



Why Are We So Tired?

by D. Andrew Neville, N.D.

Fatigue is the number **ONE** reason individuals seek help from a medical professional. Of all the possible diseases, illness, conditions and complaints out there, simply “being tired” is the most common ailment. This begs the question then, “Why are we so tired?”

Life? Stress? Anemia? Poor sleep? Hypothyroidism? ‘SAD’ Diet (Standard American Diet)? All of these? Maybe.

As with any symptom, effort must be made to rule out any serious condition that may be the cause of one’s fatigue. This can and should include a detailed history, physical examination, and complete laboratory examination. When all this is complete, patients with fatigue remain undiagnosed or misdiagnosed by modern medicine up to 50 percent of the time.

In our practice we have found that the number one cause of fatigue is **STRESS**. Stress comes in many forms, some more evident than others: the physical, mental, and emotional stress of a demanding, over-committed lifestyle; a nagging injury like chronic low back pain; a diet low in quality protein, low in nutrient dense foods, and high in sugar, processed foods, and carbohydrates that bounce your blood sugar level up and down throughout the day; job stress, family stress, financial stress, relationship stress, and the list goes on.

Certainly all stress cannot be avoided, but how we handle stress can be improved. This is not to say that if we simply exercised more, spent time seeking relaxation, and meditated daily that all this stress wouldn’t affect us, although these types of efforts would help. All types of stress cause changes in our body’s biochemistry and physiology that lead to problems.

The main way the body handles stress, any stress, is through the adrenal gland – a little known workhorse of a gland that sits atop your kidneys. This single gland controls how well we all handle stress of all kinds. This is the seat of your “fight or flight” response that enabled our ancestors to escape prehistoric predators by stimulating parts of our bodies needed to fight, run and think and by shutting down other “non-essential” organs like our digestive system. In prehistoric times we existed in this state transiently and **ONLY** if our lives were in danger.

For the typical American living in 2003 – it is as if our lives are in danger **ALL THE TIME**. Chronic low-level stress is keeping us in a “fight-or-flight” mode perpetually. We are constantly running from a prehistoric tiger, only now he looks like our boss, a traffic jam, a poor diet, a viral illness, etc. This unremitting, chronic stress depletes our adrenal gland over time. This, in turn, leads to a wide range of chronic problems that many of us battle with daily. This includes, but is not limited to: anxiety and panic attacks; hypoglycemia; lightheadedness; sleep problems; digestive problems like heartburn, indigestion, constipation, diarrhea and Irritable Bowel Syndrome; premenstrual symptoms; memory and cognitive

deficits; chronic pain; immune system dysfunction and frequent illness; allergies; weight gain; hair loss; and, of course, FATIGUE. Due to the importance of our walnut-sized adrenal gland in the stress response and the many hormones that it secretes, the list of problems that stress and a subsequent weakened adrenal gland can cause is extensive.

At the Clymer Healing Center, we are experts at deciphering the cause of these seemingly varied complaints, discovering the hidden patterns within, and treating them naturally. We have been doing this for nearly 50 years. If you have been feeling fatigued for more than a few weeks and have received no conventional medical explanation, call the Clymer Healing Center at 1-800-300-5168. We can give you an “Adrenal Check-up” before this condition progresses into something that becomes insurmountable. We offer a wide range of healing alternatives including, but not limited to naturopathy, chiropractic, massage, physical medicine, nutritional and lifestyle counseling, herbal medicine, and the latest in bioenergetic testing and treatment.