

LIVING *Fabulously*
with BEV

Episode
#104

Ending adrenal fatigue

With
Dr Sam Shay



www.livingfabulously.com



Hello there, I'm Bev

As a well-being transformation coach and bestselling author, I work with women in business who constantly feel exhausted - that's a sign your body isn't coping, and something needs to change.

I've been where you are now... I would drag myself out of bed each morning and fight the need for sleep for the rest of the day yet come 9pm I was getting an annoying second wind! My brain fog was worse than 'Gorillas in the mist' and my mind was scattered, I couldn't concentrate, and my memory was MIA.

I felt dismissed by the western medical system and a realisation dawned on me that if I wanted to be well again it was up to me. I created a roadmap to well-being to help me navigate and that became my bestselling book 'Hope in a Dark Tunnel'.

So now I enable energy on demand for women in business who feel challenged by exhaustion / fatigue and brain fog and your first step is here...

Put your health higher on your priority list

because once you place a priority on your health you're capable of so much more!

Yet it may seem like you've done SO MUCH WORK around your fatigue, exhaustion, fogginess. Perhaps it feels like a bottomless pit, everyone said they could help solve it and no one really did much to help. Not finding solutions is exhausting, and you're already exhausted.

You may have closed the door on trying any new solutions or practitioners. You may skim everything and reject almost everything. It will take something and someone very special that really resonates in a HUGE WAY with your gut feelings.

I'm known for wellbeing transformations - 'rewiring' for healthy habits to create vitality. Connect with me and let's explore how I work to shift you from frustrating exhaustion to having energy on demand to successfully run your business and have a life you love!

Book in your FREE Energised for Business & Life Strategy Session today

Let's work out how I can help create your personalised approach to well-being, working within your preferences to take the next small step consistently.



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My wish for you is to be Living Fabulously and Living Well!

Bev

Ending Adrenal Fatigue

Dr Sam Shay

Who is Dr Sam Shay and what are his ten pillars of health?

I'm a functional medicine practitioner and a doctor of chiropractic. I have a degree in acupuncture, and I'm a certified FitGenes practitioner, which is a specialized genetics analysis. The lab is actually in Australia, but even if you are not in Australia, like people can send their 23andme or ancestry.com data there or do fresh swaps from around the world and send it there and the reality is that dealing with people with chronic issues like fatigue or so called adrenal fatigue, it's usually a multimodal issue. I mean, certainly it was my history having to deal with a terrible bout for 12 years from age six to eighteen.

And because of the experience I went through as a child through teenager and then devoting the rest of my life to natural medicine, I have specialized in or focused in helping people with chronic issues, particularly things like debilitating fatigue, because that's certainly what I went through. And I had to go through multiple different styles of training just from all over everything from working with Mind Body medicine for over 20 years, looking at naturopathic nutrition for over 20 years looking at anthropological nutrition for 20 years, going into Chinese medicine, brief stints looking at Ayurvedic medicine, but decided to opt towards more Chinese medicine and Western naturopathy for a variety of reasons.

Getting my doctorate in Chiropractic and then focusing on the neurology as well while I was in chiropractic school because if you know neurology, you have to know everything else underneath it nutrition, physiology, anatomy, pathology, and so on. And what I found was that by working with people with really debilitating issues, chronic fatigue, fibromyalgia, autoimmune and so forth, and of course, so called adrenal fatigue, and I found that there were 10 common areas that people were struggling with.

And 10 pillars of health is the term I've come up with. And what I found is that people with chronic issues have a minimum 7 out of 10 pillars crumbling, which explains why people who are under a chronic state have a great deal of difficulty getting better because almost all clinicians and protocols and products, if they're honest, are really good at 1 - 3 maybe five pillars, not seven plus. And when I reflected on my own history, why it took me, you know, two decades to figure out what in the world was going on with me. I had all 10 pillars in spades. And even started when I was a child, six years old, my parents had terrible like a truly, truly awful divorce where our parents are weaponizing the kids against the other parent. A lot of bullying and violence at school. And so that's just that's just one pillar. That's the emotional pillar and then there's nine others so is dealing with this well.

The brain and hormone pillar where I was just constantly under adrenal stress from the survival issues of everything that was going on. A bowel and digestive issue where I was severely constipated couldn't go except every three to five days. It may not sound like much, but that was for 12 years. And if you ask any parent with a newborn or a toddler whatever, the child is super cranky, what is the first question that is asked intuitively by every parent 'Have you pooped?'

But somehow around age four that question is not asked anymore or five but it still affects people's mood and certainly it affects their digestion and their ability to absorb nutrients to help their brain and their growth and everything else but it also affects the liver because you can't live in a house and a toilet doesn't flush, not for very long at least.

And it's the same issue with the colon is that you can get auto toxic so to speak. I had other issues with my physical body where I was in chronic pain from sitting all the time, addicted to television and video games, and I thought back pain was normal as a child. I mean that and being on the wrong end of violence, I was in pain of injuries.

And the fourth pillar of movement and exercise, like I was just sitting all day in school and sitting in front of TV all day. I mean, I have a spinal issue because of all that. And not getting the movement that was needed to not only help my muscle growth and my physical growth, but also to help drive my frontal lobes because movement is a nutrient to feed the frontal lobes.

And one of the frustrating things for people with chronic fatigue or adrenal fatigue or just any type of fatigue is that there's this downward spiral of look, you're too tired to move, but you need movement in order to wake up your brain. And so it becomes this really weird spiral down we just get more and more

tired. And one of the things I've done in my practice is that I've removed the word exercise because that's a real trigger word for people who like can't exercise because they're so tired and in so much pain or they get flared up when they're exhausted afterwards they're afraid of it because they just it just backfires. They don't say exercise I say movement it's a much more calmer like and it's more realistic also like walking and Tai Chi or Qi Gong or whatever types of movement is a fantastic way to get started.

Fifth pillar is bio toxins. I had been given lots of really bad food, my morning breakfast were bagels and "I can't believe it's not butter" which is a form of margarine. Random cheese and my lunches are like ramen noodles and SpaghettiOs I had breakfast cereals and then I have like a candy and fast food during the week. Dinners had some semblance of real food, but it was just toxic, and I had a mouthful of mercury from all the cavities I got from also being a sugar addict to cope with all the stress at home and school.

Sixth pillar is bio nutrients. If you eat bad food you get rid of good food, so I didn't get all the essential nutrition from real food. Also another thing I put under bio nutrients is oxygen and sunlight. And I was a super shallow breather because I was under chronic stress all the time and I was inside because of school and just being in playing video games. I mean sure there was like, in times in the summer but the rest of the year was pretty much just trapped inside.

The seventh pillar was breakfast and routines and my breakfast was pretty terrible actually the coffee habit at age six because I was so tired that I had to have coffee as a child to stay awake. Now my mother thought coffee was a lesser evil because she thought the only way for me to get milk in me because she thought milk was good for me. Which it wasn't, was that I she'd allow me some coffee because I was so tired. One reason I was so tired just jumping ahead to pillar ten was the sleep or bedtime pillar. I was a severe insomniac and I couldn't get to bed couldn't stay asleep and wake up at 3am on the dot for over 10 years, I would then wake up exhausted to the super loud screeching alarm to just remind me it's time to go to that hell known as school again. And that's where the coffee came in at age six. Some people may feel like it's a bit scandalous to give a child coffee Well, you know, to each parent their own and the consequences therein.

The eighth pillar is the stress pillar, bother's pillar, and we've already described that. The ninth pillar is bugs or hidden infections and mould. And so I had an infection from summer camp, no one really caught for a while, and that affects gut and mood and the tenth pillar's described as bedtime or sleep, so I had insomnia. So I had all ten pillars as a child for a decade. And it stunted my growth affected all sorts of health problems I was having, but no one was taking them seriously. Because I grew up in a family medical doctors, and they thought it was a medication deficiency. Or it was in my head, or both.

And I decided at age 18 to devote my life to natural medicine because Western medicine was failing me I mean it's great for emergencies, assuming they get there in time and don't screw up. But it wasn't helping me with all this really like chronic kind of unsolved mystery, fatigue and illness that wasn't being taken care of.

So I devoted my life to natural medicine and that's why I focus on the people that I help with, people who have been through multiple products, protocols and practitioners because that was my journey. I didn't come to the ten pillars at age 18, I came to it in my early 30s reflecting back, looking through working with people who're really sick and I was like, Okay, wait a minute, there's 10 factors here. Wait a minute I had these 10 factors Oh, I had to combine a bunch of factors together synergistically in order to actually properly heal because I was chasing magic bullets all the time.

Like magical therapy maybe this supplement maybe this meditation technique maybe this diet no no no exactly no definitely not that right now it's this diet no wait no saw podcasts saw Dr. Oz it's that diet now. And I was like, Oh, it's all about detox and then I hurt myself doing detox which is very common actually. And then oh, it's just gone. Magic bullets hoping this next week and the frustration of watching other people get well off these stupid magic bullets that weren't working for me.

I don't know if you've had that experience, but it's certainly been the experience of many people I've worked with, but the ten pillars model actually explained why the magic bullet worked for them and not for me, because if they have like one or two pillars that are at 30%, and all the rest are at 80%.

And then they just try one magic bullet after another then they suddenly land on whatever the special goji berry juice, they squirt up their nose or whatever, then then suddenly they go from 40% up to 80%. And they feel like oh, this is the thing. This was the magic bullet. Everyone needs this. And then they go and career and a multi-level marketing thing and whatever it is selling their magic bullet du jour and

then when it doesn't work for someone, the answer is almost always Oh, you just need more of the goji berry juice up the nose. And it becomes this this trope of Oh, it's just a magic bullet or whatever that just keeps, and it becomes this really weird at some point for me anyway and for a lot of people I've worked with their becomes this, I'll never get better. I do, I'll never get better. There's something inherently wrong with me. I'm doomed to this.

And having the having the framework of the ten pillars of health really helped contextualize why people were getting better on these magical bullets and why people weren't getting better because people were chronic and had seven plus pillars that were crumbling. And, and then later on, I then got into functional testing, where you actually tested the organ systems like test the adrenal glands through salivary testing. You can test the thyroid through blood testing, you know, not just TSH, which is what most GPs do, but actually test T3 T4 and the antibodies and reverse T3 to see is it a thyroid problem, you can detect if it's an adrenal issue based on some T3 ratios. You can also see well, is it a thyroid issue is an autoimmune issue to the thyroid, which is then you look towards the gut and then there's gut testing for parasites and you know digestion markers, inflammatory markers.

You can even now test the mitochondria, which is the powerhouse of the cell. A lot of people who think they have adrenal fatigue actually have mitochondrial collapse. I've seen this over and over again, you run both the mitochondria and the adrenal test. And I've had perfect adrenal completely collapse mitochondria, but the symptoms look very similar to adrenal fatigue. So people are trying to do an adrenal protocol because they feel tired and all the symptoms match up.

But it's not an adrenal issue. It's actually mitochondrial issue.

That's why I typically run both at the same time to see either one or the other or worst case, of course, is both. And then genetics testing that just opened up an entire universe of explaining inflammatory fatigue, and that's a whole that that's a side of fatigue that people aren't talking about, is that people can have an inflammatory based fatigue.

And the genes, especially the lab in Australia, they've organized the genetics analysis to just make genetics actually makes sense instead of being overwhelming, confusing, and frankly scary, because you some people do at 23 and me and they're like, Oh my god, I have the mthfr gene or whatever, whatever the scary, you know, the bogeyman gene of the day is and the reality is, is that almost all those bogeyman genes are the so called Alzheimer genes, so called breast cancer gene, the so called methylation gene or whatever those are all downstream from the 15 major inflammatory genes, the three main mitochondrial free radical quenching genes, liver detox genes and the vitamin D receptor genes.

So you look at the drivers that push the whole process and then what manifests is downstream, whatever the so-called disease genes are, so you can even look at genetics from a functional standpoint. And put all these things together lifestyle analysis with the 10 pillars of health, functional testing and genetic testing to clarify what's actually going on in the body and in the genes. And you can create a complete, customized package for people lifestyle, diet, nutrition to reverse the whole process based on science and lifestyle not based off hype off of a podcast, a TV show, or whatever your best friend's goji berry juice company is selling.

What is Adrenal Fatigue?

So, the term adrenal fatigue was kind of popularized by Dr. James Wilson in the late 90s. With his book adrenal fatigue, the 21st century syndrome. I've trained with Dr. Wilson, extremely intelligent, and a grandfatherly kind man and he's really done a good job. Giving people of the lay public and awareness on the adrenal glands.

The term itself has been under assault by Western medicine and there's reasons for that one, because in western medicine, the problems with the adrenals are under if you look at a bell curve, or what's technically called for the Scrabble enthusiasts, the Boolean distribution of the bell curve in medicine for diseases has to do with statistical quartiles, quintiles and you've got people on the outer two and a half percent.

So the 97.5% above and the two and a half percent 2.5% below. This is where you have Addison's and Cushing's disease. Cushing's is too high adrenal and Addison's is too low adrenal. So they see disease as only operating those two extremes. But the adrenal fatigue is the grey space in between. So there's that functional, because it's like, from the middle of the bell curve, to all the way out to the 2.5% on either

sides. That's assumed to be normal. That doesn't make any sense at all. It can be defined as non-pathological, like not having the diagnosed pathology of the disease, but it's not normal.

Because you if you're like a 2.6% of the low end of cortisol that's technically normal, but you're feeling exhausted. And if you're at 97.4% percent you're still technically normal, according to the statistics but you feel awful, so the fatigue, the adrenal fatigue is in that grey space. Now, adrenal fatigue by itself is a term that is sometimes awkward.

So the adrenal glands secrete a hormone called cortisol, which controls blood sugar, that affects your inflammation and affects your stress levels. It changes how your whole system's response it's a stress hormone. People can have too much of it. And that's called hyper cortisolism, it's more accurate term than adrenal fatigue. And if people have too much cortisol, they burn through all their resources so people can get a lot of stuff done.

But if your cortisol spikes up particularly in the evening, you have trouble sleeping, so very common sign of people with adrenal fatigue quote unquote is they're really tired in the morning they have hypo cortisolism too little in the morning, but they have too much at night as opposed to what it should be in the reverse. It's a very common sign of adrenal fatigue is they have this kind of flip flop sinusoidal energy output during the day.

And people who have hypo cortisolism, they're really tired, but their energy can be perked up by sugar or eating or caffeine. So frequently, people spike their energy levels during the day with sugary snacks or sweet foods or processed grains, coffee, caffeine, or otherwise, to get that spike, then they crash, spike and they crash spike, then they crash and then at some point, like after six o'clock at night, like their energy just goes up and it stays up. And then finally they're like, Oh, I can finally get stuff really done because I can focus and then they don't sleep well, and then they wake up exhausted and the cycle continues.

So what Adrenal Fatigue is, is that dysfunction of the rhythm of the adrenal gland, where it should be high in the morning, and it should gradually go down during the day and its lowest at night so you can sleep.

Why is Adrenal Fatigue on the rise?

So the reason why it's on the rise and I'll give some visuals here just to make it is not you don't need the visual visuals are helpful, but they're not necessary. So for people who are watching this on YouTube, you'll have the benefit for those of you who are listening, you can always go to Bev's YouTube channel.

The reason why it's on the rise has to do with the ten pillars of health. And when you look at the ten pillars, the brain and hormones, bowel and digestion, body and genetics, first exercise movement, bio toxins, bio nutrients, breakfast and routines, bothers and stressors, bugs and infections and bedtime and sleep.

You look at what's happening in modern society and first of all people are becoming more sedentary which then affects, all these pillars affect everything else so we're more sedentary which means we're not stimulating our brains which affects our fatigue levels. We're also not moving our circulation which helps feed nutrition to the rest of our body. We're under constant stress because life is not simple anymore.

Sources of stress include not just work stress and family stress and midlife crises or dealing or concerns about one's children or whatever it is, but screen stress is massive. There's a reflex called a tectospinal reflex in the bodies it's again for the Scrabble enthusiasts tectospinal reflex if you want to look it up. Basically it's when the eye is triggered to look at something where there's a rapid change in colour, motion and brightness we target it's like a police siren, the blue lights it's moving. So that's a change in motion rapid change of motion. It's a change in colour red, blue, red, blue, red, blue. And it's a change in brightness you know, the light comes towards you, it's bright dims away all of those things together trigger an ancient Palaeolithic reflex to target.

It's like we're walking in the forest or in the bush, like there's a flash of orange in the corner of your eye like is that a tiger like you turn and look and that automatically fires a stress response that if your eyes dart, you automatically fire your adrenal stress system, because just in case it is a tiger or a pack of wolves or a bear or a pack of dingoes or whatever it is. You have to be ready to run now. You can't wait, is it in the old Tiger? Are they little puppies?

You don't have time you got up pre-emptively load your stress system to then drive blood and fuel to your muscles to sprint away or fight for your life and the screens the flickering light, the scrolling, all these things are rapid change in colour, motion and brightness, that are affecting the tectospinal reflex that are driving your stress response.

On top of that, you've got this dopamine addiction cycle of looking for newness looking for threat, looking for recognition like all these things that Facebook do they trigger on very old neurological neurotransmitter loops to seek for validation or acknowledgement, seeks for threat or seek for novelty.

Those three things fire off the dopamine system, so you've got this conversion issue of combining your stress response with all of these needs for cultural acknowledgement, threat and novelty. And that just fires a stress system and you also end up with dopamine depletions when you feel like ugh unexcited and just want to be stimulated again.

Now we're delving into my addiction side of it and talking about the neurological evolutionary reasons why people are addicted to screens and then you've got sugar on top of that. People can be addicted to sugar because we're supposed to be addicted to sugar, which then drives the adrenal glands because when you have sugar, your cortisol spikes, and then if you're also tired, you're craving sugar. And but anthropologically, we're supposed to go crazy on sugar because as hunter gatherers sugar was very rare.

You know, fruit was in season a couple times a year for maybe a couple of weeks a year and that's it. And if you saw a big berry bush, and you start eating it, like you go crazy, like you're not full, you just keep stuffing yourself and then there's a good evolutionary reasons why, because that berry bush for the day can give enough calories potentially for two weeks, if there's enough of it there, but you got to get to that berry bush and eat it before the bears, the bees, the deer, the bugs, rot, mildew, and other tribes people get to it first.

So the body has a built-in mechanism to make you crazy around sugar.

Because you're supposed to be because you have a small window to get it before everyone else or everything else does. So a lot of people who are addicted to who are dealing with sugar and which of course feeds the adrenal fatigue, and any other type of fatigue is that you're fighting against, however many years of evolution of your reaction to sugar, so it's becoming more of a problem.

Going back to the root of the question is why is it more common? Well yes, there is more education on it for sure. And then you've got the concomitant retaliation against that education by, Google and pharmaceuticals and astroturfing.

Sugar is everywhere. screens are everywhere. People can't tolerate boredom. Boredom is the most sinister, stressful thought on the planet. And people don't realize it's stressful. That's why it's so sinister and they just fidget. And then they just quickly check their phone with drives their dopamine and their stress levels even more. People are sitting more.

Toxic exposure is just massive and it's growing and growing and growing by the day when you've got fires going on in Sydney, right? Whether it's pollution from burning or it's in the food or it's toxic chemicals from wherever you've got people's the quality nutrition is going down because the soils are being depleted.

People are rushing through breakfast or skipping it and that screws up their adrenal glands. I mean, the whole term break fast break with a fast that is a term to deal with the adrenal system. That when you wake up your cortisol level is the highest. Because cortisol is released at night, to tell the liver to release fuel to feed the brain so it can live. You need fuel at night to keep your brain alive. When the brain doesn't have fuel, that's called stroke. So the body doesn't want that.

So the brain tells the adrenals release cortisol to tell the liver to release glucose to feed the brain and that's the cycle and then because you're not eating at night, cortisol levels go up gradually, because you just need to release more and more cortisol. That's why when you wake up, your cortisol levels are the highest, because you haven't eaten.

So when you eat, you break the fast which therefore calms down the cortisol response from the adrenal glands. That's one of the most important things people can do to help their adrenals is to have a real breakfast. Not coffee, not sugar. You're not skipping breakfast, not glorified sugar called processed

grains have a real solid protein, fat, vegetable breakfast. My breakfast looks like people's evening meals, because that's what I need in order to drop the adrenal response.

Now I've also done genetic testing, or I've checked my carb tolerance, and I have a really low carb tolerance where I really can't eat much. I thought it was gluten intolerant, I was actually carb intolerant. So I need higher protein. I'm more of a keto paleo person genetically. Some people genetically are more Mediterranean, some people genetically are more high carb.

I've got a YouTube channel and on my website, I've got talks with the head of the genetics lab, and we're talking about all these different genetic tests so you can genetically determine your optimal diet, which does relate to adrenal fatigue. Because if you're eating incongruently, for your genes, you're going to have stress responses and blood sugar crashes and all sorts of stuff that's going to affect your genes, affect your adrenals, affects your digestion and so on.

The other really big thing that really screws up people's adrenal glands today, more than it used to be is we're losing sleep. Sleep is the first casualty, the first casualty of people's busy lives. And it's especially if you're an entrepreneur, or you've got deadlines for school, or you're addicted to screens, social media, Game of Thrones, Facebook, whatever your vices, the very first casualty is sleep.

Four of the pillars can be sledgehammered, as well, so most pillars crumble, but four can be sledgehammered. The body pillar can be sledgehammered with an accident or violence or sports injury. You can be sledgehammered by massive toxic exposure. You get exposed to like really toxic like, you've a bad reaction to a medication which is the most common sledgehammer or I see in terms of acute toxic exposure you can go on a binge of alcohol which is I think the national sport in Australia and you can see that that's a sledgehammer then the other sledgehammer events can of course be the bothers or stressors pillar, you know death of a child sickness of a parent, acute loss of a job a sudden force whatever it is an emotional sledgehammer and then the last sledgehammer is the infection.

The bugs pillar people can be sledgehammer by an infection or massive mould exposure, which is not exactly an infection but it's kind of in that realm of being assailed by microscopic organism or their offshoots, mould spores or whatever chemicals they're thrown into the air. So most people aren't sledgehammered by missing one night of sleep, or eating one bad meal, or skipping one breakfast or not exercising for a day like those six other pillars can are mostly almost always just crumbling.

Four Pillars also can crumble for sure, but those are the four that really just clinically I've seen just sledgehammered. So what I see happen with people who have really bad fatigue issues is that they have Six, Seven Pillars crumbling over the years, chronic sleep deprivation, skipping breakfast, not exercising or moving, you know, blah, blah, blah, all these things, then there's a sledgehammer event within two years of the onset of symptoms of severe fatigue.

And the reason why it's two years like they had a bad car accident two years later, they're suddenly chronic, this happens all the time. They go for a vacation in one of the islands or whatever, they get food poisoning. They get really sick, they supposedly recover. They come back 1 - 3 months later, full blown chronic fatigue, Fibromyalgia or some sort of fatigue issue.

What happens is that within that two year period of that sledgehammer event that's how much time it takes for the body's reserves to be burned up, to keep to try to deal with the issues caused by the sledgehammer, and that doesn't come from me just clinically, that comes from the insurance data from the car accident and from the auto insurance industry in the United States, because one of my professors at school did a lot of litigation work. And he says that in the car accident cases he did the major accidents and companies want to settle as quickly as possible. Because the major symptoms onset within two years.

I'm literally sitting in neurology class with this professor in 2006. And I say to myself, Hmm, I wonder if that's true, not just with a head on collision, but the chemical equivalent of a head on collision and the stress equivalent of head on collision. And not only in clinical practice was that true, but also the infectious equivalent of a head on collision counted as well with it.

So what happens they have all this chronic crumbling thing in the background, then there's a sledgehammer event of one or more of those four types. And then within two years, they get the expression of the chronic issue. I see that over and over and over again.

Which are three most important pillars to start with?

So just to contextualize everything into one big piece, then to also give people here the things you can do in the interim, I'll share what's called a cycle. This is for those of you on YouTube, this is like 20 years of my life in one slide it's the cycle of burnout and chronic disease and for people who are listening I can very easily explain it.

So basically the cycle is this you have bad lifestyle choices or bad circumstances. This is the ten pillars. So bad circumstances, you're a six-year-old child and you're stressed, you're being fed bad food, you're not exercising, you're being assailed at school, not sleeping well. These are not choices. These are circumstances because as a child you don't know.

So bad choices or circumstances, interpreted through your genetics that leads to one of the four adaptive responses:

1. inflammation,
2. blood sugar dysregulation,
3. free radicals,
4. a tissue breakdown.

Which makes sense if you're under a survival situation, your body's not interested in long term health and repair. It's about emergency survival.

Your blood sugar is supposed to be dysregulated. You're supposed to be sensitive to inflammation to heal a wound or a slash from a tiger. You know, you don't care about free radical generation because you're trying to run away and so on and so forth. So you have adaptive responses from bad choices or circumstances.

Then if you have chronic adaptive responses and interpreted through your genetics you have damage to one or more of the three main body systems hormone system, the gut GI system or the liver detox system.

Chronic breakdown of those organ systems leads to symptoms fatigue, low mood, indigestion, weight gain, cravings, insomnia, chronic pain, hot flushes for women

And people with bad enough symptoms, they then start coping with bad lifestyle choices which then creates more adaptation which then creates more damage and creates more symptoms, which then leads to more coping which then leads to more adaptation more damage more symptoms and that's the cycle of chronic disease and that's how you spiral down.

What happens in functional testing, gut, liver, adrenal thyroid, food intolerances, mitochondria, all that stuff. That checks with organ systems in the biochemistry, if those organ systems have been damaged and how you adapt. And then the genetics testing tells you how do your genetic Influenced all the all those connections between all those phases because the connections between all those phases is your genetics, because the genetics interpret your lifestyle changes, interpret the adaptation, interpret how the damage is manifesting symptoms and so on.

So, with functional testing, you can identify where you're at and then customize a lifestyle nutrition plan to reverse that process, but the foundation, before all of that, before all that stuff is lifestyle.

Okay, so functional testing and genetics is critical for a true march towards resolution. But you can't rely on testing alone or supplements alone or whatever. Like, you've got to look at the core lifestyle, and that's the ten pillars. The ten pillars and my programs are the absolute root foundations to start, I don't like hand out tests over the phone. It's you do the lifestyle assessment first.

In terms of the three most important pillars to focus on when it comes to dealing with fatigue number one is breakfast and routine.

The Breakfast is a bookmark for not just breakfast but also for routines. Because breakfast is part of your morning routine. The first eBook that I ever wrote was called ending adrenal fatigue, the easy breakfast guide. And people can have access to that. I give that as a free copy for people, for listeners.

And if you start with breakfast, then you have the opportunity to have level blood sugars during the day because you started correctly instead of spiking up and down with coffee, sugar, skipping breakfast for glorified sugar in the form of processed grains.

Some people listening will say well I have my Bulletproof Coffee, that can be really helpful for some people. But if you're caffeine sensitive, like I am genetically and there's a genetic test for that, coffee gives me anxiety. Additionally, like not all coffee is clean, like there can be moulds and mycotoxins in the coffee. If you have really clean coffee, you have the right genetics and you add fat and cinnamon to it, then yeah, some coffee doesn't necessarily have to be as damaging as it has to be.

But the caffeine really can throw people off. And there's better options for that. And look, adding the fat and the cinnamon and stuff can help mitigate the damage of caffeine for people who are really tired. But really, people should be focusing on a full protein, fat and vegetable breakfast to really jumpstart their day.

The second pillar that people should really focus on is their sleep. And sleep must be protected. My next book is going to be on sleep like I because I had insomnia for 12 years and I've worked with clients for years on their sleep. I'm formalizing everything into a book, but the main things people can focus on with sleep is number one, pick a bedtime and stick to it. And just stick to it and then avoid blue lights, screens right before bed.

And there's all sorts of things you can put on your computer's like the updated smartphones now have things like night mode or you know colour tints and colour filters on there like if using an iPhone under accessibility you can put a colour tint so everything looks more orange, which is the opposite of Blue.

Blue Light is a thing that stimulates your brain and think its daylight. So you can put F.Lux, which is a free program to filter out the blue light as the sun is setting depending on where you are in the world.

There's blacking out your curtain, dealing with light, dealing with sound, dealing with motion.

I find myself having to negotiate the cat with some people. Oh Mr Mittens loves to cuddle at 3am. It was like you know, that's great, but Mr Mittens doesn't have chronic fatigue or adrenal fatigue. So we get to negotiate the cat. And this is one of the chapter titles - negotiating the cat.

Yeah, the worst I've ever seen. I couldn't believe this. The worst I've ever seen is a woman with severe chronic fatigue and Fibromyalgia had three cats, but she had the cat door. Like her bedroom wall, where the headboard was shared the wall to the backyard, she built a tap door over her bed. So the cats like literally leap onto her bed at night and she's so confused as to why she's not getting better. And I don't know whether to laugh or throw up when I saw that. It was just unbelievable. So breakfast, bedtime and

The other thing that people can really look at is take a very honest audit of what are the stressors in your life and by stressors I usually mean people. Okay, and this is a very challenging you know, confronting even suggestion is that most people's problems are other people.

If everyone's a jerk in your life usually it's you're the jerk not them. I am asking for people for self-reflection here. But there are usually key situations or key people or key circumstances where the stress is so acute and obvious that can really wear people down and whether it's a relationship stress and people need to like look into Esther Perel's work or if you can put the top heavy theology aside the five love languages in that book he's very top heavy on his personal theology, but if you can get past that, the five love languages is a really, really great framework to deal with relationships.

If it's work life, you know, there's a whole set of literature on how to deal with that. If it's your kids, I mean, that's a whole layer of complexity on that. And clutter is even a form of stress and Marie Kondo with her life changing Magic of Tidying Up, that's why she's like a worldwide phenomenon right now. Because clutter is extremely stressful. And that may sound trivial to some people listening to this, but it's not. It's absolutely not.

And electromagnetic field exposure is also a form of stressors that are put under it. It also feeds into sleep, turning off Wi Fi, turning off your phone, putting it into airplane mode. And looking at where do you have a smart meter that's been put on your house, willingly or unwillingly? Like that matters. And can you get that removed? Not everyone's sensitive to electromagnetic fields, but some people really are.

I had one person in Auckland like she was just getting better and better and better then suddenly she just cratered. And there was no change in her lifestyle whatsoever like they just made absolutely no sense. And then finally I was like, did they put a smart box behind your wall on your bedroom window and she says no, but my neighbour had one which is right next to mine. And that's the thing. So all she

had to do was switch her bed arrangement because electromagnetic fields have an exponential decay based on distance.

So if you're one x away, that's one x exposure if you're two x away, that's one fourth the exposure if you're three x away, one ninth, if a four x away, it's one sixteenth the exposure so distance matters. So when we switch that up and she started getting better again. So just to review, the breakfast, bedtime and bothers. So those are the three main pillars to look at in terms of how to right now get some control over your life.

Dr Sam's tips for Living Fabulously

There's a wonderful technique from Tich Nhat Hanh. There's a beautiful little breathing technique that's called calm smile technique.

What you do is you breathe in with your focus on your heart, think the word calm. When you breathe out slowly, you become aware of your face and you think the word smile. And that's all you do in calm out, smile. And it's beautiful. It's just probably one of the most precious techniques I've ever come across the simplicity. You can change the word common gratitude, whatever you want to do, but just in calm, out smile. It's such a beautiful, simple technique you can teach it to children. That's one thing that I would recommend. The other thing to live fabulously, is really do the audit on your screen time and your stress time. A lot of times, people think, Oh, to live fabulously that I have to do something extra. A lot of times, it's not about doing something it's just eliminating crap. You know, and the last thing for people to do is take your sleep seriously. It's really hard to feel fabulous if you're tired, and people do not take their sleep seriously. It's the first casualty. Like I said, it's the first casualty to go on a daily basis. I'll just sacrifice this thing, this thing, this little bit of sleep, whatever. So that's what I would say.

Takeaway by Bev Roberts

One of the things obviously is understand the ten pillars of health that Sam has shared today because it's never one thing it is always things that are in either dis-ease or disharmony with one another. And we are integrated beings. It's not only one aspect, so yes, you can get all the physical aspects right.

But if your emotional, your soulful or your mental stuff is all like a sewer, it's not going to work. So to get to total well-being, it's all of those aspects and Sam categorized them really neatly so that you can understand. If you even took that circle that Sam showed and did a little audit on yourself there. And said, how would I rate myself, but the best thing is, is that Sam does do free 15-minute consults on his website that I've just shared, if you're interested in what he's got to say today

You can text to get his eBook. If you text the word ADRENAL, if you're in the US, you text 44222 and if you in Australia, you'd text +61428479700 you get that eBook.

I think the three key things that if you know that you've got fatigue of any kind, whether it's adrenal or not. The three things that Sam shared I think are just foundational, is make sure that you are eating breakfast, a wholesome breakfast, and eating it early enough.

For anyone that I work with who has adrenal fatigue, we make sure that's within half an hour of waking that you start the eating process, even if it's not your full breakfast then but you don't go off and exercise and then come back. No, no before you take the dog for a walk, or Sam used the word movement. I love that word too.

But also sleep. If you know me, if you've been following my podcast, I run Sleptember every year where we talk about the value of quality sleep and why it's absolutely fundamental to be able to live fabulously,

Then auditing your stressors, you know, if you are living without awareness in your world, this will stop and help you take stock. So, thanks for listening, everyone. And thank you, Sam, for being on the show with me today.

Dr Sam Shay replied "Thank you so much. I'm very grateful for these opportunities. Thank you.

The information shared here and in our programs and webinars should not be seen as medical advice and is not meant to take the place of seeing licensed health professionals.