

Healing Fatigue and Feeling Alive

Are you starting the New Year tired, run down, stressed, fatigued? Perhaps it is time to check in with your health care provider to discover the cause of your fatigue and to receive an annual physical and labs.

Three common causes of fatigue include iron deficient anemia, hypothyroid and adrenal fatigue. A simple test for iron deficiency is a complete blood count (CBC) and ferritin, which is a measure of iron stores. Low ferritin is the earliest sign of deficiency. People at the greatest risk for iron deficient anemia include vegetarians, women whose menses result in heavy blood loss and pregnant or lactating women. When men or menopausal women are iron deficient, it is often related to gastrointestinal bleeding.

Fatigue is a common

symptom of hypothyroid and other symptoms include constipation, depression, cold intolerance, muscle cramps, itchy dry skin, brittle nails, dry hair, edema, menstrual irregularities and abnormal weight gain. The most common and sensitive marker to measure thyroid function is TSH, thyroid stimulating hormone. A high TSH is diagnostic of hypothyroidism. Whenever a patient has a high TSH, I always look for thyroid antibodies to check for an autoimmune disease.

Fatigue is the most common sign of adrenal stress. Other symptoms include being a slow starter in the morning, headaches with stress, craving sweets, caffeine, salt, experiencing a burst of energy late at night, inability to stay asleep, afternoon sleepiness, transient dizziness to name a few. Cortisol is the primary glucocorticoid released by the adrenals. Cortisol has

a specific pattern during a 24 hour period. The highest levels of cortisol occur in the morning and gradually taper down throughout the day and have their lowest level around midnight. Adrenal fatigue

The treatment of adrenal stress is comprehensive and begins with lifestyle. The first step is to identify what is robbing your energy and what is supporting you.

has significant effects on the body. When the adrenals are stressed and chronically producing more cortisol, the insulin receptors can become insensitive resulting in elevated insulin. When the adrenals are exhausted and cortisol is low, then low blood sugar cannot be returned to normal and the result can be reactive hypoglycemia. High cortisol has an effect on

active T3, the active form of thyroid hormone. Elevated cortisol suppresses the immune system and consequently decreases the ability to fight infections. Elevated cortisol has a negative impact on bone metabolism by affecting calcium absorption. As you can see the adrenals affect many of our body's functions.

The systems of our body are interconnected. The treatment of anemia and hypothyroid appear to be straight forward. Iron deficient anemia generally requires iron and also treatment of the underlying cause of the deficiency. Hypothyroid requires thyroid hormone. When an autoimmune condition is involved then calming the immune system becomes imperative. There is a thyroid adrenal connection and it is important to treat both for full recovery.

The treatment of adrenal stress is comprehensive and begins with lifestyle. The first step is to identify what is robbing your energy and what is supporting you. Increase what is supporting you and remove what is depleting your energy. The second step is to make sure you are getting adequate sleep. When sleep is an issue, it may mean that learning to relax is primary. Relaxation can

All's Well
Health for Body, Mind, Spirit

by Moira Fitzpatrick, PhD, ND



be induced through deep and slow breathing, hypnotherapy, yoga, creating a mantra or meditation. Creating a sleep ritual may be helpful such as setting a bedtime, taking an Epsom salt bath and drinking a calming tea. If you have a tendency to be hypoglycemic make sure you eat a snack that contains protein and a carbohydrate such as half a slice of whole grain bread and almond butter. Avoid caffeine containing beverages. Turn the computer or television off about two hours before you go to bed. When supplementation is needed for sleep, consider melatonin (0.25 - 1.5mg) taken 30 minutes before bedtime. Herbs which may help with sleep include Valerian, Passion Flower, California Poppy and hops. Lithium, L-Theanine, 5-HTP, Tryptophan and Vitamin B6 may help with sleep.

Stabilizing blood sugar is an essential part of healing adrenal stress. Diet is the foundation of blood sugar stabilization. This begins with a substantial protein based breakfast. It is helpful to eat every two-three hours and snack on foods

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Your Passion Is Your Currency

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These assets have the potential to create a broad richness of life including creating income opportunities. While this is true, the fact is that if they don't have a way that we can connect them to value, those words have no meaning for us. This is especially true when Wednesday night comes along and you're looking at your checkbook and you decide if you write this check it's going to deplete a great deal of your account.

We tend to be most familiar with financial capital, but recognize that well before someone invests money into a company, they have invested thought, intention and focus. In the material world, the idea of financial currency is really a collective figment of our imagination. It is a series of symbols and agreements as to what to do and we think it's real because we've found ways to measure it.

It's important to get in touch with the divine inside. The soul's currency is love, and it is this currency that creates fulfillment, love and abundance. When you begin to value yourself and what you have to offer, you will ultimately share with the world what is uniquely yours. When you use your

inner assets, direct them with intention and focus, you only need to add the source energy of love to harness the essence of source energy: spiritual capital. The feeling of love which is the soul's real currency is creative, connective and transformative. When you invest your spiritual capital, the return on investment is not just simply monetary but it opens up other possibilities.

To find out more about Ernie Cho and his book *Soul Currency* visit his website at www.soulcurrency.com.

Judith Campanaro is an art therapist who can be reached through her website www.judithcampanaro.com.

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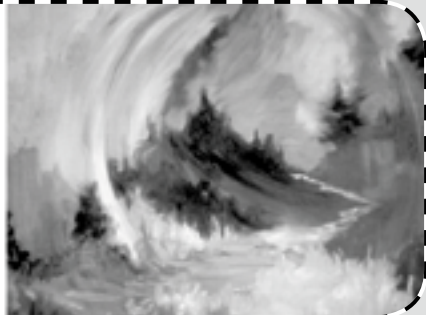
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Where are Our Conscious Men?

by **Diana Clark**

As I continue my path of evolution in conscious growth and spiritual enlightenment, I am seeing a void; where are our men? Our planet is undergoing a major awakening in consciousness and it seems as though many women are in attendance, but many of our male counterparts are being left behind. Lately, I have seen a few more men at spiritual functions and gatherings and this is reassurance that there are men who are seeking, but what can we do as community to help guide more of our men?

And men, do you want to know what women really want? Almost all women say they want a man who is living consciously and who is awakened. You ask, "What does that mean?" Women are seeking men who have depth, who make decisions based on their ability to see the consequences of their actions, men who make choices that are positive and help them connect deeply with their counterparts. These are

men of high integrity. Can you imagine a planet where honesty, faithfulness, and trust were commonplace? This type of awareness brings about relationships of love. When men and women of this caliber come together it is awesomely uplifting.

I went to a seminar several years ago. There were two men and one woman speaking. The first man spoke about his book and was followed by the woman who spoke about the work that she is doing. When the third man stood up, he came forward and looked out into the audience and asked, "Where are all the men?" He continued to speak for several minutes about the absence of men in our spiritual growth. He was not talking about religious beliefs. He was concerned that our men are too wrapped up with the aesthetics of life and not enough substance. Afterwards, his speech made me contemplate these thoughts. In the audience there were around 50 women and only one man. Sad.

Many women have a

tendency to be closer to enlightenment because they are more able to express what they feel and be a part of their body. She is more in touch with feeling and men are more in touch with their thinking minds. Going beyond the mind requires openness to life, to surrender, express softness and have non-judgments. These qualities are closely related to women, whereas the male energy is harder and more rigid. Many women do however carry around deep pain. Even though women are closer to their conscious awareness, men also hold many of these same traits deep inside.

With most of our men and still many of our women in this limbo place, still waiting for their moment of enlightenment, how will men overcome their thinking minds and women overcome their pain? The answer lies within each person. Getting in touch with your depth, with the real you. You and your enlightened connection with God energy is what the world needs now!

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such as nuts, seeds, hard boiled eggs, vegetables and hummus. Lunch and dinner need to include a protein and lots of brightly colored vegetables. If you experience gas and bloating, it may be that you are deficient in digestive enzymes or your small intestine may need support. Digestive symptoms deserve your attention as digestion represents the first step in absorbing the nutrients that are needed by every cell in your body.

Aerobic exercise is an essential aspect of healing adrenal stress. This includes walking, jogging, cycling, swimming and other forms

of exercise that involve endurance. Aerobic exercise contributes to normalizing cortisol, blood sugar and increasing oxygen to the brain.

Changing your lifestyle is the foundation of healing adrenal stress. When herbs and supplements are needed, talk to your health care practitioner to find a formula that contains vitamin C, B6, a B complex and minerals such as magnesium, calcium, and trace minerals. Adaptogens are herbs that balance the hypothalamic pituitary adrenal axis, which is most affected when we are under stress. My favorite adaptogens include Rhodiola, Siberian Ginseng, Ashwaganda, Holy

Basil and licorice root.

Make yourself your number one priority this year. Take time to focus in on what feeds your mind, body and soul. Let this be a year when you practice caring for yourself, living your life with abundant energy and self love.

Remember to take time to laugh, have fun and connect with people.

Dr. Moira Fitzpatrick welcomes your questions or topic ideas for future columns. She can be reached at (206) 525-5576 or by e-mail at drfitznd@comcast.net. Visit her website at www.theemeraldcenter.com.

Believe It And You Will See It

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it and you will see it", not the way I was raised of "seeing is believing" or another of my favorites, "the proof is in the pudding." Change the way you look at things, and the things you look at change. Ask for orbs, believe they are always there, and you will see them. Just trust, go for it, take the pictures, and at some point you will see what is right in front of you. Universe and the orbs are just waiting for you to accept what is right

before your eyes. All you have to do is trust and believe, click those red slippers three times, Dorothy, and you will realize that it was right before your eyes all the time.

So much of what we are waiting for to happen or to see or to accept is right before our eyes. We think it has to be hard, to be a struggle. No, it doesn't. The orbs are there, waiting. We signed up to have the experiences and we forgot what it was like before we

picked a human form.

The veil is thinning, we are remembering, the orbs are there. Go for it. Be open to it. Accept.

Kathie Brodie is a consulting hypnotist, practitioner of Reconnective Healing, author of *The Court Reporting Intern Book*, and has a private practice in the Shoreline area. Contact her at www.TheBaggageHandler.com