

THE 5 MINUTE PROFESSOR

Take 5 Minutes and Maybe Change Your Life

Collins Chiropractic Inc, Drs. CJ and Victor Collins, D.C.'s, 555 4th Street, Suite 1, Clovis CA 93612

Phone: 559-323-5000, Fax: 559-323-5525, Email Cjandvictor@aol.com

SECRETS REVEALED OF CHRONIC FATIGUE AND DEPRESSION

You have three parts of your body where most of your biological energy comes. We call them the “Triple Warmers” because they “warm the body up and get it ready for action.” Those three things are your **Anterior Pituitary**, your **Thyroid** and your **Adrenals**. The anterior pituitary is the master endocrine gland and just so you know endocrine is just a fancy word for a hormone releasing gland. The anterior pituitary is a gland the size of a peanut that sits about an inch behind the center of your eyebrows and it needs to release two very important hormones in order for your thyroid and your adrenals to work properly. For the thyroid to work properly it needs stimulation from a hormone called THYROID STIMULATING HORMONE, or TSH for SHORT, which comes from the ANTERIOR PITUITARY. For the adrenals to work properly, they need stimulation from a hormone called ADRENAL CORTICAL TROPHIC HORMONE or ACTH for SHORT, which also comes from the ANTEIOR PITUITARY. To make a long story short, these hormone cascades or chain reactions look like the following:

ANTERIOR PITUITARY to THYROID FUNCTION

ANTERIOR PITUITARY releases → TSH → Stimulates THYROID to make → THYROXINE (T4) → T4 goes to almost every cell in your body and, hopefully, is converted from T4 → to T3. T3 is 90% responsible for waking up your metabolism all over your body with very few exceptions. Here are the common side effects of hypothyroidism which can be caused by a) low anterior pituitary production of TSH, or b) low functioning thyroid gland to make enough T4 or c) low conversions of T4 to T3 resulting in low levels of T3.

The symptoms of hypothyroidism, low thyroid function, are: depression that gets better as the day goes on, difficulty losing weight, reduced initiative, decreased mentation (inability to think clearly or accurately), easily fatigued, sleeping during the day, sensitive to cold, poor circulation (cold hands and feet), dry or scaling skin, “ringing” in ears, noises in the head, constipation, excessive falling out of the hair and/or coarse hair and headaches that occur upon awakening that wear off as the day goes on.

ANTERIOR PITUITARY to ADRENAL CORTICAL FUNCTION

ANTERIOR PITUITARY → ACTH → Stimulates ADRENSALS to make → CORTISOL → Controls blood sugar (the energy needed for every cell in the body to function normally).

Symptoms of low adrenal cortical function are: chronic fatigue and or drowsiness, craving for salt, low blood pressure (demonstrated as light-headedness when sitting up quickly), afternoon yawning, weakness, dizziness, poor circulation, muscular and nervous exhaustion, allergies/hives, difficulty holding a chiropractic adjustment, nails weak or ridged, perspire easily, slow starter in the morning, and afternoon headaches. As well, low adrenal cortical function can wreak havoc with your immune system by causing one to be not only vulnerable to colds and flu's but also causing slow recovery and prolonged weakness after these same colds and flu's.

Most amazingly, though, is very often someone will have all 3 glands down-regulate or crash at the same time. This is a big deal because when this occurs you are **tired all of the day**, you cannot think clearly and lastly, you have a depression that is worst in the morning and has a tendency to get better, slowly, as the day progresses. This is because the thyroid takes quite a while to get going. Often your body has a hard time getting enough cortisol from the adrenals to supply enough glucose energy to all of your cells. When three of these glands all malfunction together, the effects are often devastating due to the intensity as well as the persistent nature of the chronic fatigue and depression.

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