

# Keeping Fit with Dr. Fitt

## Symptom Profiles

Imperative to your long-term vitality is hormonal balance. Hormones are the supervisors of the function of every cell in your body. Declining hormone levels have a straight line correlation with the chronic, debilitating diseases of aging such as arthritis, osteoporosis, mental decline, cancer, obesity, impotence/loss of sex drive, incontinence, high blood pressure, and a host of other problems. We spend billions of dollars on deadly drug therapies to address these problems, when simply balancing natural hormones would do the trick.

Some of us have an objective even higher than not being sick, we want to thrive. We want to experience all that life has to offer as long as we are alive. Hormonal balance is also critical to this objective. To achieve optimum health you have to prevent three things: Deterioration, Oxidation and Activation. *Deterioration* happens as hormone levels decline and your body stops the rebuilding process. This is when you lose more bone, muscle, brain cells, skin, etc. than you create. It is prevented by keeping youthful hormone levels. *Oxidation* is the destructive process exacted by toxins called "free radicals". Rusting of a nail, fading of car paint, and the browning of an apple are all examples of oxidation. You "rust" from the over-exposure to free radicals. Your outside body (skin, eyes) gets the most free radical damage from the sun and medical x-rays. The manifestations are brown spots, keratoses (ugly skin growths seen on aged skin), wrinkles, skin cancer, cataracts and macular degeneration. Prevention is achieved by minimizing sun exposure (get enough to make your vitamin D and prevent depression), wearing sunscreen, using eye wear that filters out UV light, taking antioxidants like vitamins A, C and E, eating a diet high in antioxidant rich foods and minimizing exposure to medical x-rays. *Activation* is the turning on or over-expression of several processes that are designed to get rid of dead or unwanted material in the body. Over-expression or activation of some hormones is also part of this process. Yeast, for example, are normal inhabitants of our environment and bodies that act as scavengers of dead tissue, microscopic buzzards. Normally they help with the life cycle by breaking down dead tissue so it can be recycled. Their reward is the sugar they can extract from the process. If yeast overpopulates the body, they eat up the sugar meant for brain cells. This causes you to feel hungry regardless of how many calories you already have stored as fat. Brain cells will not tolerate low blood sugar. They will make you eat more sugar, which makes you grow more yeast. Overpopulation of yeast activates the immune system, which tries to get the population under control with a variety of mechanisms, such as release of chemicals (leukotrienes) that cause inflammation. A product of inflammation is free radicals. Normally this process keeps us well silently. When germs (viruses, bacteria, fungi) get out of hand, the inflammatory process gets more noticeable. We get fever, runny noses, pus, swollen glands, diarrhea and pain. We take medications to get rid of these symptoms until the immune system, hopefully, accomplishes its job of bringing things back into balance. Sometimes we need a little help from a natural or synthetic antibiotic, anti-viral, or anti-fungal agent. Viruses and bacteria are readily detected by conventional medicine, but fungi are not and therefore left untreated. Chronic immune system activation by fungi can cause diseases such as rheumatoid arthritis, inflammatory bowel, skin rashes, sinusitis, prostatitis, multiple sclerosis and chronic vaginal pain to name a few. Over-expression or activation of hormones such as cortisol (stress), insulin (sugar/refined carbohydrates), and estrogen (progesterone deficiency, prescription estrogens, environmental estrogens) are part of the activation process also. Another component of the activation process is the self-destructive release of chemicals by damaged cells. Normally this process helps rid the body of useless tissue. However, in the face of hormonal decline you have continued breakdown (catabolism) without build-up (anabolism). This process causes things like osteoporosis and osteoarthritis in bone and cartilage respectively. Activation is prevented by keeping yeast, and other germs from overpopulation, maintaining hormonal balance, eating foods that reduce production of inflammatory chemicals (flaxseed, raw nuts, olive oil, fruits and deep colored vegetables), and staying away from foods that promote inflammation and overgrowth of yeast (sugar, refined carbohydrates, hydrogenated fat, saturated fat, and polyunsaturated fats like corn oil).

Using the symptom profiles forms printed from the home page will help you assess if you have a hormonal imbalance or yeast imbalance. If you do, the next step is to find a healthcare professional that can help you get back in balance.

Yours in great health,

Roby D. Mitchell, M.D. (Dr. Fitt)

**Please note: all questions on the symptom profile forms pertain to both male and female patients. Therefore, in order to best address your health concerns, please make sure each form is filled out completely.**