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Dr. Brimhall's Health Puzzle Piece | **August 1, 2006**

headline ::: Building Internet Exposure - Part II

EXTRAS ::: Did you know that you can order the Brimhall Patient Education CDs with your label on them? Find out more...

Saliva Lab Tests, Adrenal Exhaustion and Thyroid Problems – Much More Serious Than Expected…

This weeks Health Puzzle Piece starts out with a letter from a doctor with some good comments and questions.

THE LETTER

Dear Dr. Brimhall,

Thank you for bringing Labrix (503-656-9596) and Dr. Jay Mead to our attention. He is truly a friend to chiropractic and an asset to our work.

Since I have been doing Labrix hormone testing, I am seeing how drastic hormonal problems are. The problems are far worse than I had realized. A few consistent findings I have seen with the tests are scary.

1. On every person tested, the adrenals are in exhaustion (not just fatigue, but extreme exhaustion).
2. On every man tested, a low testosterone level is evident. This is scary also.
3. On every test done, without exception, the cortisol levels are not high, but extremely low, so low many people are "flat lining" (as Jay refers to it), meaning we are beyond the point of cortisol spiking due to adrenal fatigue. We are on the other side - where not enough cortisol is being produced because the adrenals are just too worn out. No wonder so many people are exhausted.

To add to this mess, many people are testing hypothyroid. One more generation of this and 99% of the population won't even be able to get out of bed! The delicate endocrine system was

never designed for the abuse we humans put it thru. Abuse through stress, toxins, bad emotions, infections, etc. seems to be the "normal" for almost all of us.

One question I have is what supplement do we have to raise cortisol levels, so that people can at least function? Supplementing for a little cortisol would give the adrenals a rest so that perhaps they can rejuvenate some. The supplements we have for cortisol levels (Pro-Cortisol Balance and T-Cort) appear to be designed to reduce cortisol, as if the problem was high cortisol, however, the problem appears to be the opposite. Are the same supplements capable of raising cortisol levels by affecting a balancing effect?

Another question I have is why are thyroid problems not showing up more on the muscle testing? The muscle testing shows an occasional patient with thyroid problems, yet blood tests and body temperature testing reveal many people have thyroid problems. Take me for example; I just realized I am extremely hypothyroid, in addition to hypoadrenia and low cortisol levels. My thyroid is so bad my body is producing antibodies against my own thyroid! This means I am developing an autoimmune condition! I am horrified, especially after all the work I have done and as careful as I am. Do you have any insight?

One last question I have is with the extreme exhaustion of adrenals that is evident in the population; it seems a higher amount of adrenal glandular would be beneficial in the adrenal support of DSF?

Thanks Dr. Brimhall. Many blessings to you and family, organization.

DR. BRIMHALL

These are very good questions. Here are some very good answers:

DSF is designed to balance Cortisol and DHEA by supporting the adrenals and the entire GAS or General Adaptive Syndrome. Hans Selye found the entire digestive system, the immune system and the adrenals were severely affected with stress from any cause. DSF in glandular and herbal form supports all factors related to stress.

I was amazed, as you are, when I started using Labrix Saliva Hormone tests how bad the problem is. I found we needed whole tablets of DSF to have enough raw nutrients to rebuild and not just the amount that strengthens the muscle response.

We found we needed for many patients DSF morning, noon, night and at bedtime if their cortisol is low in all of those times. DSF is designed to support the entire body and especially the adrenals with the glandular and the supportive nutrients included. To use just large amounts of adrenal glandular is even contra indicated in many patients.

Many times the thyroid does not show up because it is not solely a thyroid problem. The underlying cause may be an infection e.g. a virus that sets the body against itself. You must solve this problem with Virx for the infection and CMO for the autoimmune response, or whatever tests, before the body will respond to support of the thyroid with thyroid nutrients like Total Thyroid.

The other thing we have found is the body hides information and that is what we call the "cloaking effect." We have covered this extensively in the articles on the Violet/Red or DermaLaser. We have been able to reveal, uncover and then set in to motion healing of the endocrine system and the thyroid much better with the violet challenge. Please refer to the Puzzle Pieces where we covered this extensively. Please refer to our web site to review past articles (www.brimhallpuzzlepiece.com).

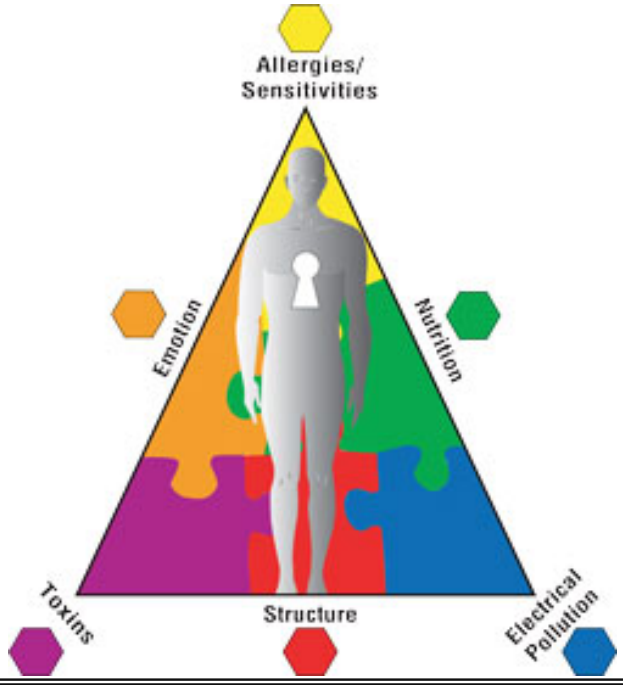
The cortisol products you mentioned are designed to lower high levels and not to raise them. We also were shocked how this does not show near as often as just totally exhausted adrenal function where DSF is needed more often and in larger amounts than expected. We also find low testosterone very common and use Total Arginine often.

Please remember there are **6 interferences and 6 corrections**. Constant stress with patients, family, insurance companies, cell phones, computer electromagnetics, love and war all weigh on us heavily. We may have to change life style, do Yoga, slow down, etc. along with nutritional support. We have to identify toxic metals and other toxins and remove them along with all of the other pieces of the puzzle mentioned.

This is a complex problem and must have a complete approach for an all pieces of the puzzle solution.

In God We Trust,

John W Brimhall, DC and The Wellness Family



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