

# Why am I still tired and hurt while taking so many supplements?

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Kim, a 45 year old woman with main concern of fatigue and joint pain, came to my office with two baskets of supplements. Her symptoms started two years ago and she had to quit working. She complained fatigue all day from the moment of waking up with headaches and joint pain. She could not digest food well with bloating and irritable bowel symptoms. Many foods bothered her when she eats. A complete checkup at her primary doctor revealed nothing of significance. She had two children to take care of at home and her husband did not understand her illness and blame her for the inconvenience that she created to the family. She also tried a few alternative health practitioners who gave her nutritional supplements to improve energy, immune function and digestion. Those supplements helped her for a short period of time but stopped working after a while. She didn't know if the supplements were still helping or not, but was afraid of stopping them. "**Why am I still tired and hurt while taking so many supplements?**" She wondered.

There have been many people like Kim suffering from fatigue, pain and indigestion without any significant findings from conventional physical exams. They could be diagnosed as chronic fatigue syndrome, fibromyalgia, irritable bowel syndrome, food sensitivity or even chronic Lyme disease. Holistic medicine approaches to above complex multi-symptom illnesses differently from conventional Western medicine. We believe that human body is a whole system with the ability to maintain its own balance and heal itself. When external and internal factors such as stress and toxin disturb the balance and confuse the immune system, diseases occur. Disease may affect multiple systems that lead to multiple symptoms. Only addressing one or two symptoms can't possibly restore the homeostasis of the body. Thus, to understand the root issues of the complex multi-symptom illnesses and to know how to address them becomes the key to resolve this complex problem.

Holist medicine believes that chronic multi-symptom illnesses are result of high inflammation caused by two main factors from modern lifestyle, **stress** and **toxin**. These two factors cause dysfunction of neuroimmune and neuro-endocrine control of the immune system, which leads to dysfunction of various systems and causes high inflammation. The pathophysiology of the high inflammation may include the following. Firstly, **adrenal fatigue syndrome** is a collection of signs and symptoms caused by malfunction of the Hypothalamus-Pituitary-Adrenal Axis due to prolonged internal and external stress in life. Dysfunction of the adrenal response results in various pathophysiological changes in the body and causes high inflammation and low energy production, which lead to pain, fatigue and insomnia.

Second, **dysbiosis** is a condition of microbial imbalances such as yeast overgrowth (Candidiasis), pathogenic bacteria and parasite overgrowth and the decline of the beneficial bacteria in the digestive tract. Dysbiosis and associated toxin over-production often play the main role to increase inflammation level of the body. In the meantime, toxin over-production in the gut overwhelms the body's detox system through the Leaky Gut, a condition of increased permeability of intestinal mucus membrane caused by damage from microbial. Compromised liver and kidney detox function leads to further accumulation of the endogenous toxins that result in high inflammation.

Third and also the most importantly, immune function is compromised due to malfunction of the adrenal system and accumulation of the toxins. Compromised immune system leads to two parallel consequences, chronic **infections**

and abnormal immune response including **allergy** and **sensitivity**. Infection is common for those who suffer from chronic fatigue. Common blood tests may not show anything positive because the infections are hidden. Immune markers sometimes show positive findings on antibody against specific virus and bacteria. Allergy and sensitivity are also common among those patients, especially food sensitivities, which may be the main trigger for irritable bowel symptoms and lead to intestinal dysbiosis in a long run.

Many doctors try to address the above root issues at the same time with supplementation such as herbs, enzymes and nutritional supplements. However, patient's body can be overwhelmed by so many supplements every day, especially for those who have already had digestive issues. They can't possibly digest, absorb and process such amount of supplements. Especially for those patients with sensitivity issues, everyday food can trigger immune responses, so do the supplements. Based on my experience, **sensitivity cannot be resolved by supplementation**, which may cause even more problems in the future. Once patients develop sensitivity to vitamins, minerals and enzymes, many physiological processes can be blocked by abnormal immune responses. Their inflammation and adrenal stress would be much worse.

Many patients come to see me with a similar condition that I called the **Chaotic Stage**, an energetically chaotic condition characterized by high inflammation, high toxin, high sensitivity and autoimmune responses and low cellular energy. The energetic system is so chaotic that many pathways of our body's healing mechanism are blocked and the immune system is attacking the body's own organs, tissues, regulatory systems and many nutrients and enzymes. Without containing and treating the initial layer of the disease, the body's overall function cannot reach to an optimal condition and any types of therapies may not have an optimal result.

I checked Kim's energy system using Electrodermal Screening technique and found many imbalances and blockages. I gave her two homeopathic remedies tailored to her body to recharge her cellular energy and open up her detox organs and channels. The screening also revealed multiple sensitivities to many nutrients and food items. The avenue is to desensitize her with an energetic technique that I called the Immune System Reprogramming. This is a technique that combines acupressure and homeopathy to calm the immune system down. She went home with homework of improving diet and sleeping habits. I also evaluated her supplements and found that she was sensitive to many of them. She stopped most of her supplements and followed my dietary instructions and lifestyle changes.

After three months of treatment, Kim's condition wasn't chaotic anymore and her symptoms were also reduced. A detoxification protocol was started including intestinal cleansing for Candida and parasites, liver and kidney support. Later on, a regeneration protocol was used to regenerate leaky gut, support adrenal system and repair damaged organ and tissue. About one year into the program with monthly visits, Kim became symptom free and did not need many supplements besides some basic ones. This case indicates that healing process has to follow specific steps, like peering an onion. Over-supplementation, especially in the beginning of the treatment, only overwhelms the body and causes more indigestion, sensitivity and detox response that results in more inflammation.