

FACING OFF WITH FATIGUE

Life can be exhausting. Many of us complain about a chronic lack of energy. But feeling tired can run the gamut from being a symptom of an immune disorder such as Chronic Fatigue Syndrome, to just plain weariness. Everyone gets exhausted from time to time, but is it normal to feel tired all the time? Do we simply have to accept fatigue as part of the human condition, perhaps even rationalize it as natural...a stage of life, a mere symptom of getting on in years? Absolutely not!

What's age got to do with it? Absolutely nothing!

"One of the definitions of aging is based on how quickly your body repairs itself," says Jesse Hanley, M.D., public speaker, instructor, and co-author of *Tired of Being Tired, What Your Doctor May Not Have Told You About Premenopause, Women's Passages, and Attention Deficit Disorder*.

<http://www.jessehanleymd.com>

Rather than think of ourselves in terms of an accumulation of years, we need to imagine ourselves in terms of how healthy we are. This will take us a long way toward winning the battle against fatigue.



What's it all about, Dr. Hanley?

Fatigue, rather than being an illness unto itself, is a symptom that is often indicative of other more serious diseases. Or it can simply be your body's way of telling you that something is amiss in your life. In many cases, the prognosis is good because fatigue can be a relatively easy problem to solve. "In *Tired of Being Tired*', there is an extensive questionnaire to help people identify where they are on the path to fatigue and burnout," explains Dr. Hanley. "Your body, depending on how many caffeine and sugar-laden substances are in your diet, will let you know how long you can continue. Whether it's our car's gasoline reserve, or our adrenal reserves, energy supplies dwindle, and you can actually wear out your organs, by straining them with a toxic diet."

Fatigue – An early warning system

There are numerous lifestyle choices that contribute to making us tired, from the food we eat or a lack of fluid and fiber in our diets, to the toxins we ingest via plastics, herbicides, pesticides, and food additives...they're all taking their toll. "Some people find that their first warning is diabetes, cancer, and heart disease," says Dr. Hanley. "These diseases are intricately connected. People who experience fatigue as an early warning system are lucky...they can make a few simple changes, and get back to being healthy."

The Symptoms

Some people may question the need for a list of fatigue symptoms; if you're tired, you're tired. Isn't that enough? Well, no. Being fatigued can affect your body in a range of ways that may seem disconnected to the exhaustion you feel. It can sometimes be a complicated, ongoing, and involved process to determine the underlying cause(s) of a person's fatigue.

The Cause

From the obvious to the extremely complex, the cause(s) of fatigue can be as varied and intertwined as the depleted individuals experiencing its affects. From hormone imbalances, adrenal dysfunction, and toxicity, to sleep disturbances, lack of exercise, and a diet too high in sugar and carbohydrates, the fact is while some of the causes are rooted in more serious medical conditions, many more causes are self-inflicted and almost totally avoidable. "Your colon's job is to eliminate toxins," explains Dr. Hanley. "If, for whatever reason, this process is impaired, the toxins are re-absorbed into your body. It's a fact. The longer the waste is inappropriately retained in your colon, the more time there is for toxins to be re-absorbed. And guess what? It all goes back into our lymphatic system, our veins, arteries, uterus, ovaries, testicles and other organs." While constipation is technically an affect of other problems, rather than a direct cause for being tired, a colon cleansing speeds up your transit time, maximizing the elimination of stored toxins, and improving the quality of your blood.

Recommended Testing

Specialized testing for people suffering with persistent fatigue is crucial. Each instance of fatigue is unique, so in order to unravel the individual complexities behind each case, it is necessary for fatigue sufferers to work within a relationship of trust with his or her health care partner. Review specific tests recommended by Dr. Hanley.

The Cure

A lot of people simply accept being tired all the time as a normal part of life. Since it's not a life-threatening disease, many of us simply slough it off as something that happens because we take on too many things, which in some cases may be true. Others who are seriously concerned about the daily battles they fight with fatigue do not believe it is just natural, a part of the aging process. Yet many complain that their doctors don't take their concerns seriously. "Fatigue is often dismissed because physicians don't know what to do about a problem if they don't have a pharmaceutical to prescribe," observes Dr. Hanley. "This is the standard of care in western medicine." For people who do not have medical problems to take into consideration, the easiest way to treat fatigue is to make lifestyle and dietary changes...bit by bit finding ways to eliminate toxins from the body and minimize the intake of foods known to contain toxins, as well as by incorporating regular exercise into daily routines. Many in the naturopathic field recommend that fatigue sufferers begin with a seasonal herbal or colonic

hydrotherapy cleanse. This helps to remove toxins from your system, and ensures that all your body's systems are functioning at their peak.

Take a detour off the "Burnout" Highway

There are many little things, baby steps you can take to improve your overall health, and free up some of the energy that has been ebbing away from you. See how you score on Dr. Hanley's Adrenal Burnout questionnaire: <http://www.jessehanleymd.com/burnout2.html>

...As easy as 1,2,3 – Baby steps on the road to fatigue recovery

Start with one or two easy-to-implement lifestyle changes that will work toward long-term solutions to your fatigue. Simple things can make a huge difference...and if you start with changes that are within your reach, you will find yourself saying, 'Hey, that was easy. I can do this,' and you will be inspired to do more to keep your body from tiring out. "According to Jeff Lemberg who was once the head of the National Institute of Health, every person needs anti-oxidants and vitamins," says Dr. Hanley. "The very soil our food grows in is depleted; the only thing more depleted than the soil are the people trying to get sustenance. We have exceptional needs at this point in history, so you can't get away without multiple vitamin and multiple mineral supplements." It's vital to incorporate a rich, pharmaceutical-grade multivitamin into your daily routine. Find one that includes calcium, magnesium, and essential fatty acids. This will help to make up for what may be lacking in your food, as well as work to nourish your cellular functioning. "I recommend four to six cups of water per day," explains Dr. Hanley. "When you're hydrated, your colon doesn't become so dehydrated that all the stuff is absorbed back into your body...a body that's trying desperately to re-hydrate itself." "Another practice I strongly recommend is avoiding micro-waving food in plastic," says Dr. Hanley. "Plastic becomes toxic when subjected to microwaves, and ingesting it is extremely unhealthy." "A systematic intestinal overgrowth of yeast causes fatigue, among many other things, because of the toxic waste product of yeast," explains Dr. Hanley. "Ensure that the levels of yeast in your body are under control."

Complete recovery program

Once you have taken care of medical considerations such as iron supplements for anemia, controlled blood sugar levels, supported your thyroid, and had antibiotics to treat any infection, it is crucial, as Dr. Hanley points out, to incorporate a vitamin and mineral regimen into your daily routine, as well as eating only sensible, "real" food, and implementing a daily exercise program. Next, it's important to look toward preventatives such as taking a proactive approach to colon health, and laying out a few long-term, fatigue-management goals:

- Avoid alcohol, especially after dinner as it interferes with sleep patterns.
- Butt out! Smoking robs your body of much-needed oxygen.

- Clean up your eating habits: Never skip breakfast. Eat more fruits and vegetables. Slowly eliminate any processed food from your cupboards and freezer. Healthy nutritional choices can help boost your adrenals and energy, as well as curb your cravings for caffeine and sugar.
- Consider natural ways to ease gastrointestinal inflammation: Probiotic supplements that soothe, balance your intestinal flora, and purge your system of excess cortisol may be indicated, especially if acne and/or rosacea are a problem.
- Detoxification: Regular cleansings help to rejuvenate your energy levels, especially if you suffer from heavy metal exposure or are sensitive to certain chemicals.
- Enjoy your sensuality: Safe sex is a great stress reliever!
- Establish a regular bedtime routine: Get seven to nine hours of sleep, and go to bed at the same time every night in a dark, quiet room – the dark triggers melatonin release, which regulates your body's natural rhythm.
- Exercise: Start slowly by doing something you like three or four times a week. Consider finding a partner, and establish a suitable time for physical time-outs.
- Kick the caffeine habit; but be gentle. Gradually diminish your intake by one cup a day: Avoid caffeinated drinks after 6 pm.
- Manage your stress: Take time out for yourself. Don't get overburdened emotionally.
- Monitor food sensitivities by tracking what you eat, as well as your reactions.
- Resolve workplace stresses, and consider a career change if your work life is not fulfilling/stressful.

Internal Cleanse – Detoxification

Rescue, Repair and Rejuvenate your colon

"I consider all treatment plans for disease of the colon utterly futile unless the problem of small, shrunken, infrequent stools is first resolved. The bowel transit time in health should range from 8-14 hours. This means healthy people should have 2-3 loose bowel movements a day." - Dr. Ali Majid. Living longer is not the goal—living *vibrant, healthy, long* lives is the goal...and it can be achieved with a regular colon cleanse, dietary modifications, exercise and other methods recommended on this site. For true health, we recommend you begin with a focus on your colon. It's the hub of the human body. Cleanse and rejuvenate it, and you'll understand what "truly healthy" means. Like many, you'll want to cleanse

regularly. Throughout our site, you'll find articles on many digestive health and colon related articles: **Bloating, Gas & Flatulence, Diverticulitis, Constipation, Parasite Infection, Fatigue, Weight Gain, IBS, Bowel Transit Time and Much More.**

In this article there are numerous colon and colon cleanse related questions summarized below. If you experience any of the following symptoms, you should consider a colon health regimen such as Puristat's Colon Cleanse - Detoxification Program. <http://www.puristat.com/products.asp>

Toxins-Our Bodies Are Full of Them

Highlights from an In-depth Interview with Dr. Jesse Hanley, M.D.

We are a nation of people who have all kinds of toxins wandering the highways and byways of our bodies. But what does it mean to say 'it's toxic'? Toxicity means that whatever that something is, it has the ability to damage your cellular function. Toxicity damages the little fuel factories inside our cells so that we are unable to produce as much energy, aka mitochondria. Toxicity also damages our genetic repair mechanism. Mitochondria are the primary energy source of our cells. They convert nutrients into energy as well as regulate the energy in our bodies. For example, the heart has 5,000 mitochondria per cell, and biceps have 200 per cell. The slower they break, and the faster they are repaired, the more we thrive. In other words, eliminating as many toxic substances from your body as possible will ensure your cells are well-protected from damage, and that when cell damage occurs, your body has the resources to repair itself as soon as humanly possible!

Pesticides & Herbicides

When pesticides and herbicides were invented, 37 percent of America's crops were being destroyed by pests. Now, 57 years later, more than 37 percent are being destroyed. It seems that the insect world is coping with toxins far better than human beings are managing. Some of the toxins that are in pesticides kill those pests by damaging their cellular function. This damage could happen in the brain, nervous system, or anywhere else in a body's immune system. These chemicals work because they're toxic. Unfortunately, we have enough in common with insects that we become damaged, too, when we ingest traces of these substances in our food. Hormone masqueraders damage our cellular function. Herbicides kill plants by damaging their ability to reproduce. When we ingest herbicides, we damage our ability to reproduce, too. There are many substances in the food chain that interfere with a plant's ability to acquire the phytohormone it needs to reproduce. It is no different with human beings; this is why we're in the midst of an infertility epidemic.

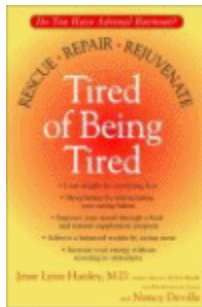
Shortening Our Lifespan

We have prided ourselves on being a nation of long-lived people, but this is changing, too. Many medical institutions are not expecting children to live as long as their parents because of obesity and

toxicity due to the standard American diet. No matter what your problem is – whether your toe hurts or you're tired, or you have irritable bowel syndrome (IBS) – it's likely that it is all related to poor diet. We are also suffering from heavy metal toxicity...which we can actually do something about. And if there's something we can do something about, this takes the burden off, and your repair systems stand a better chance of working to reverse cellular damage. Remember that though metal toxicities are common, determining this sort of toxicity is not part of routine medical lab testing. Your tests would have to be sent to a lab that is familiar with tests for these particular sensitivities.

All Systems Are Go!

Toxins put stress on all of our body's systems from digestion, respiratory, and our dermal, to liver, kidney, and immune system functioning. Why not make sure all systems are go! An elimination diet and/or detoxification - cleansing program will go a long way toward ridding the body of toxins, both those we ingest as well as the ones our bodies produce as byproducts of various functions such as the sarcosine produced during elimination. *Your large intestine can become a breeding ground for parasites, if you have a buildup of impacted waste matter and a slow transit time (the time it takes for your food to travel through your system and be eliminated). Parasites live between the impacted waste and the lining of your colon walls.*



[CLICK HERE TO ORDER YOUR BOOK TODAY, "TIRED OF BEING TIRED"](#)
written by Jesse Hanley MD

"*Tired of Being Tired* is loaded with accurate, practical, and helpful information guaranteed to help you restore your energy so you can live your life as fully as possible."

--Christiane Northrup, MD

"Dr. Hans Selye, the father of the term "stress" would be pleased with Dr. Jesse Hanley's book, *Tired of Being Tired*. This sensible "how-to" book gives the missing piece in Dr. Selye's puzzle--what to do about stress, fatigue, burnout--once you know it is a problem. This book provides a path to recovery for countless people who are living beyond their stress response."

--Jeffrey S. Bland, Ph.D.

"I've been very lucky to be a patient of Dr. Jesse Hanley. I am so happy that now everyone will be able to benefit from her healing and medical wisdom. *Tired of Being Tired* is indispensable to anyone like me, with a busy life!"

--Olivia Newton-John