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Elke Kniss, PA, CN: 512.445.7373

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elke@knissmedical
445-7373



Elke Kniss, PA, CN

Dear Friends,

Do you suffer from low energy? Are you often cold and have problems with weight gain, poor memory, or sleep? Are you depressed or overly anxious, with low libido, blood pressure problems, or circulation problems? Is your skin dry? Do you have unexplained aches and pains, or headaches? Do you suffer from allergies? Do you have poor hair quality? Do you have digestive problems such as constipation or irritable bowels?

If so, join legions of others who suffer from low metabolic energy syndrome. With this condition, the body simply cannot make and supply enough energy. Most physicians rightfully think of thyroid, especially if your temperature is always low. Thyroid hormone is usually prescribed, but for some people, it just dose not help enough. If this has happened to you, your exhaustion and symptoms are due to something else or something in addition to a thyroid problem.

Most often the least understood cause of all is a problem with the energy regulators of the body -the adrenal glands. If your adrenal glands are too weak to handle and control the energy your body needs, they will automatically slow down energy production - and your thyroid glands. This can result in all the symptoms listed in this article. So even if you take thyroid medication, hormones, and regular vitamins, if your adrenal glands are exhausted and weak, it will not help.

That is why I've always said that the major cause of energy problems and exhaustion is the combination of the thyroid gland and adrenal glands - and the way they work or do not work together. And since this is so poorly understood, it explains why so many people simply do not get better with hypothyroid treatment.

Other Causes

Other factors, such as low testosterone, too much estrogen, and severe diet restriction or nutritional deficiencies can contribute to low metabolic energy. For men with these problems, a testosterone blood test may be in order. We now know that supplemental testosterone (cream) does not cause prostate cancer as once was suspected.

But in most instances, low metabolic energy is caused by the thyroid/adrenal system. Whether you are taking thyroid medication or not, if this is your situation, feed your thyroid naturally by providing it adequate nutrition, including iodine. The best thyroid protocol is Thyrophin and Cataplex F, or Thyroid Complex and Cod Liver Oil.

Adrenals: The Least Understood Component

If the thyroid gland were the heater in your home, then the adrenal glands would be the thermostat. And poor adrenal function, or adrenal

exhaustion, is as much a cause of low metabolic energy as thyroid problems. In fact, if your adrenal glands are the cause of your problems, it is best to treat them first, before beginning thyroid therapy.

The adrenals are small glands located on top of the kidneys. They secrete hormones like cortisol. Their main function is dealing with stress and keeping you alive, primarily by secreting more or less corticosteroids. In fact, chronic stress is the most common cause of adrenal exhaustion. And stress is on the rise given the state of our economy, jobs, and the worth of our retirement savings. Once the adrenal exhaustion stage is reached, one will suffer from low metabolic energy and all its symptoms.

You can test your adrenal glands using the Ragland Test - a simple blood pressure measuring test. Lie on your back on the floor and have someone take and then record your blood pressure (BP). With the BP cuff still on your arm, stand up and immediately have your BP taken and recorded again. With normal adrenal function, your systolic (first) BP number will rise. If it stays the same or falls, you are in varying stages of adrenal exhaustion, and you must take action if you want to regain your energy and free yourself of low metabolic energy symptoms.

To strengthen your adrenals, you must, of course, address the primary underlying cause -stress. Learn to meditate or practice Deep Breathing (call us to get our free flyer). You must exercise regularly, eat healthfully, and take the right supplements to address the second most common cause of adrenal exhaustion - and to recover fully.

Your diet must be rich in B vitamins and healthy fats, including 2-3 capsules of Cod Liver Oil daily. Also eliminate table salt and use Celtic Sea Salt. Excess sodium can cause adrenal malfunction and the mineral nutrition and sea salt is the natural antidote. You will definitely need an adrenal supplement, and the best is Drenamin or Adrenal Complex. Most people also need the a natural vitamin B supplement -Max Stress B or Cataplex B daily for at least 3-6 months.

By making these changes, you will be able to finally break the low metabolic energy cycle. You can measure your response by your symptoms, and by rechecking your Ragland Blood Pressure readings over time.

With a good diet, exercise, stress reduction, the correct supplements, and sometimes thyroid medication, you can overcome this most common of syndromes.

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For an appointment
to address your health concerns
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