

MODULE 2 – SOLUTIONS HANDOUT

How to Regain the Energy of your Youth

So how did you like the Webinar on getting your energy back?

First, here's a synopsis for those of you who would like a hard copy of the facts for yourselves and loved ones.

We know we're always giving you lots of information, so a review is always a good thing anyway, right?

We have called (for lack of a better term) some of you "fast-trackers". This does NOT mean we suggest that you "blast" through the modules without systematically attending the webinars in order of presentation.

What we mean is that, if you have a pressing "issue" which you see will not be addressed formally "now," you may jump ahead to the needed module, use the questionnaire and Solutions Handout and email Dr. Kim with questions.

So: If you have "fast-tracked" right to Module 2 for instance, we strongly suggest that you back track and go through all the materials for Module 1, as every module is important AND they are all highly inter-related.

Remember: please have serious energy issues evaluated by your doctor.

If he or she says it's just because you're OLDER, maybe THEY could use an education!

WEBINAR SUMMARY:

Let's review the most common causes that lead to lack of energy:

- **Hypothyroidism** (low levels of thyroid hormone) is often missed due to inadequate diagnosis. Free T3, Free T4, TSH and reverse T3 tests and thyroid auto-antibodies are needed for a full, accurate diagnosis. Then, this becomes quite easy to treat for a Functional Medicine doctor.
- **Adrenal stress or full adrenal fatigue:** This is very commonly missed by non- Functional Medicine doctors because, quite frankly, they are not educated about the phenomenon.

Symptoms include unrefreshed sleep, varying levels of fatigue during the day, poor sleep quality including, very commonly, several wake-ups during the night. It is usually brought on by preceding or currently occurring physical or emotional stress.

Sometimes people self-medicate with extra caffeine and/or energy drinks which will just worsen this condition. It often causes mild depression due to the lack of quality sleep, and as a result, many doctors erroneously treat this condition with anti-depressants.

- **Depression:** A low grade loss of "zest for life" is often associated with loss of "happy neurotransmitters" with aging.

Anti-depressants work "somewhat", but tend to make people feel "numb", while natural solutions, in our opinion, are always the best.

Also, a dirty little secret that we never hear discussed by physicians or pharmaceutical companies is that anti-depressants progressively inhibit the ability of your own brain to produce neurotransmitters! (And we DO cover this in Module 11).

- **Decreased ATP (cellular energy) production** from our cells of respiration (mitochondria) with age which is accompanied by decreased mitochondrial biogenesis (replication).
- **Poor sleep quality:**
 - Trouble with SLEEP Initiation
 - Wake-ups
 - Un-refreshed feeling upon awakening after sleeping 7-8 hours
- **Decrease in muscle mass:** When your doctor clears you to exercise please simply start a walking program until you are ready to progress to HIIT and weight training. The best and easiest walking program is to start as little as 5-10 minutes a day and gradually just work up to 30-45 minutes 5x per week.

If you have a great deal of excess weight and walking would hurt your joints, we recommend pool walking or careful use of an elliptical trainer.

- **Social issues:** As a reminder, if you are a caregiver to an elderly parent, are over-worked or worried about several "family matters," you most likely have "adrenal issues". If you recall, this is associated with high fasting cortisol levels in the initial, acute phase.
- **Your diet:** We HOPE that by now, you have adopted at least the basics of the Anti-inflammatory diet such as no processed food, no fast food and limited or no sugar.

If you are still eating the "All American Diet," this in itself will make you have less energy. Please review Module 1 and its associated handouts and Webinar if needed.

- One thing we haven't mentioned is something that is usually obvious to all: **excess weight**. When you are carting around more pounds than you should, you will tire out more quickly.

By starting a weight training program and converting your diet to OUR diet for life plan, you will start losing weight, which will pick up your energy.

Counting calories is a thing of the past. We will go into this in depth in Module #4 "Mid-life weight gain: how to reverse it and stop it once and for all!"

- **Hydration:** Urine should be clear. Water consumption should be 2x 8 ounce glasses more than half your body weight in pounds, and even more during physical activities.
- **Hormonal issues** usually show up as energy loss either as "low-T" in men, or perimenopausal, or menopausal "wake-ups" in women.
- **Lastly if you have "no identifiable issues" but have been checked by your doctor you fall under the category of "non-identifiable but fixable energy issues." Most of the time this is due to mitochondrial issues.**

Now let's discuss some things we can do to give you SOLUTIONS to your energy problems:

For this module, look at the sitopharma® products in the e-store under the category marked **ENERGY**. Be sure to click on the sub-category that you wish to see such as "**adrenal issues**," "**mitochondrial issues**" and so on.

<i>AdrenoThrive™ :</i> <i>» Crucial for all Adrenal issues</i>	
Precautions Warnings	Monitor Blood Pressure as this (rarely-almost never but let's be safe) raises it a little.
Benefits	Great adrenal support herbals ("adaptogens") for all.
Additional Benefits	Additional good brain chemicals
Dosage	<ul style="list-style-type: none">- Take 2 capsules at breakfast and 2 capsules between noon and 2 PM daily.- For "adrenal maintenance", if you are not in adrenal stress or fatigue, take 2 caps in the morning.
Additional Remarks	Hard to imagine hard driving working people NOT taking this! Obviously a must for adrenal stress/fatigue

Another important adrenal support product is taken with the AdrenoThrive™; called **Adrenal Fusion™**. It can be found both in the "adrenal section" of the Energy portion of the e-store, as well as being found in the Adrenal Support Kit, which contains other items which support the adrenal glands.

A good article link will be found in this Solutions section, giving you more details on how to take care of your adrenal glands.

L-Tyrosine: 1.2 mg Caps

» For Adrenal issues or "non-identifiable energy loss"

Precautions Warnings	None.
Benefits	Adrenal support.
Additional Benefits	This will increase dopamine. It may help prevent migraines, and will help with food cravings. It also helps with mild depression.
Dosage	- Take one capsule at breakfast and a second one at noon to 2 PM.
Additional Remarks	For more of a dopamine boost see the final section on this handout on depression-related energy loss.

Acetyl-L-Carnitine:

» For Adrenal issues or mitochondrial energy losses

Precautions Warnings	None really, other than taking it past 3 PM might (rarely) interfere with sleep initiation.
Benefits	Boosts energy and helps adrenals "recover".
Additional Benefits	Protects our brains from cognitive loss, and aids in developing muscle mass and lowers blood sugar.
Dosage	- Take 3 caps in the morning and 3 caps at lunchtime if you think you might have adrenal or mitochondrial issues or you have afternoon drowsiness. Otherwise, for convenience you may take all 6 caps in the morning.
Additional Remarks	Is one of the first "integrative supplements" used for mild cognitive loss. It is useful as a weight loss supplement mainly due to helping increase muscle mass.

Vitamin B12 Lozenges:

» For "non-identifiable energy loss" and more!

Precautions Warnings	NOTE: Will not be absorbed by those with Pernicious Anemia (GI absorption of B12 issues). However no real "cautions". This is a water soluble vitamin and hence, no over-dosing issues.
Benefits	The reason it gives people energy isn't an old wives tale. We know now that it increases a very powerful intra-cellular antioxidant called glutathione and the effects of this are felt as increased energy for many people.
Additional Benefits	Increased glutathione; a very powerful anti-oxidant.
Dosage	- These can be taken as much as needed. Some people like them once a week and some people like to take them 2-3x per day, depending on how they make you feel.
Additional Remarks	The commonly used diabetes drug, Metformin depletes B12-so this is a must if you take this drug.

As we now identify more and more energy losses as mitochondrial issues, we have more ways to address those problems.

My go-to, all-purpose energy solution for mitochondrial losses is a great product, available through our website via another company, called **ageLOC® Vitality**. It is found in the mitochondrial section of the Energy "pod" and will increase mitochondrial biogenesis as well as ATP, giving you noticeable and sustained results.

Other mitochondrial support can then be added, as needed. A comprehensive article about mitochondrial support will be found as a link in this Solutions section. Here are the supplements we recommend:

Mitochondria Factors:

» *For an all-in-one solution for ATP loss from mitochondria*

Precautions Warnings	None.
Benefits	Replaces mitochondrial ATP loss and supports mitochondrial biogenesis.
Additional Benefits	Brain support and some adrenal support.
Dosage	- Take 2 capsules 2x daily; can be breakfast and with the second round of adrenal support products between noon-2 PM or with dinner.
Additional Remarks	If you're going to add just one supplement to your ageLOC® Vitality, it would be this one.

CoQ Ubiquinol: 100 mg Caps

» *For mitochondrial density and ATP loss*

Precautions Warnings	None.
Benefits	This powerful anti-oxidant is great for "aging" energy losses; now known as mitochondrial energy loss.
Additional Benefits	A MUST if you are on a "statin" drug for cholesterol. Helps cardiac function.
Dosage	- Take 2 capsules each AM.
Additional Remarks	Improves cognitive focus.

Great additional supplements for your mitochondria, found in the section mentioned just above include **Alpha Lipoic Acid, PQQ, D-ribose** and **Berberine**.

IF SLEEP IS "THE ISSUE"

Try the following two Solutions. They may make a big difference.

Melatonin: 3 mg Tabs	
Precautions Warnings	Might cause initial AM grogginess and increased dreaming.
Benefits	This is one thing which will help you sleep through the night.
Additional Benefits	It is also is a great anti-oxidant and we have now discovered it stimulates the development of neural (brain) STEM CELLS, meaning new circuitry CAN form as we grow older!
Dosage	<ul style="list-style-type: none">- Start with ½ tab for a few days and then increase to one tab each evening, before bedtime.- Research shows that a gradual increase such as ½ tab every other month is beneficial for brain preservation.- Maximal suggested dose: 12-15 mg as noted in the Functional Medicine, not "traditional medicine" literature.
Additional Remarks	We will discuss this (brain health and cognitive preservation) more in depth in Module 8.

Please note that, in the next two sections on sleep and depression, we will use the terms **serotonin** and **dopamine**, which are the two major mood brain chemicals.

A full explanation of this can be found in the Solutions Handout for Module 11, if desired.

5-HTP Complex: (100 mg 5-OH plus B6)

Precautions Warnings	<p>DO NOT TAKE this product if you are currently taking "serotonin uptake inhibitor" antidepressants such as Prozac, or Wellbutrin, or others including "MAO inhibitors."</p> <p>If you are unsure please check with your doctor. Using both products could cause what is known as "serotonin syndrome".</p>
Benefits	This is for "wake-ups" and general mood support.
Additional Benefits	This is also useful for food cravings (see Module 4), mood elevation (see Module 11), and adrenal support if taken in combination with the other adrenal support products listed previously. It also improves "gut motility" to help with constipation.
Dosage	<ul style="list-style-type: none">- For adrenal support:<ul style="list-style-type: none">• Take 2 caps AM and 2 caps noon to 2 PM.- For sleep, dosage is very highly individualized:<ul style="list-style-type: none">• This is dependent on your lower GI tract and you need to see how you react.• Start with 3 capsules with your melatonin and see how you sleep. Also, make sure it doesn't cause diarrhea which is extremely rare at this dose.• Then increase this dose by one capsule each night until you reach a maximum of 10 capsules each night, with 5-7 being the average dose• Do this slowly and carefully, changing your dose only every two nights.• When you sleep through the night and do NOT have any diarrhea you have the right dose for YOU.
Additional Remarks	<p>NOTE: if you are in adrenal fatigue, this will not correct itself overnight, but will gradually resolve over 1-3 months.</p> <p>Meanwhile, you can take another 1-2-3 capsules for a "wake-up" being careful not to give yourself lower GI cramping or diarrhea.</p>

NOTE:

If these sleep solutions are not fully effective, then please jump to the Module 7 information on "Perfect sleep". Also note that the combination sleep supplement containing the popular herb, **L-theanine** and also containing 3 mg of **melatonin** (and lots more!) is found in the

"Sleep pod" in the e-store. This supplement is called **SitoSlumber™**. Other sleep solutions will be discussed in the "sleep module."

IF MILD OR LOW-MODERATE DEPRESSION IS "THE ISSUE"

If you have had thoughts of suicide or thoughts of hurting anyone else, or if you are unclear as to whether or not you do have such thoughts, please drop this module immediately and proceed to Module 11 "Preventing age related mood decline", and take the self-evaluation questionnaire with a loved one.

If there is ANY question as to whether or not you need immediate medical help, this means that you DO indeed, so get yourself to an emergency room A.S.A.P.

If you recognize that you are mildly depressed, you may take the following one or two products (**the only reason why you would want to take only one, would be due to the warnings regarding medications**).

SAMe: 200 mg Tabs

Precautions Warnings	None.
Benefits	Increases dopamine; helpful in mild-moderate depression.
Additional Benefits	If you are taking bioidentical estrogens this will "methylate them". This may help prevent migraine headaches.
Dosage	- Start with 2 with breakfast and dinner; after 3 days increase to 4 with breakfast and dinner. (If this causes a delay in sleep initiation then take dose two mid-afternoon).
Additional Remarks	None.

5-HTP Complex: (100 mg 5-OH plus B6)

Precautions Warnings	<p>DO NOT TAKE this product if you are currently taking "serotonin uptake inhibitor" antidepressants such as Prozac, or Wellbutrin, or others including "MAO inhibitors."</p> <p>If you are unsure please check with your doctor. Using both products could cause what is known as "serotonin syndrome".</p>
Benefits	Increases serotonin to improve mood For food cravings of any type, or stress-based eating as well as mood issues noted above, this natural product, combined with SAME , will mimic (without the chemical side-effects) the actions of several anti-depressants.
Additional Benefits	This is also useful for food cravings, adrenal support, and sleep. It increases gut motility and can help with constipation.
Dosage	<ul style="list-style-type: none">- For mood support:<ul style="list-style-type: none">• 2 caps with breakfast, lunch and dinner and 3 caps at bedtime.• NOTE: you CAN increase your bedtime dose if you are not getting as much serotonin as you need for mood or sleep. However, be careful about your dose vis-à-vis your GI tract, and please, see the directions in the above section for Sleep issues- For sleep, dosage is very highly individualized:<ul style="list-style-type: none">• This is dependent on your lower GI tract and you need to see how you react.• Start with 3 capsules with your melatonin and see how you sleep. Also, make sure it doesn't cause diarrhea which is extremely rare at this dose.• Then increase this dose by one capsule each night until you reach a maximum of 10 capsules each night, with 5-7 being the average dose• Do this slowly and carefully, changing your dose only every two nights.• When you sleep through the night and do NOT have any diarrhea you have the right dose for YOU.
Additional Remarks	Please read what is written below carefully.

IMPORTANT NOTES:

- The suggestions above are for mild depression only. If they are inadequate then you must take the self-evaluation questionnaire for depression and anxiety found in Module 11. You will then find more solutions for "moderate depression".
- If you are depressed, you **MUST NOT** skip directly to the Solutions Handout before doing a full self-assessment which **MUST** include the opinion of a loved one regarding your assessment. This is to help ensure the accuracy of your assessment so that you will know to seek medical help if and when it is needed. And yes, there are more solutions in that particular module for you.
- If these energy-fixing Solutions do not fully work and you have indeed had a full medical evaluation, then your energy issues could be caused by low testosterone (males) or by menopausal hormonal changes (women). Therefore, if this is the case, we would recommend that you see a Functional Medicine M.D. who is trained in bio-identical hormone replacement therapy.

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So NOW you have it, your second set of Anti-Aging SOLUTIONS!

Please don't hesitate to contact Dr. Kim with any questions you might have.

Best Wishes for your Life and Health,

Kim Crawford, M.D., and the drkimsagewellsolutions.com team.