Stress, Hormones & Health (Part Two) Transcript

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Introduction to stress hormones and health

Common symptoms of hormone imbalance and fatigue

Looking beyond standard testing for fatigue

Functional medicine causes of fatigue

Autoimmune disease, gluten, and root causes

Sleep disorders and environmental toxins

Digestion, neurotransmitters, and nutrient deficiencies

Hormones, aging, and menopause

Stress, cortisol, and the bodyu2019s survival response

How chronic stress disrupts hormones and health

so I'm going to talk to you about stress so I'm going to talk to you about stress hormones and health it's the very hormones and health it's the very essence of what we do here although we essence of what we do here although we do you have a number of programs heart do you have a number of programs heart gastrointestinal but stress horn and gastrointestinal but stress horn and hormones are really the bulk of the hormones are really the bulk of the types of treatment that I do is your types of treatment that I do is your health in pieces and these different health in pieces and these different pieces if you can't see it or your pieces if you can't see it or your hormones your stress your fitness and hormones your stress your fitness and your nutrition these are all important your nutrition these are all important parts and of course emotional and parts and of course emotional and spiritual but just talking in terms of spiritual but just talking in terms of physiologic the things that I deal with physiologic the things that I deal with these are the pieces so these are common these are the pieces so these are common symptoms that we see fatigue is our symptoms that we see fatigue is our number one people who are irritable number one people who are irritable angry there is something that it's not angry there is something that it's not very nice but when men's testosterone very nice but when men's testosterone levels start to decline as they get levels start to decline as they get older men will become irritable and older men will become irritable and angry and an anti-aging medicine we call angry and an anti-aging medicine we call it the grumpy old man syndrome because it the grumpy old man syndrome because people get grumpy you may be depressed people get grumpy you may be depressed putting on the spare tire around the putting on the spare tire around the middle sleep problems having trouble middle sleep problems having trouble concentrating low libido or sex drive is concentrating low libido or sex drive is a big one that we see feeling a big one that we see feeling overwhelmed by everyday tasks so this is overwhelmed by everyday tasks so this is these are all common problems if you're these are all common problems if you're wondering why people come here this is a wondering why people come here this is a lot of it so fatigue is the number one lot of it so fatigue is the number one and in your folders if anybody wants to and in your folders if anybody wants to take notes I gave you a little sheet to take notes I gave you a little sheet to write notes on what can you do about write notes on what can you do about fatigue when you see a doctor and you say I'm when you see a doctor and you say I'm really fatigued and they do some testing really fatigued and they do some testing and say everything looks okay that's and say everything looks okay that's like bad news right you don't want to like bad news right you don't want to hear that you want to hear that maybe hear that you want to hear that maybe something's wrong that can be fixed and something's wrong that can be fixed and eventually people go around and see lots eventually people go around and see lots of practitioners of all kinds with the of practitioners of all kinds with the complaints of fatigue everybody still complaints of fatigue everybody still thinks everything is okay on all their thinks everything is okay on all their testing and evaluation and sometimes testing and evaluation and sometimes people feel crazy and this cartoon says people feel crazy and this cartoon says it's only hypochondria

but it's a very it's only hypochondria but it's a very very inform the other thing that happens very inform the other thing that happens and it happens especially to women is and it happens especially to women is that if you persist enough with what's that if you persist enough with what's bothering you and nobody can figure out bothering you and nobody can figure out a solution they figure it must be in a solution they figure it must be in your head so you're not really tired your head so you're not really tired you're really depressed taking you're really depressed taking antidepressant and that of course just antidepressant and that of course just brings a whole host of side effects and brings a whole host of side effects and other problems and doesn't do anything other problems and doesn't do anything about fatigue so I compared what we can about fatigue so I compared what we can do in functional medicine what are the do in functional medicine what are the things we look at when we're trying to things we look at when we're trying to figure out why somebody's fatigue and I figure out why somebody's fatigue and I can tell you that when I was practicing can tell you that when I was practicing gynecology and somebody came in to see gynecology and somebody came in to see me and said I'm tired i would get those me and said I'm tired i would get those two tests i would look to see if they two tests i would look to see if they were anemic low blood of course i were anemic low blood of course i saw a saw a lot of women with heavy menstrual period lot of women with heavy menstrual period so sometimes people did have anemia and so sometimes people did have anemia and I would check their thyroid and if that I would check their thyroid and if that was ok with nothing I could do was ok with nothing I could do and most of the time that was all okay and most of the time that was all okay and I didn't have any place to refer and I didn't have any place to refer somebody I didn't have any ideas for somebody I didn't have any ideas for them and in functional medicine yet we them and in functional medicine yet we still look at anemia we look at the still look at anemia we look at the thyroid but we look at it much thyroid but we look at it much differently hormone decline very differently hormone decline very associated with fatigue stress will make associated with fatigue stress will make you fatigued what we call a drean will you fatigued what we call a drean will burn out when you've been stressed for a burn out when you've been stressed for a really long time you get this very really long time you get this very profound fatigue that no matter how long profound fatigue that no matter how long you sleep you never feel refreshed and you sleep you never feel refreshed and then other things that regular medicine then other things that regular medicine never thinks about food sensitivities my never thinks about food sensitivities my gluten intolerance things like that can gluten intolerance things like that can give people brain fog and fatigue give people brain fog and fatigue migraine headaches not to mention you migraine headaches not to mention you know all the bloating and and stomach know all the bloating and and stomach problems some people have heavy metal problems some people have heavy metal toxicity either they have high exposures toxicity either they have high exposures or they're not able to get rid of the or they're not able to get rid of the metals they're exposed to it poisons the metals they're exposed to it poisons the enzyme systems throughout your body and enzyme systems throughout your body and you can't manufacture energy without you can't manufacture energy without good enzyme function so people feel good enzyme function so people feel fatigued among other things sometimes fatigued among other things sometimes prescription medicine will make people prescription medicine will make people feel fatigued the statin medications are feel fatigued the statin medications are a key example fatigue brain fog and a key example fatigue brain fog and muscle pain why because statin muscle pain why because statin medications prevent you from making one medications prevent you from making one of the most important components of the of the most important components of the energy cycle in your cells called energy cycle in your cells called coenzyme q10 people probably heard of coenzyme q10 people probably heard of coq10 statin drugs block your coq10 statin drugs block your manufacturer of coq10 and so the little manufacturer of coq10 and so the little parts of your cells where energy is made parts of your cells where energy is made has to have Co Q 10 and if it doesn't has to have Co Q 10 and if it doesn't have it it doesn't make energy and that have it it doesn't make energy and that accounts for the muscle pain because accounts for the muscle pain because muscles have a lot of energy producing muscles have a lot of energy producing areas in muscle cells muscle cells move areas in muscle cells muscle cells move so they need lots of energy and when so they need lots of energy and when they're block from producing energy you they're block from producing energy you get muscle pain fatigue and weakness get muscle pain fatigue and weakness autoimmune disorders and the thing about autoimmune disorders and the thing about autoimmune problem is we actually can autoimmune problem is we actually can figure out the cause of a lot of them figure out the cause of a lot of them now I had ulcerative colitis which is now I had ulcerative colitis which is autoimmune maybe some of it was autoimmune maybe some of it was ulcerative colitis most of it with ulcerative colitis most of it with gluten I had autoimmune thyroid problems gluten I had autoimmune thyroid problems called Hashimoto's and I had psoriasis called Hashimoto's and I had psoriasis another autoimmune problem and when you another autoimmune problem and when you eliminate gluten when I eliminated eliminate gluten when I eliminated gluten the psoriasis went away and the gluten the psoriasis went away and the Hashimoto's the

antibody that I was Hashimoto's the antibody that I was making the levels went way down so not making the levels went way down so not recognizing the causes of autoimmune recognizing the causes of autoimmune leads people again it's like the picture leads people again it's like the picture I showed you with the plant and the I showed you with the plant and the roots if you only see the autoimmune roots if you only see the autoimmune part up at the top you load people up part up at the top you load people up with anti-inflammatories right with anti-inflammatories right prednisone very strong anti-inflammatory prednisone very strong anti-inflammatory and never really look at what the root and never really look at what the root is what's making somebody trigger this is what's making somebody trigger this immune process sleep disorders there is immune process sleep disorders there is a sleep disorder that is hardly ever a sleep disorder that is hardly ever recognized called sleep disordered recognized called sleep disordered breathing and it happens almost breathing and it happens almost completely in women and not the people completely in women and not the people that you think of you know with sleep that you think of you know with sleep apnea who are overweight with a sick apnea who are overweight with a sick short met occurs in slender women and it short met occurs in slender women and it is as devastating a sleep apnea but is as devastating a sleep apnea but nobody is aware of it to diagnose it and nobody is aware of it to diagnose it and we have special ways of doing that we have special ways of doing that conventional medicine nothing else down conventional medicine nothing else down we're on to the second page of ideas and we're on to the second page of ideas and understanding why people can be fatigued understanding why people can be fatigued environmental toxins are so damaging and environmental toxins are so damaging and it's really it's a bind because how do it's really it's a bind because how do you stop breathing or you know it get you stop breathing or you know it get away from you by a car and all the away from you by a car and all the off-gassing from the plastic in the car off-gassing from the plastic in the car you know we got a new car in December it you know we got a new car in December it still has the new car smell I know I'm still has the new car smell I know I'm still smelling and inhaling all of that still smelling and inhaling all of that rubber and petroleum and plastic rubber and petroleum and plastic intestinal infections intestinal infections yeast overgrowth tremendous cause of yeast overgrowth tremendous cause of fatigue and brain fog neurotransmitter fatigue and brain fog neurotransmitter decline your those important brain decline your those important brain chemicals I was talking about that can chemicals I was talking about that can be a source of fatigue and a lot are be a source of fatigue and a lot are tied into poor digestion I had one of my tied into poor digestion I had one of my very first patients we did a very first patients we did a neurotransmitter test on her and she had neurotransmitter test on her and she had really low levels of all really low levels of all neurotransmitters why and she was very neurotransmitters why and she was very anxious she didn't make enough stomach anxious she didn't make enough stomach acid she couldn't break down or protein acid she couldn't break down or protein which is how you get neurotransmitters which is how you get neurotransmitters they're made in your intestine from the they're made in your intestine from the protein that you eat and break down so protein that you eat and break down so understanding that a problem up here understanding that a problem up here might have something to do with a might have something to do with a stomach problem is the kind of thing stomach problem is the kind of thing that we're able to do in functional that we're able to do in functional medicine and I mentioned nutritional medicine and I mentioned nutritional deficiencies and diet we'll talk about deficiencies and diet we'll talk about diet a little later diet is really a diet a little later diet is really a huge part of staying healthy and feeling huge part of staying healthy and feeling good hormones are the messengers you have you hormones are the messengers you have you know women have ovaries men have know women have ovaries men have testicles they produce hormones and they testicles they produce hormones and they travel all over your body through your travel all over your body through your bloodstream to send messages estrogen bloodstream to send messages estrogen and testosterone there are messages get and testosterone there are messages get sent to your brain that's what makes sent to your brain that's what makes women turn into women and men turn into women turn into women and men turn into men are you know besides our men are you know besides our reproductive organs estrogen receptors reproductive organs estrogen receptors in our skin that keeps our skin looking in our skin that keeps our skin looking healthier in our heart and blood vessels healthier in our heart and blood vessels there are receptors for these hormones there are receptors for these hormones so these hormones travel throughout our so these hormones travel throughout our body so there are messengers they tell body so there are messengers they tell other parts of our body what to do and other parts of our body what to do and our hormones are optimal when we're at our hormones are optimal when we're at about 25 to 30 years old now we used to about 25 to 30 years old now we used to say that I'm not sure that even applies say that I'm not sure that even applies anymore because I'm seeing 25 to 30 year anymore because I'm seeing 25 to 30 year olds who are hormonal e depleted olds who are hormonal e depleted probably a combination of toxins in the probably a combination of toxins in the environment that interfere with estrogen environment that interfere with estrogen activity the food is very nutrient activity the food is very nutrient depleted

so we're not getting the depleted so we're not getting the minerals that for example think that you minerals that for example think that you need to make testosterone so I'm seeing need to make testosterone so I'm seeing young people between 25 and 30 I never young people between 25 and 30 I never thought I would see when I started doing thought I would see when I started doing is kind of medicine I thought it was is kind of medicine I thought it was going to be all menopausal women and men going to be all menopausal women and men about the same age and older but anyhow about the same age and older but anyhow traditionally 25 to 30 if our hormones traditionally 25 to 30 if our hormones are considered their optimal and then are considered their optimal and then they decline as we age women in addition they decline as we age women in addition have reproductive changes so besides the have reproductive changes so besides the age-related decline in hormones we have age-related decline in hormones we have menopause and the changes leading up to menopause and the changes leading up to menopause which the average age is about menopause which the average age is about 51 this is perimenopause last two to 51 this is perimenopause last two to five years it's really more like 15 five years it's really more like 15 years it starts in your mid-30s and years it starts in your mid-30s and women know things start changing nobody women know things start changing nobody if you go in and say something's if you go in and say something's changing they'll go oh it's fine you're changing they'll go oh it's fine you're too young but yes it starts in our mid too young but yes it starts in our mid 30s and then eventually ends up with 30s and then eventually ends up with with men starting at age 30 testosterone with men starting at age 30 testosterone starts declining and it declines starts declining and it declines anywhere from one to three percent a anywhere from one to three percent a year which is a small amount but not year which is a small amount but not after you add up a number of years and after you add up a number of years and by the time men are in their 60s to 70s by the time men are in their 60s to 70s fifty percent of men have low fifty percent of men have low testosterone it affects your energy it testosterone it affects your energy it affects your sexual function your libido affects your sexual function your libido your cognitive brain function your your cognitive brain function your cardiovascular risk men with low cardiovascular risk men with low testosterone or increased risk of testosterone or increased risk of cardiovascular disease and it's called cardiovascular disease and it's called andropause and Men and menopause and andropause and Men and menopause and women and some people call it manopause women and some people call it manopause when it happens to men and then the when it happens to men and then the issue of stress a stress does huge issue of stress a stress does huge damage to your health and what happens damage to your health and what happens when you get stressed and this is part when you get stressed and this is part of an evolutionary change that happened of an evolutionary change that happened that developed in us to protect us to that developed in us to protect us to protect us from really severe danger so protect us from really severe danger so the adrenal glands are right above the the adrenal glands are right above the kidneys this is a CT scan kind of cross kidneys this is a CT scan kind of cross section these are kidneys and the section these are kidneys and the adrenal glands are right on top and they adrenal glands are right on top and they make cortisol which is a very make cortisol which is a very life-saving hormone unless you have too life-saving hormone unless you have too in prehistoric times well you know we in prehistoric times well you know we would be under threat of an animal a would be under threat of an animal a predator going to eat us and so what predator going to eat us and so what happens when this kind of situation happens when this kind of situation arises is your adrenal glands pump out a arises is your adrenal glands pump out a huge surge of cortisol and it's huge surge of cortisol and it's life-saving why because it mobilizes life-saving why because it mobilizes sugar and it's not good to eat lots of sugar and it's not good to eat lots of sugar but let me tell you if you need to sugar but let me tell you if you need to run away from a predator you need run away from a predator you need mobilization of sugar so that your mobilization of sugar so that your muscles have energy and fuel and your muscles have energy and fuel and your brain does too but these situations were brain does too but these situations were meant to last a short time you know meant to last a short time you know you'd run away from a predator climb a you'd run away from a predator climb a tree get in a cave and then it was over tree get in a cave and then it was over and then your cortisol levels came back and then your cortisol levels came back down and your body repaired what happens down and your body repaired what happens with cortisol is everything gets put on with cortisol is everything gets put on hold all of your intestinal function hold all of your intestinal function your reproductive function everything your reproductive function everything gets put on hold so you can save your gets put on hold so you can save your own life all the blood goes to your own life all the blood goes to your muscles and to your heart to keep muscles and to your heart to keep pumping and to pump it to your muscles pumping and to pump it to your muscles if you've eaten nothing happens to the if you've eaten nothing happens to the food it does not get digested when food it does not get digested when you're stressed because the blood is you're stressed because the blood is elsewhere and so this is a life-saving elsewhere and so this is a life-saving physiologic response but it's not physiologic response but it's not life-saving when it goes on chronically life-saving when it

goes on chronically all the time so we don't get stressed all the time so we don't get stressed from a you know fear of a predator and from a you know fear of a predator and then have it be over we're stressed all then have it be over we're stressed all the time and our body doesn't know the the time and our body doesn't know the difference between our boss yells at us difference between our boss yells at us we've got a horrible deadline and a we've got a horrible deadline and a predator is going to come after us our predator is going to come after us our cortisol levels go way up and high cortisol levels go way up and high cortisol levels shrink your brain higher cortisol levels shrink your brain higher risk for Alzheimer's increase your risk risk for Alzheimer's increase your risk this inflammatory and inflammation is this inflammatory and inflammation is why people get heart disease and cancer why people get heart disease and cancer and Alzheimer's those are inflammatory and Alzheimer's those are inflammatory chronic diseases and in addition I like chronic diseases and in addition I like I said you get weight games particularly I said you get weight games particularly the spare tire moody and it depletes the spare tire moody and it depletes your hormones and I know you can't see your hormones and I know you can't see this slide but let me just say this is this slide but let me just say this is how your hormones get made and the ones how your hormones get made and the ones over here where the ladies smiling are over here where the ladies smiling are what are called your feel-good hormones what are called your feel-good hormones and down here cortisol that we pump out and down here cortisol that we pump out when you're scared of a tiger and when when you're scared of a tiger and when this pathway is in effect when you're this pathway is in effect when you're stressed this one gets cut off and you stressed this one gets cut off and you don't make as much of your feel-good don't make as much of your feel-good hormones you don't feel as good when hormones you don't feel as good when you're stressed women's menstrual you're stressed women's menstrual periods get messed up because they don't periods get messed up because they don't make enough progesterone people lose make enough progesterone people lose their libido and they get stressed their libido and they get stressed they're not making as much testosterone they're not making as much testosterone and estrogen so stress takes away your and estrogen so stress takes away your feel-good keep you healthy hormones feel-good keep you healthy hormones because your body is you're going to die because your body is you're going to die