrabi radishes, cauliflower, cabbage, kale, millet and soy.*



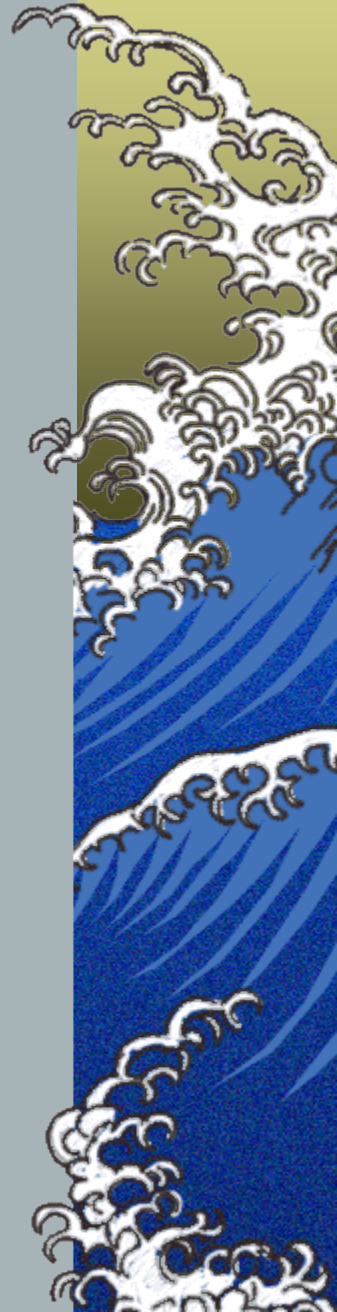
Soy isoflavones

- ▶ *Isoflavones in soy can cause hypothyroidism.*
- ▶ *Isoflavones are part of flavonoids which inhibit thyroid peroxidase and increase TSH production (cancer risk?).*
- ▶ *Caveat when using soy based baby formulas (increased risk for autoimmune thyroiditis).*
- ▶ *Pesticides in baby food (and all non-organic food) are oftentimes endocrine disruptors.*



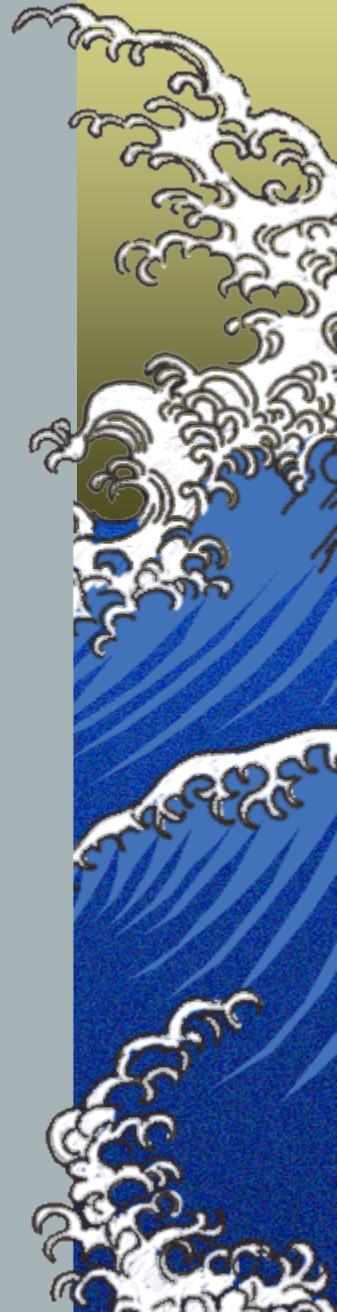
Nuclear power

- ▶ *“As a child my mother used to sit outside and watch the nuclear cloud float over her school. We even have some home movies of her running after the “cloud”.”*
- ▶ *During 1950’s and 60’s about 100 nuclear bomb tests were performed northwest of Las Vegas.*
- ▶ *In a case of nuclear power plant accident the population is given Iodine tablets to protect the thyroid.*



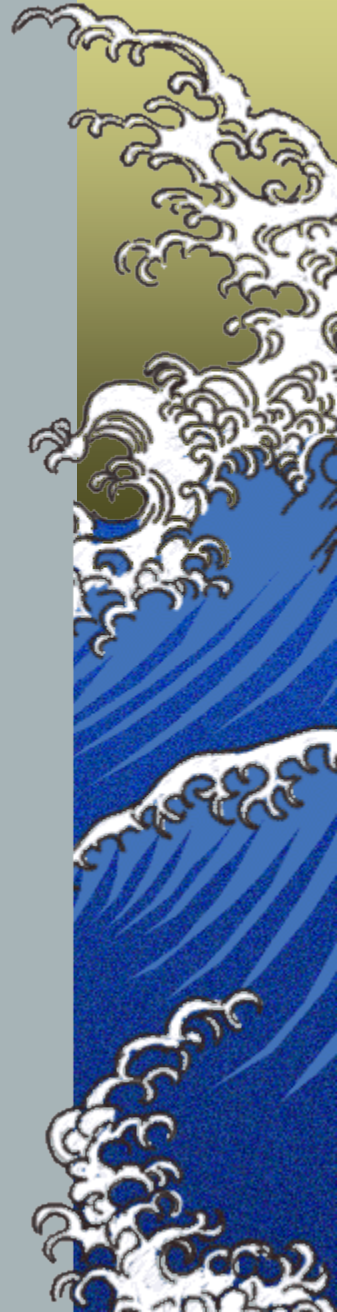
How about iodized salt ?

- ▶ *About 60% of Swiss food is made with iodized salt vs a small percentage in the US.*
- ▶ *Urinary Iodine levels have dropped in the last 30 years by 50% in the US.*
- ▶ *Swiss officials monitor iodine levels every 5 years and adjust iodine levels in salt if needed.*
- ▶ *Lack of sufficient iodine is the leading cause for preventable mental retardation in the world. Even a mild deficiency lowers IQ by 5 – 15 points.*



Neck trauma

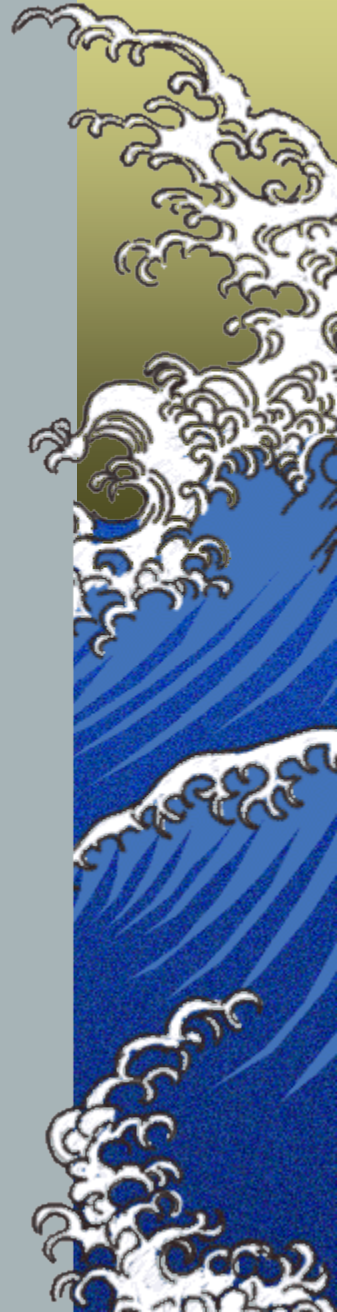
- ★ *Some research suggest that whiplash type trauma can cause hypothyroidism.*



Adrenal fatigue ?

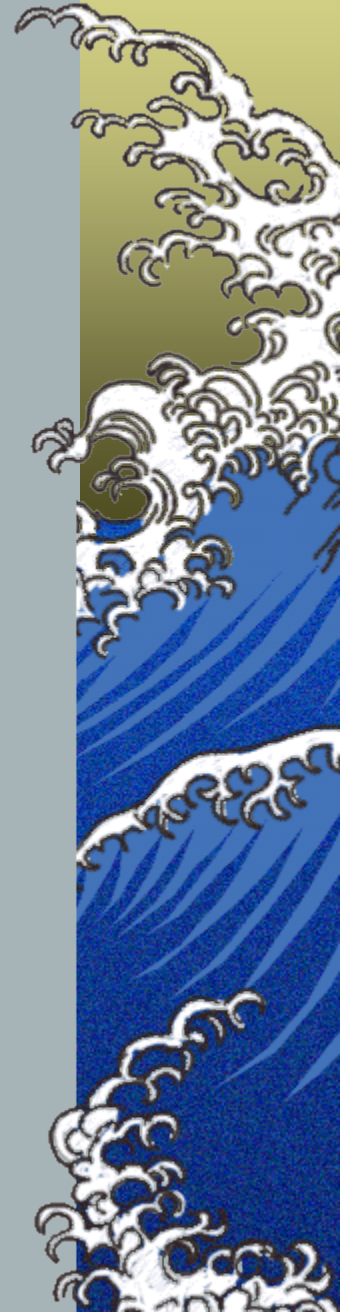
▲ *Predisposing factors:*

- periods of stress (emotional, financial, environmental, physical)*
- type A personality*
- worry constantly*
- intense steroid therapy*
- alcohol and drug abuse*
- chronic pain or illness*



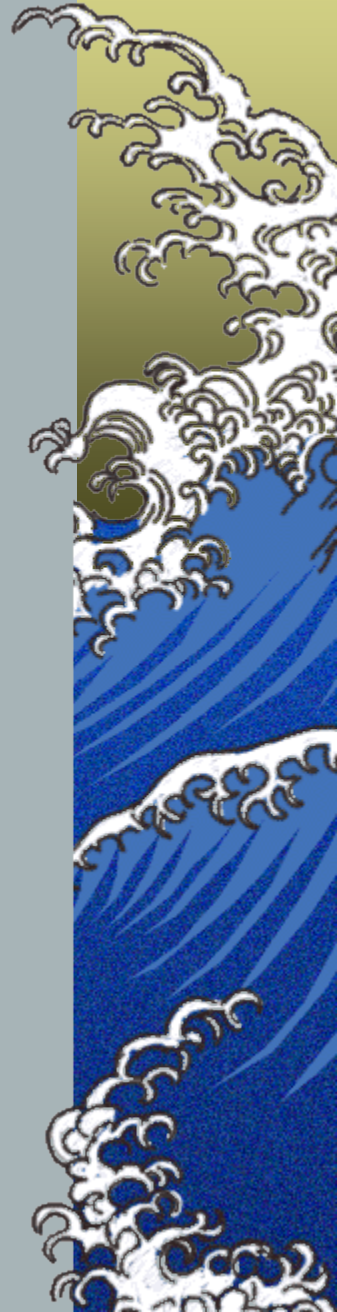
Clues you might have adrenal fatigue

- ▶ *I have never felt the same since....*
- ▶ *Decreased ability to handle stress*
- ▶ *Less productive, foggy*
- ▶ *Unexplained fears and anxiety*
- ▶ *Low sex drive*
- ▶ *My energy fluctuates*
- ▶ *Persistently sick*
- ▶ *Allergies are getting worse*
- ▶ *PMS is worse*
- ▶ *Crave sweets or salty foods*
- ▶ *Need coffee to get going*



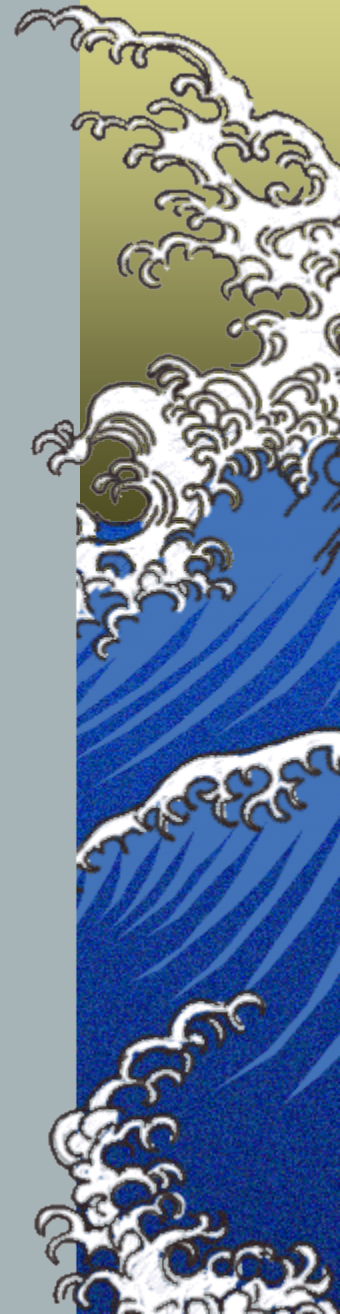
Signs of adrenal fatigue

- ▶ *Low blood pressure and/or drop in BP when getting up.*
- ▶ *Asthenocoria : pupils do not stay contracted when exposed to light (they “pump”). Dr Arroyo 1924*
- ▶ *Persistent white line after scratching the skin (Sergent’s white line). Dr Sergent 1917*



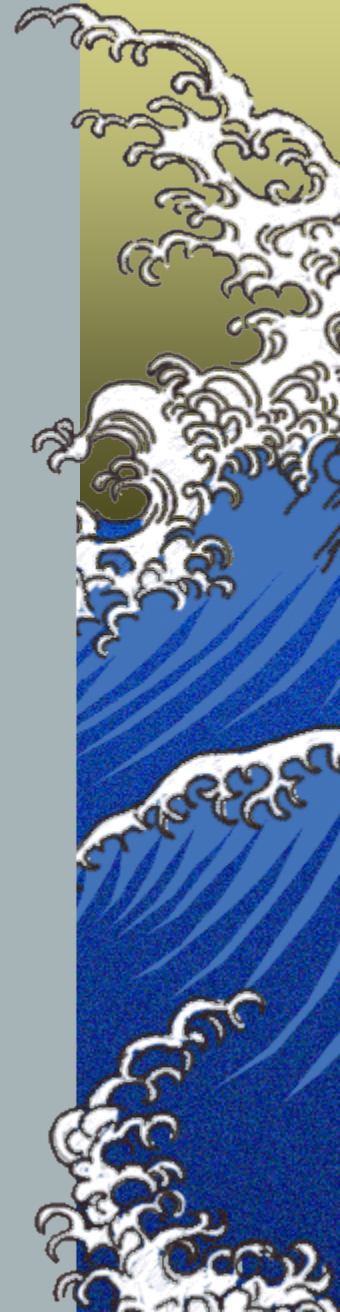
Stages of adrenal fatigue

- ▶ *Stage 1 : on the go all the time*
- ▶ *Stage 2a : energy fluctuates, “flip-flopper”*
- ▶ *Stage 2b : days and nights mixed up*
- ▶ *Stage 3 : tired all the time*
- ▶ *Stage 4 : can't hardly get out of bed, needs assistance*
- ▶ *Stage 5 : Addison's*



Treating hypothyroidism and adrenal fatigue (hypoadrenia)

- ▶ *Oftentimes treatment of both organ systems is required.*
- ▶ *Preference for thyroid :*
 - *Armour thyroid / Naturethroid*
- ▶ *-Adrenal support depends on the stage of adrenal fatigue :*
 - *Adaptogenic herbs, B vitamins for stages 1+2*
 - *Glandular extracts, B Vitamins, tonifying herbs for stage 3*
 - *Cortef and above for stage 4+5*



Thank you for your time and
attention!

