



## NEWSLETTER NO. 9 October 2010

METABOLIC BALANCE

If you feel a little bit 'under the weather', you could be suffering from a slight Metabolic Imbalance that should be easy to correct with the right Nutrition and some Vitamin Therapy. Below you will find a description of two big causes of Metabolic Imbalance.

**Adrenals**

**Symptoms:** The adrenal hormones play an important role in mental and immune health. Most common is fatigue, which is not relieved by sleep, respiratory illness, frequent infections and mild depression. Other symptoms include difficulty getting up in the morning, salt craving, lethargy, decreased sex drive, low stress tolerance, increased time to recover from injury or sport, light-headedness when standing up too quickly, less enjoyment or happiness with life, increased PMS, insomnia, muscle or joint stiffness, thirst, headaches, worse when skipping meals, fuzzy brain, poor memory, afternoon low between 3 and 4 pm, decreased productivity, feel better after evening meal. (Also Chronic Fatigue)

**What causes this?** The cause is not obvious, but is believed to be linked to stress (internal and external), i.e. long-term stress, burn-out syndrome, blood sugar imbalance, bad diet, veganism, diet high in sugar and refined carbohydrates, allergies, environmental toxins, viruses, chronic and acute infections, constantly driving self, lack of sleep, lack of relaxation, physical inactivity, trying to be perfect, insecurity, personal grief.

**What to do:** Low adrenal output is commonly not recognised as a relevant factor by your GP. I recommend two tests; the Ragland Blood Pressure Test and the Adrenal Stress Profile (cortisol and DHEA saliva test). Get expert nutritional advice.

**Treatment:** Address stressors. Stabilise Blood Sugar (see previous Newsletters on how to do this). Choose a low GL Diet. Address nutritional deficiencies and digestive health problems. Follow a Nutritional Therapy Supplement Programme for initially three months to supply nutrients that provide Adrenal Support. Address lifestyle issues and develop a relaxed attitude. Consider Siberian Ginseng, other adaptogenic herbs or adrenal cell extracts.

**Thyroid**

**Symptoms:** Every cell of the body uses thyroid hormone, so the symptoms can be many and varied. Most common is fatigue, weight gain and inability to tolerate cold. Other symptoms include: poor memory, skin problems, PMS, period pain, muscle weakness, joint stiffness/pain, muscle cramps, dry skin, constipation, depression, water retention, heart murmurs, arteriosclerosis, high cholesterol, multiple allergies, frequent infections, swelling of face, pallor, cold hands.

**What causes this?** The metabolic rate depends on the production of sufficient thyroid hormone. If the thyroid gland is not producing enough hormone, we talk about 'Hypothyroidism' (in 95% of cases). Hypothyroidism is usually diagnosed through a blood test. In some cases symptoms occur even if the blood test shows hormones to be within 'normal' limits. The hormone levels may also vary or be influenced by different life situations (e.g. stress, age, nutrient status, digestive health, allergies). In some cases, hypothyroidism is caused by an autoimmune disease (Hashimotos Disease).

**What to do:** If you suspect that you have low levels of thyroid hormone, have a blood test (test should include these values: T3, T4 and TSH). At the same time have your cholesterol and triglyceride levels checked. Be aware that the blood test is not sensitive enough to diagnose milder cases. If you have symptoms, but the blood test is negative, see a Nutritional Therapist to get nutritional support.

**Treatment:** in serious cases you might need to take extra thyroid hormone (thyroxin). Complementary treatment would be diet change to improve underlying nutrient deficiencies, vitamin and mineral therapy, lifestyle advice (i.e. exercise, stress reduction). *Don't start supplementing with iodine or other nutrients until you have a proper diagnosis!*

For more information about courses or for a personal **Optimum Nutrition consultation**, contact:

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**ScandinavianHealth moves to Kalkstr. 26b/Ecke Bockumer Str. on the 6<sup>th</sup> of November. I hope to see you at the new Complementary Health Center above Kaisers in Wittlaer:**

[www.zentrum-wittlaer.de](http://www.zentrum-wittlaer.de)

*Don't change your medication or start a supplement regime without consulting a health professional.*