

# health matters

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## Chronic Fatigue is fast becoming a common health condition, find out why. And get your energy back back? – Part 2

Herbal medicine

Iridology

Nutritional medicine

Life Blood Microscopy

Theta Command Healing

Reiki therapy

Non-allergic and safe personal and health care products

Urinary indican test (indicating gut dysbiosis)

Saliva testing of body pH

Candida Test

Heavy metal toxicity test



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### Low energy is more than a toxic liver!

Do you suffer from chronic fatigue? You are not alone. It is estimated that about 20% of the Australian population is affected. The prevalence of fatigue lasting more than six months or sudden drop in energy warrants investigation and a visit to a holistic practitioner. Due to the pressure of modern living and enhanced communication we are witnessing rising incidence of fatigued patients.

In my clinical practice it is the most common presenting complaint for patients.

### Why it is so important to identify reasons behind fatigue?

The fatigued patient requires a thorough investigation to identify the factors causing or sustaining fatigue. In many patients this may involve identifying Chronic Fatigue Syndrome (CFS) or fibromyalgia.

### Caffeine causes osteoporosis and adrenal depletion

Most common causes of fatigue are:

- Prolonged stress leading to adrenal dysfunction
- Poor immunity and repeated infections
- Habits and lifestyle
- Aging process
- Low thyroid function
- Poor diet and inadequate assimilation of nutrients
- Toxic overload (self induced or not)
- Poor sleep and/or anxiety
- Cardiovascular disease
- Iron insufficiency
- Depression
- Obesity and/or Syndrome X and insulin resistance
- Inflammation and autoimmune diseases
- Low hormonal function
- Joint and muscles pain

To compensate for fatigue most people are often reaching for stimulants like coffee, nicotine, sugar, wine or chocolate, which in

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RESTORING YOUR VITALITY

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turn depletes adrenals even further, increases body acidity, leading to osteoporosis. Caffeine and other stimulants increase adrenalin and cortisol level giving us a temporary elevation of mood and energy. Subsequently pancreas reacts to sugar level and releases insulin which allows tryptophan and dopamine (feeling good neurotransmitters) cross blood-brain barrier. Serotonin is released in the brain and we feel good. The insulin also stores away the excess of sugar into cells as fat. The good feeling is depleted within 3-4 hours and mood and energy begins to crash. The person then is craving stimulants and the vicious cycle begins again. Caffeine and sugar also increase blood acidity and to compensate for that, blood draws calcium and other alkaline minerals from the bones. Thus caffeine and sugar result in bone loss.



## Where our energy is coming from?

The mitochondria often referred as 'power house' of the cell are the source of at least 90 percent of the energy generated by the cell. A single cell of our body can contain from 200 to 2000 mitochondria. Lipids, carbohydrates and protein following digestion are processed and transported into mitochondria. When mitochondria function is impaired the energy available to cells is limited and the person feels fatigued.

## How can we help you?

Our Clinic has the tools and the equipment to identify causes of your fatigue such as: live blood microscopy, iridology, urinary indican test, heavy metal test, urinary and salivary acidity test, Candida test, Celiac test, mineral hair analyses and many more specialised tests. We will assist you in regaining and maintaining your vitality by treating the underlying causes with herbal and nutritional supplements, homotoxicology, homeopatics and necessary changes in your diet and lifestyle.

The most important step in the whole process is to identify the underlying causes of fatigue. Different causes of fatigue require a different herbal and nutritional supplements and dietary and lifestyle changes. Only such a holistic approach will ensure that patient's vitality is long term and it not a 'quick fix' which wears off.



Our initial consultation may last up to 1 1/2hrs and includes taking holistic case study, live blood microscopy, iridology, zinc test and salivary acidity test. At the end of consultation the patient will be dispensed appropriate herbal and/or nutritional supplements.

*Part 1 of 'Do you want your energy back' is discussed in Issue 2 of Health Matters, Summer 2003/2004, which can be viewed on our website.*

## Get your energy back now!

For a consultation or for more information please call today a holistic practitioner Danuta Hulajko from DH Natural Medicine Clinic on 9541 2428 or 0418 458 548.

Bookings are essential. Health rebates are available. Discounts apply to pensioners and students.

Please also visit our website [www.dh-naturalmedicine.com](http://www.dh-naturalmedicine.com)

