Too Tired

A COMPREHENSIVE LOOK AT FATIGUE IN WOMEN - AND WHAT TO DO ABOUT IT

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Foundations Press, Inc.

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PART 1

Why Am I So Tired?

CHAPTER 1

When the Tiredness Started

Have you ever wondered how you got so tired?

You remember back to high school, when you felt alive and energetic. You remember being filled with passion and drive. You had plans for the future, and you felt like you could conquer the world.

Later you married and started having children. While you love being a wife and mom, somewhere you started feeling so tired. You just couldn't handle everything anymore. Even worse, some days you just didn't care.

As a mom, you're especially vulnerable to fatigue. Getting weary is very common in mothers, especially in moms who have several children.

Several years ago, I was diagnosed with a disease called Addison's Disease. It is characterized by extreme exhaustion because my adrenal glands stopped producing some of the hormones that help me function in everyday life. While you probably won't be diagnosed with such a serious disease, your body could simply be worn out.

You have two adrenal glands, located in the back of your body, just below your rib cage and directly above your kidneys, one on each side. Each adrenal gland is about the size of a lima bean. For being so small, they are designed to handle an awful lot!

Each adrenal gland is actually made of two separate glands, the medulla and the cortex. The medulla makes hormones that you probably recognize, such as adrenaline, noradrenaline, and dopamine. These hormones react very quickly in times of stress, helping your body systems (like your heart) work properly.

The adrenal cortex wraps all around the medulla. It produces hormones such as cortisol, aldosterone, and DHEA. These hormones react more slowly to stress but help normalize the body after something exciting has happened.

If your body has been exposed to repeated and frequent stress (or even just one very severe stress), your adrenal glands can become overworked. At first, they pump out too many hormones, but soon they become so fatigued that they just don't work properly and consistently any more.

Now that they are fatigued, you can't handle stress like you used to. You wear out quickly, need more naps, and feel foggy in your thinking. Over time, this feeling of fatigue and fogginess can get worse, until you can't even remember what it feels like not to be tired.

Many types of stress can cause fatigue, but the following are the most common in moms:

- **A Lack of Sleep**

  When you habitually get too little sleep, your circadian rhythms get messed up. Suddenly, you can't sleep at night, and you can't stay awake in the daytime. Maybe you started getting too little sleep in high school or college, with too many late nights with friends or homework. Maybe as a newlywed, you stayed up too late too often watching TV. As a new mom, your little baby kept you up at night for months on end. Even though your body was designed to sleep in the dark and be awake in the light, your normal rhythms have been messed up.

  Circadian Rhythm: *Your internal "clock" that regulates all the processes of your body over a 24-hour period. It*

affects your sleep-wake cycles, your body temperature, and all your hormone production.

- **Too Much Exercise**

  Some women exercise very little, but others exercise too much. This often starts in the late teen years or early 20s, as women feel pressure to have supermodel figures like the ones they see on TV. They may have the impression that exercise is healthy, but they don't realize that it can be overdone. Exercise releases adrenaline, which temporarily gives an energy boost. Adrenaline can become addictive, and the adrenal glands can get worn out.

- **Poor Nutrition**

  It is difficult to know what good nutrition really is, since so many sources contradict each other. Since the 1950s, with the increase of processed foods, our diet has included fewer nutrients than ever before. We have an abundance of food but a deficit of nutrition. Our glands and organs aren't being fed properly, so they wear out sooner.

- **Repeated Pregnancies**

  Pregnancy is one of the most difficult things your body can do. Not only must you take care of yourself; you must also nourish a growing baby. Traditionally, couples prepared for parenthood by eating special diets before, during, and after a pregnancy, spacing their children out several years between. However, if you have had several pregnancies close together while running the modern "rat race," your body is probably feeling quite fatigued.

- **Anger and Worry**

  Peaks of emotions can cause a large burst of hormones from the adrenal glands. If you struggle with outbursts of anger, feelings of panic, or you worry repeatedly, many times in each week, your body starts to feel the effects.

- **Driven and Busy**

  Most women who have fatigue have Type-A personalities. We watch clocks, try to multi-task too many things at once, drive ourselves with deadlines, and expect to accomplish an extraordinary number of things in one short lifetime. (Other women might comment that we look like "superwomen," but

we know deep down that we're not.) Why do we do this? We are passionate people! We want to make a difference in this

world, but in our attempt to accomplish great things, we wear ourselves out.

- **Marriage and Parenting**

  You're a wife and mom, and you're passionate about both roles; however, you've discovered that marriage and motherhood aren't as easy as they look. Because you're a perfectionist, you're frequently upset because your husband and kids aren't perfect. You don't blame them. You blame yourself. Meanwhile, your poor little adrenal glands are taking a beating.

- **Disorganization**

  Because you do so much (and have even more on your "to do" list), you don't have time to keep up with your surroundings. Laundry, meals, and cleaning chores are done sporadically, because there's always something more important on your list. When you finally realize that you're out of clean underwear, everyday tasks have now become an emergency. Because you're putting out little housekeeping fires every day, you're constantly running on adrenaline… and getting more and more tired.

- **Money Problems**

  Similar to the organizational problems above, moms with adrenal fatigue often have a lack of money. Sometimes we moms just don't have much income because we've chosen to be stay-at-home moms rather than career women. Sometimes we have to work a second job or work from home in an attempt to make ends meet, adding to our fatigue. Often, we don't know remember to balance the checkbook, we lose receipts, and we forget to mail bills that are due, resulting in more stress and more fatigue.

- **Inherited weaknesses**

  Some people are simply born with adrenal glands that aren't as anatomically developed as others. No one knows for sure why this happens, but most likely, it's a result of several generations of poor nutrition, toxic chemicals in the environment, and stresses on the body. These weaknesses can be passed down from mother to child, grandmother to

grandchild. Even if you do everything right, you will never have the boundless energy of someone who possesses a normal set of adrenal glands.

Surgery, chronic infections, allergies, trauma (such as car accidents, severe burns, or violence against you), genetic disorders, and other extreme stresses can also cause adrenal fatigue. However, for most of us moms, adrenal fatigue develops slowly. We look just fine to others, and because we're hard-working and creative, others won't notice that anything is wrong.

Inside our hearts, though, we know something is terribly wrong. We feel a sense of panic. We wonder how to get off the merry-go-round of life. We feel trapped and scared. We feel like escaping. We wish we could cry.

By the time we reach our mid-30s, we moms are at high risk for developing what some doctors are calling "adrenal fatigue." At the time in our lives when we should feel the best, we feel as if we were eighty years old. We lose our love of life. We lose our drive. We love our dreams. We wish we could just sleep life away.

Next, we'll examine some of the body organs that are affected by adrenal fatigue, discover what symptoms we'll most likely experience, and understand why we feel the way we do.

CHAPTER 2

How Your Body Reacts When You're Tired

One theory for why so many women are exhausted is that their adrenal glands have been overworked. The adrenal glands affect every other organ and function of your body. The hormones produced by your adrenal glands are essential for life. If you didn't produce them, you would simply die.

The most important adrenal hormone is called cortisol. Cortisol is present in almost every cell of your body, and one of its jobs is to restore your equilibrium after you've secreted adrenaline. Cortisol is also needed by each cell in your body, helping all other hormones and processes in your body to function properly. Cortisol is produced by your body in amounts that follow a daily pattern, depending on the amount of light your eyes take in and the amount of activity you do.

Normally, your adrenals make the most cortisol around 8:00 in the morning, with less cortisol being produced as the day goes on, until around midnight, when your adrenals manufacture almost none at all. In a normal, relaxing day, your adrenals might manufacture around 40 mg of cortisol total.

However, when you are under stress, such as the kinds mentioned in the last chapter, your adrenal glands might manufacture up to 200 mg

of cortisol in a day. This extra cortisol is designed to counteract the effects of adrenaline, such as jittery hands or a racing heart. The cortisol increases your blood pressure, helps keep your blood sugar up to give you energy, and helps your brain think more clearly.

Since your body is not designed to live on large amounts of cortisol long-term, your adrenal glands can only keep up this pace for a time. Eventually, if the stress continues, you won't be able to make enough cortisol to keep pace with demand, and you'll start to feel the effects.

The adrenal glands control four major parts of your body, and these in turn affect everything else.

Your Liver

One of the liver's functions is to be sure that your blood has enough sugar in it. Your brain requires an exact amount of sugar (known as glucose). If you have too much sugar in the blood, your pancreas releases a hormone known as insulin that removes the excess sugar and stores it. A few hours later, when your blood sugar levels have begun to drop, the liver will release some of the stored sugar so that the brain is continuously fed. Cortisol is the hormone that signals the liver to make this release.

If you're not making enough cortisol, your liver cannot replace blood sugar. Instead, your hormones will release adrenaline, in an effort to wake up your brain.

Symptoms of low blood sugar:

- ❑ Headache
- ❑ Slow, sluggish, lethargic movement
- ❑ Mental confusion, fogginess
- ❑ Sweating
- ❑ Inability to regulate temperature
- ❑ Nightmares
- ❑ Insomnia
- ❑ Weight gain around your mid-section

> ***Hypoglycemia:*** *Low blood sugar. Hypo is a prefix that means low. Glycemia is a root word that comes from the word glucose, a type of sugar.*

Most women notice the symptoms of hypoglycemia when they're hungry in the late afternoon, but when the adrenal glands are more severely exhausted, women can also experience these symptoms in the middle of the night, as a burst of adrenaline wakes them from a sound sleep or scares them with a nightmare. Because their blood sugar is low, they can't fall back to sleep easily.

The Stomach

Just as the liver needs cortisol to maintain a proper amount of glucose in the blood, so also the stomach needs cortisol for proper digestion of your food.

It's difficult for us to understand how a bite of food on our fork turns into carbohydrates, fats, and proteins, not to mention how minerals and vitamins nourish our body. We have a difficult time understanding that food is made of molecules that are built up into that bite of mashed potatoes that is heading into our mouth.

The mashed potatoes must be broken down into molecules that the body can recognize and use. Enzymes are the critters that break down the molecules.

Enzymes are manufactured mostly by the pancreas, and they begin working their magic in the stomach. However, if your stomach contains no enzymes, then your food just sits there, unable to be broken down into useable molecules. As the food moves into the small intestine, it cannot be absorbed. Your large intestine then has a lot more work to do to eliminate it from your body. In effect, your food becomes a poison in your blood while you're beginning to starve from a lack of nutrients.

Cortisol is the hormone that controls the production of enzymes in the pancreas. An excess of cortisol can cause too much stomach acid and other problems such as irritable bowel syndrome. Too little cortisol causes a reduction in the production of digestive enzymes, causing incomplete digestion and malnourishment.

Symptoms of not making enough digestive enzymes:

- ❑ Nausea, diarrhea, vomiting
- ❑ Constipation
- ❑ Abdominal and flank pain
- ❑ Joint pain
- ❑ Weight gain or loss
- ❑ Appetite loss or food cravings

When I first learned about the role of digestive enzymes, I finally realized why I had suffered through so many painful and bloated nights after a stressful week or an argument with someone. Why was I any different than a starving and bloated Ethiopian child?

The Kidneys

Cortisol is not the only hormone produced in the adrenal glands. Aldosterone is another essential hormone (among many others).

Aldosterone controls the levels of sodium and potassium in the bloodstream. If the level of sodium in the blood falls too low, our kidneys cannot maintain the fluids in our body and our blood pressure will fall.

Symptoms of dysfunctional kidneys:

- ❑ Dehydration
- ❑ Frequent urinary tract infections
- ❑ Low blood pressure (defined as lower than 120/80)
- ❑ Profound weakness and fatigue

Low blood pressure causes a host of other symptoms, such as "seeing stars" when you stand up too quickly or reach for something in the shower. Low blood pressure also contributes to the famous sense of fatigue that accompanies tired adrenal glands. Fainting is another indicator of adrenal fatigue because of low blood volume.

The Heart

Too much aldosterone has been shown to increase the risk of stroke and heart failure, but too little aldosterone is also bad for the heart. The heart needs aldosterone for a regular heartbeat and for the output of blood to be regular and firm. When aldosterone decreases, the heart struggles to regulate itself.

Symptoms:

- ❑ Rapid heart rate
- ❑ Rapid respiratory rate
- ❑ Shortness of breath

I've noticed that when my adrenal glands cannot produce enough aldosterone, I struggle to have enough energy to carry a basket of laundry. My heart will race, followed by sleepiness. I avoid flights of stairs. I begin to wonder how small children have the energy to run and tumble. I'd rather just take a nap.

Related Diseases

You should be aware that adrenal fatigue is implicated in several other diseases, such as

- ❑ Rheumatoid arthritis
- ❑ Ovarian dysfunction and infertility
- ❑ Allergies
- ❑ Asthma
- ❑ Autoimmune disorders
- ❑ Irritable bowel syndrome and colitis
- ❑ Epstein Barr Syndrome
- ❑ Mononucleosis
- ❑ Frequent colds, viruses, and other infections
- ❑ Skin rashes
- ❑ Polymyalgia rheumatica
- ❑ Lupus
- ❑ Many kidney diseases

If you suffer from any of these conditions, you should certainly suspect adrenal fatigue.

Exhausted adrenal glands aren't the only cause of fatigue, however. Many other parts of your body are involved.

The Master Glands

Several glands in the brain control the adrenal glands. These "Master Glands" include the pineal, the hypothalamus and the pituitary.

Deep inside your brain is a gland called the pineal gland. This tiny gland, about the size of a pea, is responsible for producing a hormone called melatonin. Darkness stimulates the production of melatonin, and light tells it to stop. Melatonin is a powerful hormone that directs our circadian rhythms and even orchestrates our sexual development.

The retina of the eye receives light and transmits the signals from that light to the pineal gland. The patterns of daylight and darkness received by the pineal gland orchestrate the production of proper amounts of melatonin.

One of the purposes of melatonin is to regulate our days and nights. Halfway through the night, melatonin production peaks, gradually falling toward dawn. Depending on how close to the North Pole you live, you can experience up to 18 hours of darkness in the winter months. Now that we've become "civilized" with the invention of bright, artificial lights, we may only have eight or fewer hours of darkness a night.

Bedroom "night lights," bright alarm clocks, and yard lights have all been shown to diminish the production of melatonin in our brains at night.

Exposure to bright light at night, enjoyed by those in careers where they work the night shift, has been implicated in disorders such as cancer.

Sitting in front of flashing television or computer screens, turning on bright lights to use the bathroom at 2 a.m., sleeping with other lights on in the home – all of these things upset the production of melatonin in our pineal glands.

Melatonin has many uses, beginning with the oversight of our metabolism. Young children produce more melatonin than adults, making scientists think that it plays a role in postponing sexual development.

Melatonin…

- Is a powerful anti-oxidant.
- Has been shown helpful in reducing the damage caused by some types of Parkinson's disease.
- Strengthens the immune system.
- Prevents migraine headaches.
- Helps the heart beat properly.
- Has even been shown to help mice live longer!
- Helps us dream properly, which has been shown to keep us from going insane.

The production of melatonin in the pineal gland goes on to affect the production of almost every other hormone in the human body.

Melatonin travels to the hypothalamus, where numerous hormones are produced. The hypothalamus then controls the pituitary gland, and a chain-reaction of hormones and responses goes off in your body.

The pituitary produces stimulating hormones that travel through your body to various glands. For instance, the pituitary makes a hormone called ACTH that travels to the adrenal glands to make cortisol and some other hormones. ACTH is often made in response to stress. When the pituitary is notified that the stress is over, it sends less ACTH to the adrenals so that less cortisol will be made. On the other hand, when more stress is present, more ACTH is sent to the adrenal glands and more cortisol is produced.

The same process holds true for other glands in your body as well, such as the thyroid gland and your ovaries. Your body is an amazing creation of God, able to analyze your situation in a moment and respond accordingly.

The Nutritional System

Hormones are messengers, sent out from the "Master Glands" to various other parts of the body, with specific instructions that need to be carried out. However, **hormones cannot be manufactured unless specific nutrients are present in your body**.

Hormones are like the delivery drivers of your body. Imagine that they are carrying important boxes and parcels to cities (glands) far and wide. The delivery drivers need to be fed! If they never ate, they would never have the energy to carry their boxes.

What you eat, when you eat, and how well your body digests it are all critically important if your hormones are to work properly. Food has to be broken down into its most basic parts before it can be built back up again into hormones, tissues, and bones. Pieces of food that aren't digested properly become toxins (poisons) in your blood stream, damaging parts of your body and preventing hormones from being delivered properly.

So as you can see, you could be feeling tired for a multitude of reasons. When you feel great fatigue, the reason could come from a problem anywhere in your body.

- ❑ Maybe too much light is coming into your eyes at night, shutting off the production of melatonin in your brain.
- ❑ Maybe the pituitary isn't responding correctly to the amount of hormones circulating in your blood.
- ❑ Maybe you have nutritional deficiencies and don't have the proper materials needed to feed your cells.
- ❑ Maybe your glands have been overworked and just don't have the energy to function any more.

No matter what the cause of your fatigue, the process of recovery is the same. However, before we learn how to conquer fatigue, we'll talk about how to monitor our health, so that we can discover the cause of our fatigue.

Action Steps:

Go back through the previous chapter and mark any symptoms you are currently experiencing.

Which body systems seem to be most affected in you?

- ❑ Liver
- ❑ Stomach
- ❑ Kidneys
- ❑ Heart

Do you suffer from any of the diseases mentioned in this section? List them here:

The "Hypoglycemia Association" lists the following as typical complaints for those suffering from fatigue. Which ones have you experienced?

- ❑ The light hurts my eyes.
- ❑ My mouth is so dry I feel as if I could spit cotton.
- ❑ I feel drowsy after a sweet/starchy meal.
- ❑ The pain in my neck is murder.
- ❑ I feel best after the evening meal.
- ❑ I frequently have nightmares.
- ❑ I wake up in the middle of the night and can't get back to sleep.
- ❑ My hands perspire when I have to make a speech in public, or take a test.
- ❑ Preparing for a trip is terribly exhausting, leaving me sick and distressed and sometimes I cry.
- ❑ I have to drink coffee or caffeinated soft drinks to keep going.
- ❑ I have frequent abdominal pain or gas.
- ❑ When I introduce people, I panic and forget their names.
- ❑ I was considered a good student, but I almost failed several subjects. Studying was a tremendous effort.
- ❑ I avoid social engagement with all sorts of excuses.
- ❑ Sometimes I wake up in a sweat at night.
- ❑ I think I am especially sensitive to color, sound, and odor.
- ❑ I insult people without meaning to. I regret it afterward, but it happens again and again.
- ❑ This itching and crawling of the skin is nerve racking.
- ❑ I just can't get organized.

- ❑ I either feel guilty or I blame others.
- ❑ I can't handle stress.
- ❑ I cry easily.
- ❑ I get angry easily, which may result in my yelling at the person. It takes a long time to recover.
- ❑ When I get up quickly from a reclining position, I get dizzy. Sometimes I black out or everything becomes dim.
- ❑ I sleep so hard, as if drugged, with a feeling of sinking, sinking; I try to wake myself up but can't.
- ❑ I have a history of constipation problems.
- ❑ I often feel tired or blue, but after eating ice cream or candy I feel well and happy for a short time.
- ❑ I have always had trouble with motion sickness.
- ❑ Often when I go to get something, I forget what I went for.
- ❑ I know I'm a doormat. I don't know how to stand up for myself.
- ❑ I can't get to the bottom of my breath.
- ❑ I get frequent colds.
- ❑ My insides feel weak and trembly.
- ❑ It was six months before I felt happy and really able to take care of my new baby.
- ❑ I have difficulty keeping a job. I get irritated with people I work with.
- ❑ My heart beats too fast sometimes.
- ❑ My heart beats too slow sometimes.
- ❑ The day I go shopping I just have no strength left for anything else.[1]

Are you exposed to too much light at night when you should be sleeping?

- ❑ List the sources of night-time light in your home.
- ❑ What steps could you take to reduce this light?

[1] From http://www.fred.net/slowup/habul44.html

CHAPTER 3

Monitoring Your Fatigue by Stage

Just how tired are you, anyway? Did you know that your body goes through stages of fatigue?

In a body that is functioning correctly, scientists have observed that your cortisol levels are highest in the morning and lowest at midnight. Another hormone, DHEA, must also be maintained at a sufficient level, since hormones such as cortisol are made from DHEA.

In the 1950s, a physician named Hans Selye identified seven stages of reaction to stress. Doctors still refer to his classic book, The Stress of Life, when evaluating lab work and making recommendations for their patients.

The Alarm Stage – Stage One

When your body reacts to stress, it does so by increasing your cortisol levels. You can handle this increase in cortisol production only as long as you have enough DHEA to support it. This is known as **Stage One** of fatigue, the alarm stage.

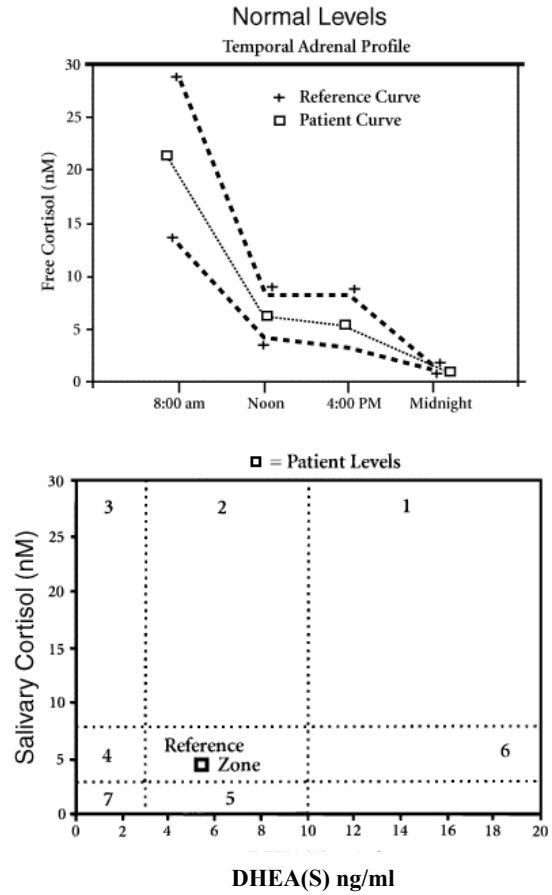


Image Source: http://www.chronicfatigue.org/ASI%20Normal.html

The Resistance Stage – Stages Two through Four

These high levels of cortisol will tend to make you gain weight. To conserve energy, your body will also begin to down-regulate your metabolism and body temperature. Your DHEA levels will also quietly begin to go down. This is **Stage Two** of fatigue, the resistance stage. Your body's mechanisms are designed to protect you. If you were to

rest at this stage, your body would be able to heal. But if not, your body will have to resist the effects of high cortisol.

As stress continues, with high levels of cortisol but without DHEA from which to manufacture it, you'll begin to feel increased anxiety and panic, combined with exhaustion. This is **Stage Three** of fatigue.

Soon, your body realizes it cannot continue the high levels of cortisol. Your morning cortisol levels will fall. You'll notice that you have a very hard time waking up in the morning. By late afternoon and evening, though, you may feel a burst of adrenaline that makes it very difficult to fall asleep. You might dismiss this by saying, "I'm just not a morning person," but in reality, your hormone levels are mixed up. What's worse, the higher levels of cortisol in the evening will tend to either make it difficult for you to fall asleep at bedtime or will wake you up between 3 and 5 a.m. This is **Stage Four** of fatigue.

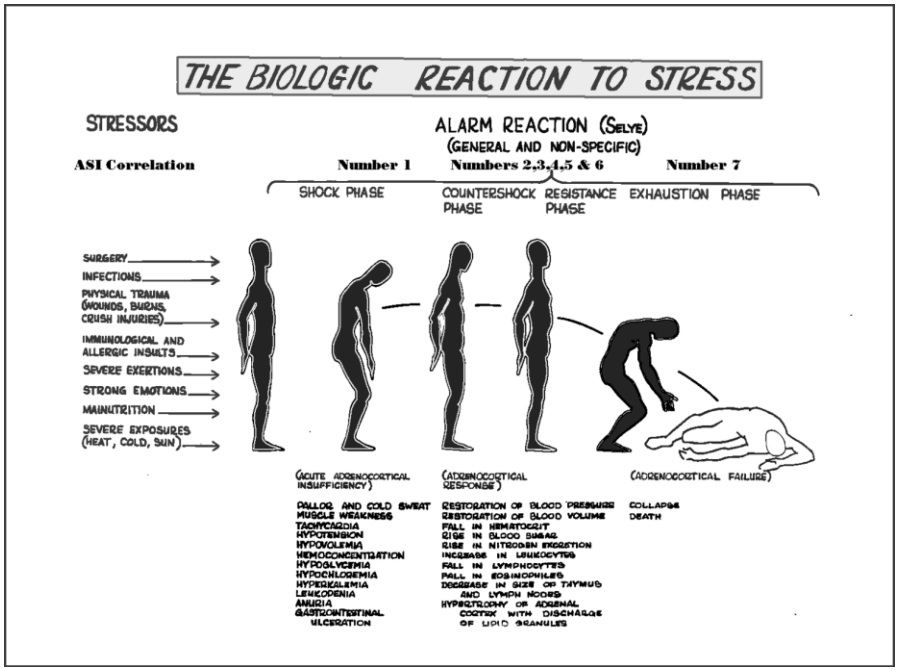
The Exhaustion Stage – Stages Five through Seven

If you have no reserves of DHEA yet continuously ask your body for cortisol that it cannot make, you'll eventually hit a stage of exhaustion at all hours of the day and night. Women at this stage of fatigue are often bedridden. This is **Stage Five** of fatigue.

There are two more stages of fatigue, often known to medical doctors as Addison's disease, a life-threatening condition that is often discovered when sufferers simply collapse in an emergency room or even die.

You can see an example of these stages of fatigue if you think about your metabolism. When your body puts up a resistance to stress, it will do so by slowing down the various parts of your body, in an attempt to conserve energy. To conserve energy, your body will cool down your body temperature, store fat for a future emergency, slow down your fertility, and send resources away from "unnecessary" things such as hair and skin (resulting in dry hair and skin). You'll feel tired and will require caffeine or other stimulants to keep going. You'll have food cravings, as your body tries to build up its resources.

If you enter the exhaustion stage, your body will not be able to even keep your vital organs running. You might lose weight because of an inability to digest food, a loss of appetite, or diarrhea. Your kidneys can lose function, and your blood pressure will drop. Your emotional state will weaken, and you'll panic in a crowd or if you hear a loud noise. You may start crying for no apparent reason, and you might not be able to stop. You'll probably feel depressed.



Source: *http://www.chronicfatigue.org/Selye%20large.html*

Monitoring Your Level of Fatigue

By taking note of specific symptoms you're experiencing, you can often determine which level of fatigue you're in. In addition, if you choose to seek help from a healthcare provider, having a record of your symptoms will certainly aid him or her in making a diagnosis.

However, the best reason for figuring out your level of fatigue is so that you'll know if you're improving. Most of us expect to make small changes (maybe in lifestyle, medications or supplements) and to immediately see large improvement. If we don't see something dramatic happen right away, we decide that our efforts were of no use – and we quit!

Dr. Selye found that we often have to go back through the levels of fatigue in the process of healing. For instance, a woman in stage 5 of fatigue will "heal" by spending time in stage 4, then stage 3, etc. – all before reaching the point where her body can respond to stress in a healthy way. Each stage has its own symptoms and frustrations, and if this woman quits too soon, she'll relapse. However, if she realistically understands that healing is a process (and that her symptoms are normal), she'll persevere.

Some women heal faster than others! Don't compare yourself to others; rather, let me show you how to compare yourself to how you felt last week, last month, and last year.

What are some symptoms you might experience as a normal part of healing?

- ❑ Gaining weight
- ❑ Feeling cold
- ❑ Sleeping more
- ❑ Foggy thinking
- ❑ Getting headaches
- ❑ Enduring painful joints
- ❑ Crying more easily

I'm going to show you how to be objective rather than emotional about your healing – at a time in your life when your emotions are very powerful.

To monitor your levels of fatigue, you'll be setting up a notebook that will act as your scientific workshop. This is your "control central," a place to test ideas, perform experiments, and make discoveries that will help you customize your own healing process.

You won't need any fancy equipment. In fact, almost everything you'll need to monitor your fatigue can be found around your home or at your local pharmacy.

Monitoring your health is much like performing a science experiment. Previously, you made some observations about your health as you wrote down symptoms you're currently experiencing and as you thought through your health history.

Now you'll add some measurements, such as body temperature and blood pressure. I'll show you some standard measurements that are true for all women, then you can experiment with variables, the things that might be different in your unique situation yet are affecting how you heal.

Along the way, week by week, you'll change one variable at a time. Maybe you'll change one thing in your diet, or maybe you'll change something about your sleeping patterns, or maybe you'll add a supplement to your diet.

As you observe, measure, and record changes and symptoms, you'll see a definite picture emerging. You'll be able to see objectively that you're

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