

Easily 90% of the people we see include "tired" in their symptoms. These remedies are for those who are very tired, usually with the diagnosis of Chronic Fatigue Syndrome.

THE COMMON HO HUM CAUSES OF TIREDNESS

It used to be thought that **Cytomegalovirus** (formerly designated as mononucleosis) (formerly designated as the kissing disease) was the most common cause of tiredness. When the funding ran out for research we suddenly found Epstein Barr (RVEB) was the most common cause of tiredness. It is fascinating how the symptoms for CMV equaled the symptoms of Epstein Barr. It is fascinating how Epstein Barr is now called mononucleosis. Hmmmmmmmmm.

For awhile the rage was Valley Fever from a fungus out of the ground of the San Joaquin Valley. It turned out to be the same fungus that causes Seasonal Affective Disorder so we call the remedy **S.A.D.**.

It used to be that all cases of tired were given iron pills. The assumption that a person low on iron could not carry enough oxygen in their blood and would therefore be tired. They don't do that anymore. However, there are at least two major reasons where lack of iron in the blood might be the right cause. There is an inherited condition in which the blood does not take on the iron and the person actually turned a little green. It is called clorogenesis. We call the remedy **Iron Little**. We agree that the condition is rare.

The reverse condition is more common, where the body stores too much iron in the organs. The condition is called Hemochromatosis. We designed the remedy **Iron Surplus** for this inherited condition.

Far more common is the attack of hookworms. The initial symptoms are lots of flatulence and rumbling intestines, followed by gradual tiredness. This parasite as a developed family inside of you will eat up to a ½ cup of blood per day. The person becomes low in blood and therefore low in hemoglobin which carries iron. One remedy is for **Hookworm Americana**, usually for those people in North America, Mexico and Central America. The second remedy is called **Hookworm International** and is usually for people in Europe. With lots of air travel now, parasites have become quite politically incorrect and are now found outside of their normal territories (without even having passports !) It is wise to check for both varieties.

Blood Diseases can make you feel listless, with little incentive to do much. Common are the forms of Leukemia, Porphyria, Thalassemia and Sick Cell Anemia. Look to the User Guide of Blood. These are almost always triggered by infections in the bones which is one of the reasons why we consistently point to The Basic Four.

Blood diseases beget blood infections and blood parasites. Blood infections are often the secondary cause of tiredness. With **Bubonic Haemophilus** you feel like a train has run over you (see the information about the resurgence of the Plague). When **Coccoides Haemolyticus** is in your blood you feel tired and usually very despondent (This is the same fungus that causes S.A.D.). **Strep B Haemolyticus** is often called blood poisoning with red appearing inside the arteries. Much rarer are **Staph Haemolyticus** infections. The disease, ME (Myalgic Encephalitis), is based on Staph and we have used the remedy **Staph FE** quite effectively.

A series of the Treponema bacteria remedies for blood issues exists under the titles starting with Blood Healer. **Blood Healer-Red Blood Cells** feels like loss of self-confidence and loss of self-worth. **Blood Healer-Blood Necrotizer** feels like hell. See details in the protocols for Spirochete.

Blood /Lymph Flukes is a pretty self-explanatory parasite that likes weakened blood. So is **Blood Cell Parasite. Dracunculiasis** is a parasite that eats the red pigment of your red blood cells. It creates a unique kind of tiredness that robs you of self-confidence.

Trypanasoma parasites cause sleeping sicknesses. Trypanasoma Cruzi is a large threat in South America and frequently migrates to North America. The remedy is called **Sleeping Sickness Parasite**. The two most common forms of Africa are **Trypanasoma Rhodesia** and **Trypanasoma Gambia**. Both commonly migrate to Europe. **Trypanasoma Asia** becomes self explanatory.

Parasites are nature's recyclers and they usually only take up residence where there is intestinal dross to feed on. If your body holds on to hookworm or any other parasite, it would be wise to check for intestinal conditions that are deeper. (See Thin Wall and Malabsorption sections of this material).

Lyme Disease, an infection of various kinds of the bacteria, spirochete, makes you so tired that you can hardly get out of bed. It is called a tick disease (it is actually a flea disease transferred to ticks) and is covered in the protocol for Lyme Disease. See also Animal-Human Disease for similar flea diseases and see Spirochete for specifics about various forms of Spirochete.

Lymphoma Complex is harder to detect specifically in tiredness. Its chief symptom is the frequent catching of colds, infections and general poor health. Ditto for all the forms of Lymphoma detailed in the section about Lymphoma.

SUMMARY OF REMEDIES

(with range of mega bottles needed)

| | |
|---|-----|
| BLOOD CELL PARASITE | 1-3 |
| BLOOD HEALER- BLOOD NECROTIZER | 2-5 |
| BLOOD HEALER- RED BLOOD CELLS | 2-5 |
| BLOOD/LYMPH FLUKES | 1-3 |
| BUBONIC HAEMOPHILUS | 2-6 |
| COCCOIDES HAEMOLYTICUS | 2-6 |
| CYTOMEGALOVIRUS | 1-2 |
| DRACUNCULIASIS | 1-3 |
| HOOKWORM AMERICANA | 1-2 |
| HOOKWORM INTERNATIONAL | 1-2 |
| IRON LITTLE | 3-5 |
| IRON SURPLUS | 3-6 |
| LYMPHOMA COMPLEX | 4-6 |
| RVEB | 1-2 |
| S.A.D. | 1-2 |
| SLEEPING SICKNESS PARASITE | 1-2 |
| STAPH A HAEMOLYTICUS GROUP A1 | 1-3 |
| STAPH A HAEMOLYTICUS GROUP A2 | 1-3 |
| STAPH A HAEMOLYTICUS GROUP A3 | 1-3 |
| STAPH FE | 3-6 |
| STREP B HAEMOLYTICUS GROUP A | 2-4 |
| STREP B HAEMOLYTICUS GROUP B | 2-4 |
| STREP B HAEMOLYTICUS GROUP C | 2-4 |
| TRYPANASOMA ASIA | 1-3 |
| TRYPANA SOMA GAMBIA | 1-3 |
| TRYPANASOMA RHODESIA | 1-3 |

ADRENAL EXHAUSTION

In today's society the most common form of tiredness comes from adrenal exhaustion.

It can start with the inherited forms like Addison's Disease, the disease that John F. Kennedy had. We have found that **Addison's Base** with either **Blastomycosis, Chromomycosis or Histoplasmosis** has successfully removed the cause of the symptoms from the DNA.

Becoming more common is the disease called Cushing's Disease which turned out to be the best example of a common phenomenon. You may need **Cushing's Inherited** or **Cushing's Acquired** depending on whether you inherited the condition or have burnt the candle at both ends. In both instances an **Adrenocorticotropinoma** will appear on the pituitary making this a two organ condition.

Adrenoleukodystrophy 1 is defined as an inherited metabolic disorder. It is characterized by both a lipid storage abnormality and adrenal insufficiency. It may present with a progressive myelopathy or with cognitive findings, hemianopia (defective vision in half the vision field), cortical blindness, hemiparesis (muscle weakness or paralysis on one side of the body), aphasia (speaking and/or writing dysfunction) or dementia. Typically signs are asymmetric initially and progress intermittently. Subjects may develop either a progressive spastic paraparesis or a demyelinating polyneuropathy. There is increased urinary excretion of C22 to C26 fatty acids.

Adrenoleukodystrophy 2 is similar to 1 with more emphasis on adrenal and nerve deterioration in general. It is quite possible to have both versions.

Less well-researched is the effect of **Adrenal-Kidney Divisum**. Normally the adrenals sit on top of the renals (kidneys) as the name implies. This is so normal that in Chinese medicine the two glands were never separated. However autopsies show that sometimes the two organs are separated.

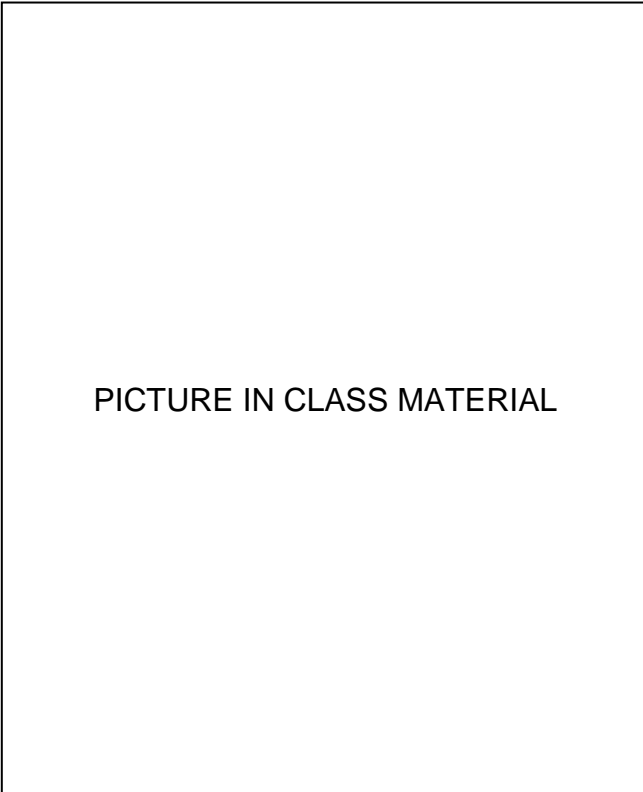
We have seen a similar issue with Pancreas Divisum which turned out to be the primary cause of Cystic Fibrosis and Adult-onset Cystic Fibrosis as described in the Asthma section.

Whenever we see organs divided we normally find it is the source of trouble. In this instance we just haven't found what trouble is caused by this variation from the norm.

When adrenals are deeply exhausted, several drosses begin to gather. In the remedy **Magnesium Sclera** we noted that high amounts of norepinephrone cause magnesium to harden in the system and in the adrenals.

Magnesium can form like stones in the adrenals. **Glycogen Stones** can also form in the cells, but do not show in X-rays like regular stones that form in the tissue.

Other material, sometimes including the above, form the remedy **Adrenal Stones**.



If you missed this diagram in the section called "Ovaries", here it is again. It is that important. It starts with **Atlas Spondylosis**, an inherited condition of the curvature of the top neck bone.

We have included this description in several sections of our material because of its wide applicability to multiple issues. Above you see a pointer to the Atlas. It is connected by ligaments to the sphenoid bone, just above it. When the Atlas bends, it pulls the Sphenoid bone against the Pituitary which sits in a "saddle" of the Sphenoid. The pressure causes a Pituitary Sack Cyst which turned out to be the most common cause of Polycystic Breast Syndrome and Poly Ovarian Cyst Syndrome.

Because the Pituitary emits an Adrenal Corticotrophin Stimulating Hormone, it is key to the adrenal function for everyone. If it is compromised by Sphenoid pressure, it develops a **Pituitary Adenoma** (which attracts a retrovirus and usually several Coxsackie A viruses). The combination attracts a bacteria called **Prevotella Melaninogenica** which is the most consistent cause and guarantee of depression that we have found. Now we see a depressed person, who is tired because the adrenals are starved for a "food-like" hormone. We see depression and usually intermittent headaches, sometimes bordering on migraine intensity.

The hormonal upset itself is hard to experience, not to mention the common cramping and loss of libido. A person with this condition feels like they "are just dragging".

PREGNANCY, CHILDREN AND ADRENALS

WHEN SCHNOOKUMS COMES

If you are a mother or a father, this section is for you. The process of having a child is one of the largest stresses in the world. It is also one of the largest joys in the world.

The pregnancy experience demands a lot out of Mom. Hormones from the adrenals are almost exhausted going into delivery. During delivery adrenals are drained so much that mom is not sure they will ever recover. Then comes the 24/7 package that rarely ever lets mom rest. She finds that awesome mother's energy that seems to come from the ethers, because it certainly can't come from the adrenals.

Mothers everywhere instantly become protective of the young and see the world through the needs or perceived needs of the child. Dad is often seen as a potential threat and everything he does is now judged on the basis of his care for the child. Because mother sees everything as a child, you know she is tired when she remarks that she is raising two children (inferring that her husband is like another child).

This scenario is all too common and all too dangerous if not understood as complete exhaustion. Dad needs to know this because it looks like his bride has turned into motherzilla. As a husband and father it is hard not to feel rejection. Mom needs to know this because she can feel little love from anyone except the child. She feels the love has gone out of the marriage. From both sides the romance has left and the prospects no longer look like the original love and romance. This is not the best basis to keep a relationship together . . . and many marriages break up over this issue.

We wish this were not true, but we have seen some people in classes break down in sobbing tears as they realize they unknowingly followed this path. Our intention in emphasizing this adrenal scenario is so that the reader or the reader who becomes a health helper will understand and work on ending the exhaustion instead of ending the relationship.

PREGNANCY RECOVERY

It is not common that people read this before having children, but we write this in hopes it will be read before conceiving. The three smartest preparations prospective mothers can make are (1) Take The Basic Four so that your immune system will be strong and be passed on to the child. The infections in teeth and bones pass directly to the child. (2) Build up the Thymus from which comes the hormones and tissues that make up the embryo in the womb. **Thymus Build** is a good general remedy for this purpose. (3) Build the adrenals with Licorice root and Kelp if they are weak. (Usually mothers have strong adrenals because that's what gave them the libido to mate).

After the birth, the same herbs that build the adrenals help to rebuild the adrenals. There is a remedy called **Altered Adrenals** that helps for the severe drain of birthing. Many mothers go into a form of shock when they give birth and then realize they now have such an awesome responsibility when they are tired. It may sound funny but we made **Mother Shock** and **Father Shock** to help the effect of unexpected feelings. The remedy **Shock** is still found in some mothers decades after the birth of one or more children.

Stressless is a remedy made to feed the adrenals and pituitary simultaneously and may help in rebuilding.

Post-Partum OCD is a condition in which the mother gets unwanted pictures of stabbing her child or cooking her child or some form of harm. It is frightening to the mother because she has no intention to act that way towards the child she loves. Because the condition is not understood as based on a virus, the authorities who are licensed are required to inform child services if the mother tells them they have these pictures in their minds. Within hours the authorities will arrive at the home and take the child from the mother. You may be able to help a mother in this position so that she does not lose her child to ignorance. The remedy begins working inside 72 hours.

MENOPAUSE AND ANDROPAUSE

The normal age of menopause for women or andropause for men is 50 in North America and 52 in Europe. We think this is actually a disease because it happens at the same time that most miasms set in.

The change in hormones is often difficult for both sexes, although it manifests in somewhat different ways. Both genders feel an ebbing of the hormone they have most depended on up to this time – estrogen for women and testosterone for men. Both hormones are highly a function of the adrenals, although there is considerable evidence that the Thymus plays a much larger role than is currently understood.

The first stage is trying to maintain what you used to have in looks, attraction, prowess and ability. It varies in degrees depending on how you have led life to that stage.

The second stage is problems with genitals. Men have swollen prostates and erectile problems. Women have ovarian and uterine problems with hysterectomies too often suggested. Breast problems often run with ovarian problems. Bone problems run with hormone problems but not because of hormones, as an AMA 25 year study of hormone replacement therapy discovered.

The harder part of this process is that neither sex seems to acknowledge that the issue exists. Men report finding themselves living with a different woman who only looks like the woman they married. The different woman rejects them. Women find their husbands looking at younger women and often report affairs. The different man rejects them.

The adrenals are usually key in resolving many of the physical issues in endocrine and genital glands. As with the recovery from having a new child, it takes patience and realization that these are physiological changes that can be healed.

In 2007 we developed the remedies simply called **Menopause Female** and **Andropause Male**. The first remedy helps restore the uterus via the adrenals and the second remedy helps restore the prostate via the adrenals.

In 2007 we also developed **Adrenal Exhaustion Female** and **Adrenal Exhaustion Male**. Herewith we state our consistent warning. Because these remedies highly affect hormones, they could strongly affect homosexual proclivities. In this instance it would be better to take another remedy to build the adrenals from exhaustion.

For a number of reasons adrenals can be overworked and develop lumps. Commonly we see what science calls **Multiple Endocrine Neoplasms (M.E.N.)** in six versions, so far. We see **M.E.N. III** as the most common cause of hot flashes and night sweats. **M.E.N. VI** is seen as the most common cause of hyperhidrosis (profound sweating that is more than a hot flash).

We developed the “key” series to help with overworked endocrine glands that have deep exhaustion growths. **Adrenal Key #1** through **#6** have helped many people recover fundamental adrenal health. **Adrenal Key # 3** is the most commonly used. **Pituitary Key # 1** through **#3** and **Thyroid Key #1** through **#4** serve similar purposes for the respective glands.

Adrenal Thyroid Mass is a remedy developed for a special kind of growth (Pheochromocytoma) that could be simultaneously on the Adrenals and Thyroid. A **Germinoma** could be found simultaneously on the Pituitary, Thyroid, Thymus and Adrenal glands. This lump is the cause of almost all cases of Sjogren's Syndrome (dry eyes and dry mouth). It generally attracts two or three retroviruses.

See protocols for uterus, ovaries, breasts and prostate for more specific issues.

Imagine, if you will, a person with Atlas Spondylosis including headaches, in the middle of great stress and going through the change of life. What if the same person inherited Cushing's Disease?

Many of these people feel like the universe dumped on them. There are many people who feel they couldn't have these issues and go about life as if nothing is bothering them. Sometimes ignorance is bliss. . . except for those around them. They ignore that they are working too hard and taking the stress out on those around them. There are many who feel that they will not experience the change of life and gradually drive spouses away, saying it is all the spouse's fault. Tired is more than tired. Tired can rule your life and cause chaos.

How do you help tired in yourself? How do you help tired in others? Experience tells us there are more issues to be healed in humans than we ever wanted to know about. When the healing is for yourself you will find the same kind of denial about "all these issues" that most everyone goes through. When someone is tired, they do not want to see a large program because it becomes just another overwhelming issue in their life. When you're tired you want to find shortcuts, reduce large programs or ignore the issues and hope there is another way. It is human nature.

We believe in full disclosure presentation of the issue as long as it is helpful. Otherwise it is time to present a program with which a person can feel a substantial change in just the first stage. It is also appropriate to present that there is probably more, but let's see how much can be accomplished with the bite size of one stage.

Again experience says that people are willing to do something when they are very tired and are content to understand that there will probably be more. When a person experiences improvement, they don't want to go backwards, so they now welcome something that builds deeper and more solidly.

SUMMARY OF REMEDIES

(with range of mega bottles needed)

| | |
|---|------------|
| ADDISON'S BASE | 3-5 |
| ADRENOCORTICOTROPINOMA | 3-5 |
| ADRENAL EXHAUSTION FEMALE | 3-5 |
| ADRENAL EXHAUSTION MALE | 3-5 |
| ADRENAL KEY # 1 | 4-7 |
| ADRENAL KEY # 2 | 4-7 |
| ADRENAL KEY # 3 | 4-7 |
| ADRENAL KEY # 4 | 4-7 |
| ADRENAL KEY # 5 | 4-7 |
| ADRENAL KEY # 6 | 4-7 |
| ADRENAL THYROID MASS | 4-5 |
| ANDROPAUSE MALE | 2-4 |
| ALTERED ADRENALIN | 2-4 |
| ATLAS SPONDYLOSIS | 4-6 |
| BLASTOMYCOSIS | 2-3 |
| CHROMOMYCOSIS | 2-3 |
| CUSHING'S ACQUIRED | 6-8 |
| CUSHING'S INHERITED | 6-8 |
| FATHER SHOCK | 3-8 |
| GERMINOMA | 3-5 |
| HISTOPLASMOSIS | 2-3 |
| MENOPAUSE FEMALE | 2-4 |
| MULTIPLE ENDOCRINECNEOPLASMS I | 3-6 |
| MULTIPLE ENDOCRINECNEOPLASMS II | 3-6 |
| MULTIPLE ENDOCRINECNEOPLASMS III | 3-6 |
| MULTIPLE ENDOCRINECNEOPLASMS IV | 3-6 |
| MULTIPLE ENDOCRINECNEOPLASMS V | 3-6 |
| MULTIPLE ENDOCRINECNEOPLASMS VI | 3-6 |
| MOTHER SHOCK | 3-8 |
| PITUITARY ADENOMA | 3-5 |
| PITUITARY KEY # 1 | 4-7 |
| PITUITARY KEY # 2 | 4-7 |
| PITUITARY KEY # 3 | 4-7 |
| POST PARTUM OCD | 2-5 |
| PREVOTELLA | |
| MELANINOGENICA | 1-3 |
| SHOCK | 2-8 |
| STRESSLESS | 1-3 |
| THYMUS BUILD | 4-8 |
| THYROID KEY # 1 | 4-7 |
| THYROID KEY # 2 | 4-7 |
| THYROID KEY # 3 | 4-7 |
| THYROID KEY # 4 | 4-7 |