

Dr. Murphree's Health News

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Stress may be the catalyst for the onset of disease

The German physician, Dr. Hans Selye (father of modern stress theory) was able to demonstrate that under normal conditions the body is able to use its homeostatic (self regulatory system) mechanisms to counter various stresses. However these same mechanisms could be overwhelmed by too much stress. The person would then start to develop various symptoms associated with "burn out."

A combination of minor stresses, each incapable of triggering an alarm reaction in the general adaptation syndrome can, when combined or sustained, produce an all out alarm response and lead to "burn out." Dr. Selye's research led him to come up with the 3 phases of general stress adaptation.

The General Adaptation Syndrome



The general adaptation syndrome (GAS) is divided into 3 phases

1. Fight or Flight-The alarm reaction.

The first phase is known as the "fight or flight response." This response is an alarm reaction triggered by messages in the brain. The pituitary gland releases adrenocorticotrophic hormone (ACTH). ACTH causes the adrenal glands to secrete adrenaline, cortisol and other stress hormones.

The heart beats faster to provide blood to the muscles and brain. The breath rate increases to supply extra oxygen to the muscles, heart and

brain. Digestion and other functions not essential for maintaining the alarm reaction are halted. The liver rids itself of stored glycogen (sugar) and releases glucose into the blood stream. The body is now ready for any real or imagined danger.

2. The Resistance Reaction

While the alarm reaction is usually short lived, the resistance reaction can last for quite some time. The major players in this phase are the hormones cortisol and DHEA. These hormones increase sodium retention and therefore increase blood pressure (a sign of adrenal fatigue is low blood pressure or hypotension). Cortisol helps increase cellular energy and acts as a potent anti-inflammatory. The resistance reaction allows the body to endure ongoing stress (pain, fatigue, injury, etc.) for long periods of time.

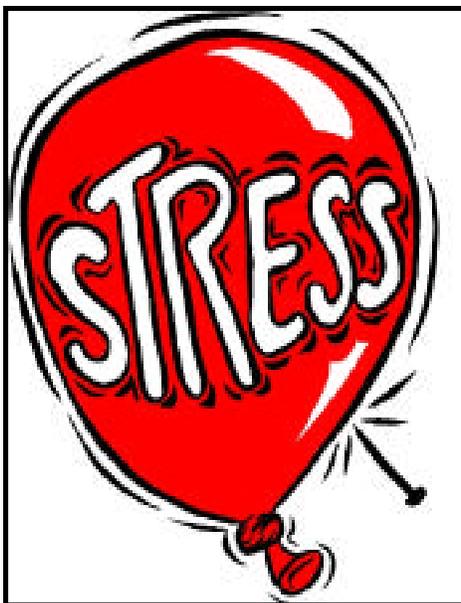
However, long-term stress can generate a host of health problems including, high blood pressure, anxiety, fatigue, headaches, hypoglycemia, decreased immune function, thyroid dysfunction, diabetes and adrenal exhaustion.

3. Exhaustion

The third stage is a result of chronic over-secretion of cortisol. This leads to adrenal exhaustion. Adrenal exhaustion accelerates the downward spiral to chronic poor health. Chronic headaches, nausea, allergies, nagging injuries, fatigue, dizziness, hypotension, low body temperature, depression, low sex drive, chronic infections, and cold hands and feet are just some of the symptoms that occur with adrenal exhaustion.

The majority of patients I see for chronic illnesses, including FMS

and CFS, are suffering from adrenal exhaustion. Between years of poor sleep, unrelenting fatigue, chronic pain, excessive stimulants, poor diet, and relying on a plethora of prescription medications, the adrenal glands, and the hormones they release, have been used up.



STRESS DOES AFFECT OUR HEALTH!

Higher levels of the stress hormones are significantly associated with lower Secretory IgA concentrations. Secretory IgA provides antiviral and antibacterial defense and is the most important aspect of our immunity in mucous secretions of the digestive system, mouth, lungs, and urinary tract. Seyle found a single five minute experience of anger can produce a significant decrease in Secretory IgA levels that can still be measured up to five hours after the emotional experience!

Wow! This shows how letting our emotions get the best of us isn't best for us

About two-thirds of Fibromyalgia and CFS patients appear to have under-active adrenal glands.

J. Teitelbaum and B. Bird, *Effective Treatment of Severe Chronic Fatigue: A Report of A Series of 64 Patients*. Journal of Musculoskeletal Pain 3(4), 1995; 91-110

Hypoadrenia is low adrenal function and occurs when the adrenal glands cannot keep up with continual stress and increasing demands. It displays itself in a variety of ways. As severe depression, suicidal tendencies, asthma, chronic upper respiratory infections, hay fever, skin rashes, colitis, gastric duodenal ulcers, rheumatoid arthritis, insomnia, headaches, fatigue, fainting spells, obesity, heart palpitations, edema in the extremities, and learning difficulties - the list goes on and on. The tragedy is that thousands of persons today are suffering from some manifestation of hypoadrenia. They may have sought help for their problems, and been given tranquilizers and psychotherapy for the emotional depression; analgesics for rheumatoid arthritic pain; sedatives for insomnia; amphetamines and diuretics for obesity; anti-cholinergic and a bland diet for colitis; antihistamines and bronchial dilators for asthma.

They may have had extensive examination with no pathology found. Therefore, these victims of hypoadrenia are given treatment to diminish the symptoms rather than eliminate the cause.

From Dr. David Walther's book, *Applied Kinesiology The Advanced Approach in Chiropractic*.

Adrenal insufficiency (Hypoadrenia) may also cause many of the symptoms associated with various illnesses, including:

1. Low blood sugar (hypoglycemia)
2. Low blood pressure (neural mediated hypotension or NMH)
3. Decreased energy
4. Decreased mental acuity ("Fibro fog")
5. Depression (low epinephrine states)
6. Decreased capacity for managing stress

Persistent, unrelenting stress will ultimately lead to adrenal "burn-out." Adrenal "burn-out" and exhaustion render the person defenseless against the continuous chemical, emotional, and physical damage that occurs with chronic stress.

In his book, *Safe Uses of Cortisol*, Dr. Jefferies writes, "weak adrenal glands can supply adequate cortisol when the body suffers little stress. Therefore, single determinations of blood cortisol in a person with marginal adrenal insuffi-

ciency are usually normal. However, expose the same person to a major stressor event, and the adrenals may flunk the challenge due to their low reserves."

Safe Uses of Cortisone by William Jefferies, M.D.

Self-Testing

Ragland's Sign - an abnormal drop in systolic blood pressure when a person arises from lying to a standing position. There should be a rise of 8-10 mm in the systolic number. A drop in systolic blood pressure indicates adrenal insufficiency.

Pupil Dilation Exam - To test for this reflex you'll need a flashlight and a mirror. Face the mirror and shine the light into one eye. If, after 30 seconds, the pupil starts to dilate, adrenal deficiency should be suspected. The hormone epinephrine is released under stress and causes dilation of the pupils. During adrenal insufficiency there is a deficiency of sodium and an abundance of potassium. This imbalance of potassium causes the inhibition of the sphincter muscles of the eye. These muscles normally initiate pupil constriction. Normally the pupils will constrict in the presence of bright light. However, when there is a sodium deficiency (adrenal insufficiency) the pupils actually dilate (get larger) when exposed to light.

Rogoff's Sign - A definite tenderness in the lower thoracic (mid back) spine where the ribs attach.

Cortisol

Since its discovery some 50 years ago, the adrenal hormone cortisol has gained increasing prominence in treatment of autoimmune diseases, allergies, asthma, and athletic injuries. When first introduced, synthetic corticosteroids (prednisone) hormones were hailed as wonder drugs. Unfortunately, in continued high doses, these corticosteroids cause adverse side-effects which include depression, fluid retention, high blood pressure, bone loss, gastrointestinal ulcers, cataracts, and breathing disorders.

Dr. Jefferies recommends using low dose cortisol replacement therapy in individuals suspected of having adrenal insufficiency.

Adrenal Cortex Glandular Therapy

After I sold my interest in the medical practice, I began to look around for more natural options for restoring adequate cortisol levels. I began experimenting with adrenal glandular therapy. I've found them to be the "missing link" for restoring energy to those with fibromyalgia and chronic fatigue. It has become my number one supplement for repairing a "burned out" or sluggish adrenal gland. It helps increase a person's ability to handle stress (more resilient), reduce achy pain, increase energy, and reduce fatigue.

History of Glandular Therapy

Glandular therapy began with the discoveries made by Swiss physician Paul Niehans, M.D. in the 1920s. The use of glandular therapy was the birth of prescription hormones (thyroid, prednisone, estrogen, etc.). Dr. Niehans went on to develop live cell therapy at his clinic in Montreaux, Switzerland. Thousands of patients came to his clinic as a last resort. His therapies became famous for rejuvenating all that came to see him; wealthy businessmen, royalty, presidents, and celebrities. Live cell therapy is still practiced in Europe. It is estimated that 5,000 German physicians utilize cell therapy and millions of patients have benefited over the last 50 years. Dr. Wilson goes on to write, "By the mid 1930s, adrenal cell extracts in liquid and tablet forms were produced by several companies. By the late 1930s they were being used by tens of thousands of physicians. As recently as 1968 they were still being made by some of the leading pharmaceutical companies. (Upjohn and Eli Lilly, among others)" These extracts are used to replenish and eventually normalize adrenal function. An advantage over cortisol hormone replacement is adrenal cortical extracts can be discontinued once they have done their job of repairing adrenal function.

Safety

Both the adrenal cortex and the thymus extract used in my clinic are freeze-dried extracts from organic cows raised in New Zealand. There has been no Bovine Spongiform Encephalopathy in New Zealand. Organic fed cows are raised on grass and aren't fed any dead animals products (the source of Mad Cow Disease). They are government inspected and raised without the use of pesticides, hormones, or



antibiotics. All glandulars are subject to in-process as well as finished product testing. These tests include microbial contamination tests to assure acceptable total bacteria counts and the absence of disease-causing bacteria.

For more information about adrenal dysfunction our adrenal supplements log onto www.DrRodger.com

Vitamin C and Other Approaches for Increasing Adrenal Function

Vitamin C (I recommend Esther C) helps recycle adrenal hormones, including cortisol. Vitamin C replacement can be used along with, or in place of, adrenal cortex glandular. Some of my vegetarian patients wish to avoid all animal products. The protocol for them is as follows:

Start with 1,000mg of vitamin C twice a day (this is in addition to the multivitamin formula). Keep increasing your dose by 1,000mg each day until you get a loose bowel movement. This is known as bowel tolerance. Once this happens reduce your dose by 1,000mg, this is your optimal daily dose. Stay on this dose until you get a loose bowel movement. Then reduce by 1,000mg once again. You should increase your dose at the first sign of a cold, flu, or stressful event.

Low Blood Pressure

Low blood pressure (hypotension) may be a sign of low adrenal function. Normal resting systolic (the top number 120/80) blood pressure should be above 100. Systolic numbers at 100 or below may cause a person to feel fuzzy headed, lethargic, and fatigued. A low blood pressure reduces the amount of blood, oxygen, and nutrients that are supposed to

supply the muscles, organs, and brain. Increase your salt intake. Drink 70 ounces of water a day. Licorice root helps elevate blood pressure and reduce fatigue. I usually recommend 450mg 2-3 times-a-day, with food.

Low Blood Sugar

Low blood sugar (hypoglycemia) can cause fatigue, headaches, and depression. Always eat 3 meals-a-day. If you're prone to hypoglycemia, eat a protein snack in between meals. You should also reduce high complex carbohydrate foods, especially sweets. Sugar highs are always followed by sugar lows.

Nutritional Deficiencies

"If you eat a balanced diet you'll get all the nutrients you need." This mantra has been advocated by some "Health Experts." The individuals who continue to cling to this draconian idea must not read the research studies that have been written on nutrition over the last 20 years.

The standard American diet (even if you eat fruits and vegetables every day) is overloaded with toxic artificial chemicals and modern processing methods which remove 25-75% of the original nutrients.

A U.S. Food and Drug Administration study, which analyzed over 234 foods over 2 years, found the average American diet to have less than 80% of the RDA of one

or more of the following: calcium, magnesium, iron, zinc, copper, and manganese. Other studies have demonstrated magnesium deficiency in well over 50% of the population. A magnesium deficiency can contribute to arteriosclerosis, fatigue, tight muscles, leg cramps, insomnia, depression, constipation, cardiac arrhythmia, and heart disease.

Marginal nutritional deficiencies are the norm rather than the exception in today's society." A marginal nutritional deficiency is a condition where the body's vitamin or mineral stores are gradually drained, resulting in loss of optimal health and impairment of body processes that depend on that nutrient."

Elizabeth Somer, M.A., R.D., *The Essential Guide to Vitamins and Minerals*

Nutritional deficiencies can cause big problems

Vitamin and Mineral Supplements

Dr. Janet Travell, White House physician for Presidents John F. Kennedy and Lyndon B. Johnson, and Professor Emeritus of Internal Medicine at George Washington University, co-wrote *Myofascial Pain and Dysfunction The Trigger Point Manual*, which is acknowl-

edged as the authoritative work on muscle pain. In one chapter alone, Dr. Travell and co-author, Dr. David Simons, referenced 317 studies showing that problems such as hormonal, vitamin, and mineral deficiencies can contribute to muscle pain and soreness.

The Water Soluble Vitamins

Vitamin B-1, also known as Thiamin, is needed to metabolize carbohydrates, fats and proteins. It is important for proper cell function, especially nerve cells. It is involved in the production of acetylcholine. This nerve chemical is directly related to memory and physical, as well as mental energy. A deficiency of Vitamin B-1 can lead to fatigue, mental confusion, emaciation, depression, irritability, upset stomach, nausea, and tingling in the extremities. Vitamin B-1 has been reported to be deficient in almost 50 percent of the elderly. Could this be one of the reasons pre-senile dementia and Alzheimer's disease have increased so dramatically over the last few decades? *Side Note:* Diets high in simple sugars, including alcohol, will increase the chances of having a Vitamin B-1 deficiency.

Vitamin B6

Vitamin B6 deficiencies are common in women of childbearing age. The female hormones, estrogen and progesterone, tend to

consume Vitamin B6 during it's metabolism in the liver. Women who have had multiple pregnancies or long-term use of birth control pills are at special risk of developing a B6 deficiency. PMS has been attributed to a B6 deficiency.

Vitamin B6 is a cofactor in producing the neurotransmitter serotonin. Restoring and utilizing optimal levels of serotonin are dependent on adequate quantities of Vitamin B6.

Magnesium

Magnesium is one of the most important minerals in the body and is involved in over 300 bodily functions. Magnesium plays a significant role in regulating the neurotransmitters. A deficiency in magnesium can cause depression, muscle cramps, high blood pressure, heart disease and arrhythmia, constipation, insomnia, loss of hair, confusion, personality disorders, swollen gums, and loss of appetite

Vitamin C and E may curb Alzheimer's

As reported in The USA Today-Taking vitamin C and E might reduce the risk of developing Alzheimers disease. A study of 4,740 Utah residents showed that individuals taking vitamin C and E were 78% less likely to have Alzheimer's.

Essential Fatty Acids Fatigue and Immune Function

Omega-3s are an essential element of many immune system processes. Why do some people get sick and others don't when exposed to the same virus? For instance, in the case of Epstein-Barr, a good 90% of the U.S. population carries this virus, yet only a fraction will develop the illness. Recent research has shown that the body's natural virus killer, Interferon, is partially responsible. Interferon is a chemical our immune system produces to kill viruses. There's now important evidence showing that the essential Omega-6 and Omega-3 fatty acids, and their prostaglandin derivatives, play a crucial role in the body's production and its utilization of the hormone Interferon. Interferon plays an important role regulating the immune system.

*Studies have shown that people with a viral illness have below normal levels of essential fatty acids and their derivatives. *

*In a Scottish trial, patients with chronic fatigue syndrome were given EFA supplements with great success. Placebo controlled trials were held for 70 patients with persistent CFS giving them linolenic acid (flax seed oil) and eicosapentaenoic acid (fish oil). After 6 months, 84% of the patients in the group receiving EFA supplements, and only 22% of those in the placebo group rated themselves

as better or much better.

*In another successful study, 63 adults with CFS were enrolled in a double blind placebo controlled study with essential fatty acid therapy. The patients were ill for an average of 1-3 years after a viral infection. They all suffered from severe fatigue, myalgia (muscle pain), and a variety of psychological symptoms. After one month, 74% of the patients taking EFA supplements, and 23% of those on placebo, assessed themselves as improved. For more info about EFAs, see my December 2003 Newsletter.

**The Best Health Insurance Plan:
The best thing you can do for you and your family is to take a good multivitamin/mineral formula.**

Fibro / CFS Formula

I. For individuals with Fibromyalgia, CFS, or chronic bouts of depression, I recommend the CFS/Fibromyalgia multivitamin Formula. It has the optimal daily dose of vitamins and minerals, along with extra magnesium, vitamin C, all the amino acids, essential fatty acids (fish oil capsule), malic acid, and CoQ10.

Vitamin / Mineral Formula

II. For individuals who don't feel like they need something as comprehensive as the CFS/Fibro Formula the next best formula is the

Secure online ordering available at www.DrRodger.com

Vitamin/Mineral Formula. This formula has the optimal daily dose of vitamins and minerals, extra C, CoQ10, and flax seed oil.

Basic Preventative 5

III. For those of you who want a good but inexpensive starter formula I recommend the Basic Preventative 5. Six tablets a day provides the optimal daily dose of vitamins and minerals.

For a more detailed look at these multivitamins log onto www.DrRodger.com

ADRENAL FATIGUE QUESTIONNAIRE

A score of 100 or more is enough to bring on Adrenal Fatigue

Social readjustment scale	Points		Points
1. Death of spouse	100	19. Increased arguments with spouse	35
2. Divorce	73	20. Large mortgage	31
3. Marital separation	65	21. Foreclosure of loan or mortgage	30
4. Death of a close family member	63	22. Change of work responsibilities	29
5. Personal injury or illness	53	23. Your child leaving home	29
6. Recent Marriage	50	24. Trouble with in-laws	29
8. Marital Reconciliation	45	25. High personal achievement	28
9. Christmas	12	26. Spouse begins or stops work	26
10. Retirement	45	27. Beginning or end of school	26
11. Illness of family member	44	28. Change in living conditions	25
12. Pregnancy	40	29. Change in eating habits	15
13. Sexual difficulties	39	30. Trouble with boss	23
14. Addition of new family member	39	31. Change in work conditions	20
15. Business adjustment	39	32. Change in residence	20
16. Financial change	38	33. Change in schools	20
17. Death of a close Friend	37	34. Vacation	13
18. Change to different line of work	36	35. Change in church activities	19
		37. Small mortgage	17
		38. Change in sleeping habits	16

DR. MURPHREE'S NEW BOOK: TREATING & BEATING FIBROMYALGIA & CHRONIC FATIGUE SYNDROME

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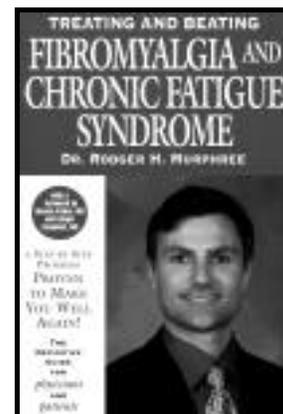
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I receive many letters and emails and really appreciate hearing about your experiences. This is what keeps me going and keeps me excited about helping others. Dr. Rodger Murphree

I started seeing doctors in 1995 and finally in 1997 received a diagnosis of Fibromyalgia, and then in 2002 I received a diagnosis of CFS. Since 1997 I have been on lots of medication that ran me about \$600.00 per month. With my illness I have been in pain all over my body, IBS and severe insomnia due to the pain. In August of 2002 I was placed on disability. I had read lots of books on the subject but it wasn't until I read Dr. Murphree's book that I realized that I could be treated with supplements that were not harmful to my body and weren't as costly. In early 2003 I made an appointment to see Dr. Murphree and since that time my lifestyle has improved greatly. I have been able to come off all medications and with taking his FIB/CFS packages and 5HTP for sleep I am now back to going to gym and yoga classes. After following his procedures in the book regarding my diet I no longer have any abdominal pain and I have lost over 10 lbs, and see daily that I continue to improve. His program and book has greatly improved my lifestyle. I tell others to get his book, make an appointment to see him and he will change their lifestyle like he has done mine.

Sharon Wilson

I have been suffering with Fibromyalgia for about 7 years; it actually took 2 years for me to be diagnosed. I saw several different doctors and they didn't offer much help except pills. If it wasn't a prescription it was a lot of tests, everything always showed up negative. This was over a course of 5 years and I had almost given up. I prayed to God to please give me answers and show me what to do. He did! I saw Dr. Murphree on WSFA & knew that I had to see him. He was speaking in Auburn, AL. that night and I called my husband at work and told him about him and we went that night. His lecture made so much sense. I got a copy of his book & called the next day for an appointment. I had read approximately 10 books and Dr. Murphree's book was the most helpful, there

was no comparison. It was very informative and I actually have purchased two to give to friends. I was on several different medications and wasn't getting any better; then I got on his clinical program and I know I would not have gotten better without his help. Within 2 weeks after seeing him, I knew I was on the right track to recovery. I haven't felt this good in 10 years. Dr. Murphree's guidance with the nutritional aspects was wonderful. His approach is so different from other doctors that I had seen; he has time for you, he takes your health problems seriously, I have gotten so much helpful advice from him and not a bunch of prescriptions. I know that the Lord sent me to Dr. Murphree and I thank Him everyday for Dr. Murphree.

Lou Ann Bryan, Elba, AL.

I have had Fibromyalgia since 1982, I had seen approximately four doctors and no one had ever heard of it. I was put on lots of medications; Elavil, Celebrex, Toframil, Vioxx, Zanax and nothing ever really helped. I had read several books but none were as informative as Dr. Murphree's. I have referred the book to others, there is no comparison with his and others that I have read, and his is the BEST!! I had been in pain for so long that I just took pain medications and lived with the tears of hurting all day & night. I remember the first day I saw Dr. Murphree I left with tears in my eyes, not because of pain but because I was not hurting as much. Since I have been going Dr. Murphree's clinical program it is the first time that I have been pain free in 20 years. Little did I know that this was only the beginning, I started taking his vitamin supplements and now I will not go a single day without them, they have reduced my pain by 90%. I would just like to say thanks to Dr. Murphree - my life is a lot better now.

Debbie Hajj, Birmingham, AL