

Human Energy Crisis

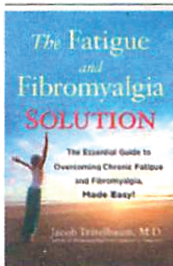


Fatigue is becoming an energy draining epidemic, caused by a number of factors creating the “perfect storm” for a human energy crisis. Fatigue is the number one complaint in doctor’s office visits. Despite this, many physicians have little training in treating fatigue or exhaustion. According to board certified internist Dr. Jacob Teitelbaum, author of *The Fatigue and Fibromyalgia Solution*, the simple SHINE approach has increased energy an average 91 percent among patients.

Q. What do you mean by “human energy crisis?”

A. Americans face an energy crisis that’s more important than gasoline. This is being triggered by:

- 1. Horrible nutrition.** With 150 pounds of sugar being added to each person’s diet in food processing each year (18 percent of calories coming from white flour), plus the added fat, almost half of our food’s vitamins and minerals have been removed in food processing. This is why we are seeing malnutrition in obese people for the first time in human history.
- 2. Poor sleep.** The average night’s sleep until 130 years ago when light bulbs were invented was nine hours. We are now down to 6.75 hours a night, a 30 percent pay cut to our body’s rest and regeneration systems.
- 3. Lack of exercise.** Sometimes, the only exercise some people seem to get is pushing down on the gas pedal and remote control.
- 4. Hormonal deficiencies.** The 85,000 chemicals added to our diet, combined with lack of iodine and sunshine deficiency, is resulting in widespread deficiencies of thyroid, estrogen and testosterone.



Q. What are the key areas that need to be addressed to optimize energy?

A. To optimize energy, I recommend the SHINE protocol. SHINE stands for:

Sleep. Get adequate sleep, preferably eight to nine hours a night. Sleep replenishes the body’s energy and heals its muscles. Inadequate sleep will leave you exhausted and in pain.

Hormones. Supporting hormonal function can be done using natural over-the-counter supplements (such as iodine and edamame) or natural bioidentical hormones.

Immunity. Have irritable bowel syndrome or chronic sinusitis? Getting rid of the Candida/yeast overgrowth in the gut can not only make these go away, but will also improve energy.

Nutrition. To maintain normal health and optimal energy levels you need to be sure your body is getting a proper balance of nutrition. Vitamin B-12, magnesium, Acetyl L-Carnitine, glutathione, as well as your basic A, B, C and D vitamins are especially vulnerable.

Exercise. You don’t have to be macho. Simply go for a walk outside in the sunshine for a half hour each day.

Learn more at www.endfatigue.com.