

4 Secrets Of Fatigue



**6 SCIENCE-BACKED
STRATEGIES TO
DRAMATICALLY INCREASE
YOUR ENERGY**

The 4 Secrets of Fatigue

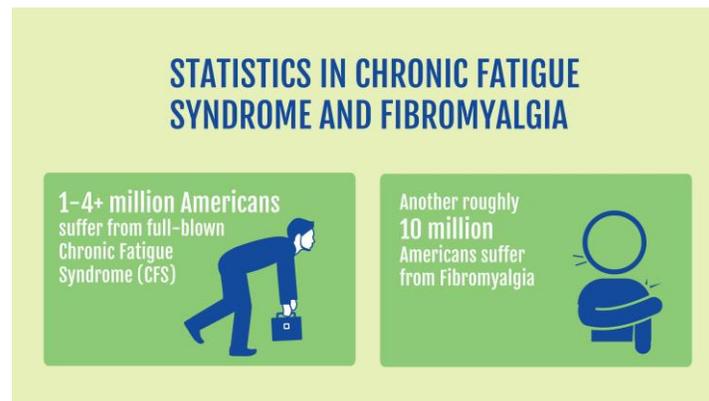
If you want to overcome fatigue and massively increase your energy levels, there are four foundational secrets you must know. These have the potential to save you a lot of wasted time and money.

- Secret number one: **The specific set of symptoms that can tell you if you have normal fatigue or a more serious and concerning kind of fatigue that suggests cellular dysfunction.**
- Secret number two: **Why energy is the central key to both success and happiness.**
- Secret number three: **The reality of what you'll get if you go to see a conventional doctor to try to fix your fatigue.**
- Secret number four: **Why functional medicine, holistic medicine and the adrenal fatigue approach does not have very much to offer people with fatigue.**

This video also showed you **six powerful strategies to start increasing your energy dramatically** within just days.

Secret 1 - The Symptoms That Reveal Your Level of Fatigue

Fatigue has become an epidemic and it's become so common that it's actually been normalized. People think it's normal to be fatigued. Now, of course, there's severe chronic fatigue, like Chronic Fatigue Syndrome (ME/CFS) or fibromyalgia. But this is just the tip of the iceberg – the worst case scenario of fatigue. Below are some statistics on the prevalence of Chronic Fatigue Syndrome and Fibromyalgia.



(There are similar statistics in other Western countries, I'm just using the United States as an example here.)

This is the worst case scenario and this is as extreme as fatigue gets, but it's critical to understand that **fatigue is not just severe diagnosable chronic fatigue syndrome.**

It's a spectrum.

It runs the gamut from severe, debilitating chronic fatigue, to much more mild fatigue like the day to day 3:00 PM afternoon crash or a general tiredness that is sometimes constant or shows up without warning. It could be simply waking up still tired and groggy every day, or just noticing that you're not nearly as energetic as you used to be.

This is really, really important to get:

There are 50 - 100 times more people with mild or moderate chronic lack of energy levels that are not yet totally debilitating.

Here you can see a few of the troubling statistics on just how common fatigue issues have become in the modern world.

STATISTICS ON FATIGUE

In the American Psychological Association's 2012 Stress in America survey,

45 PERCENT
of women reported
feeling chronically fatigued
due to stress



The Chartered Management Institute recently conducted a 'Quality of Working Life' report which showed that sleep problems are widespread and **more than HALF** of us experience feelings of constant tiredness during the day



In the United States,
24 percent of adults
report having fatigue lasting
two weeks or longer, and two-thirds
of these persons cannot identify
the cause of their fatigue



Research has shown
that among adults older
than 60 years old,
nearly **1 in 3** have
SEVERE chronic fatigue



As I said, fatigue has become an epidemic.

Because of how common it is, people have come to think that it's **NORMAL** to be dragging yourself through the day, chronically lacking energy.

Now, of course, feeling a little bit tired or wanting to lay down and rest after a long day of hard physical and mental work is totally normal, but being fatigued or feeling drained constantly is most definitely not normal.

It's your body crying for help!

So how do you know if you have just regular normal tiredness, which is not a sign of anything wrong and maybe just means that you need a vacation or a little more sleep or a little time off work, or if you have something that's assigned have a much more serious problem?

It turns out that there's a **very specific set of signs and symptoms to know if you have normal tiredness versus more serious pathological fatigue.**

DO THESE SYMPTOMS SOUND FAMILIAR?



- Tired or feel exhausted/fatigued frequently during the day, most days for more than just a few days – but more like months or years
- Anxiety
- Brain fog
- Brain-related fatigue (e.g. after reading, driving, doing work or other mental tasks)
- Depressed or anxious frequently
- Gut issues (bloating, gas, abdominal pain, food intolerances)
- Body aches or pains
- Post-exertional malaise (i.e. feel totally wiped out for a day or more after doing exercise, or cannot do exercise at all for this reason)
- Addicted to sugar or need food every couple hours to maintain your energy (i.e. energy drops if you don't eat every few hours)
- Can't sleep (key one: combo of being tired/fatigue but also having trouble sleeping)

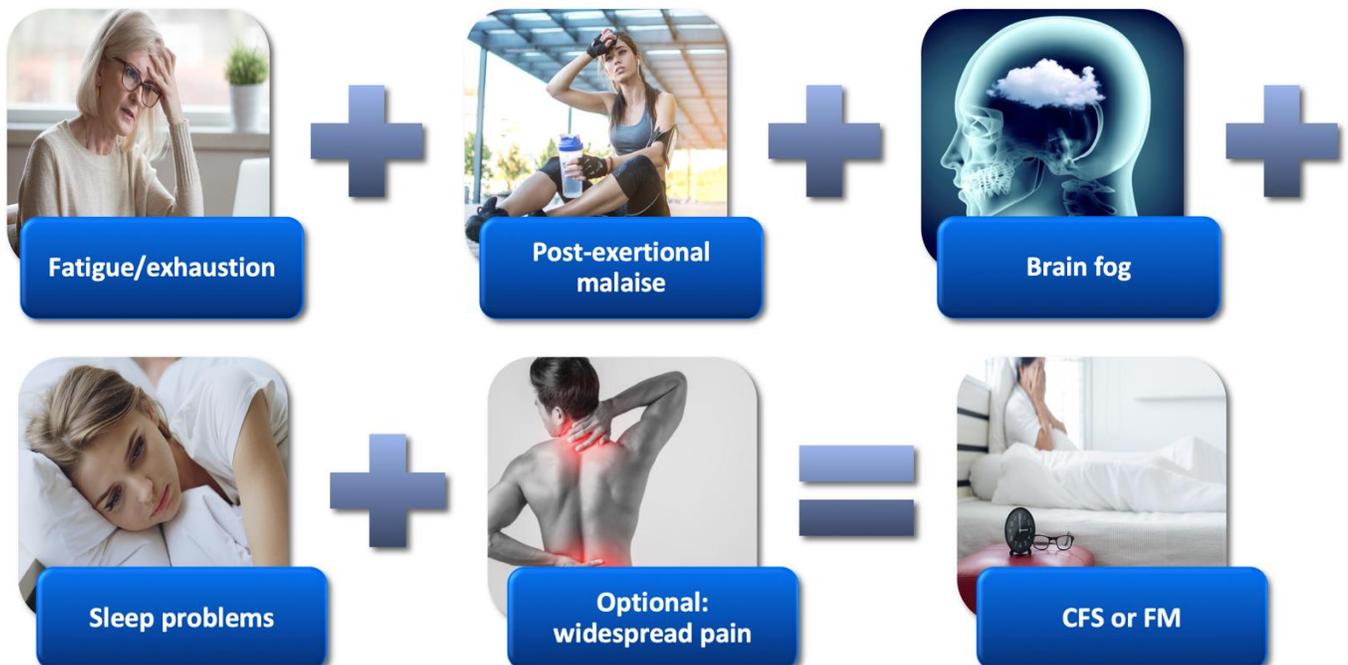
A combination of **frequent fatigue during the day and trouble sleeping** (what this means is that you're tired a lot during the day, but despite being tired, you have trouble sleeping) is a key sign that you may have some cellular dysfunction and a more serious, concerning kind of chronic fatigue.

If you have those two symptoms (fatigue plus sleep problems) AND brain symptoms (brain fog, anxiety, depression, brain related fatigue) **you have an even more severe and concerning kind of serious chronic fatigue that's a sign of cellular dysfunction.**

And finally, if in addition to those symptoms you have either one of these symptoms: post exertional malaise or widespread pain and body aches. **You potentially have the symptoms that may indicate chronic fatigue syndrome (ME/CFS) or fibromyalgia (FM).**



Fatigue/exhaustion during the day + anxiety or brain fog + sleep problems = SERIOUS FATIGUE (that suggests serious cellular dysfunction)

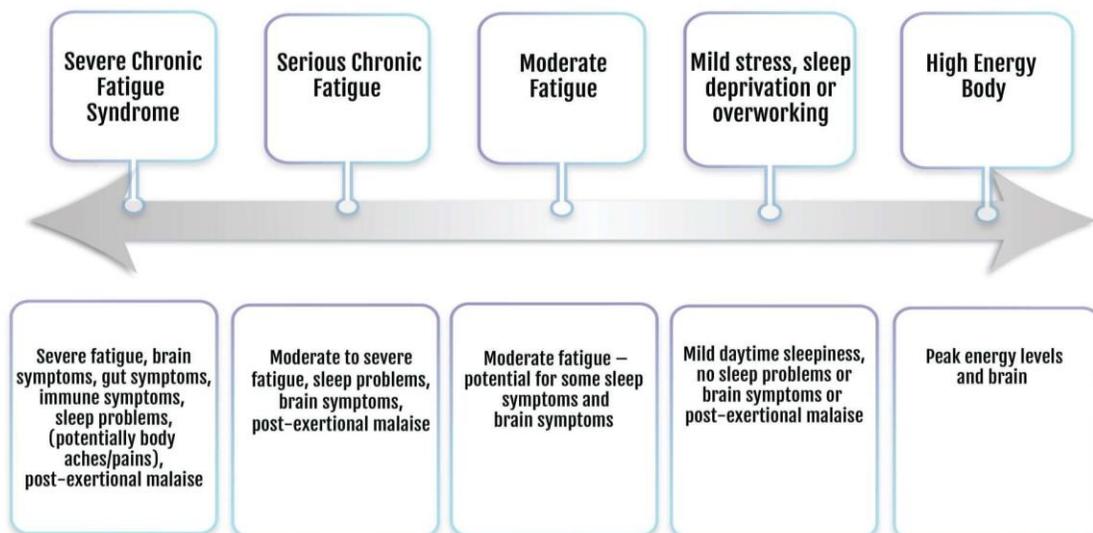


Fatigue/exhaustion + post-exertional malaise + brain fog + sleep problems (optional: widespread pain) = CFS or FM

(Note: This is obviously NOT an official medical diagnosis. For that, you'd need to go see your doctor. But that's what these symptoms typically suggest.)

Again, fatigue is a spectrum. Most people are somewhere in the middle on the spectrum. Not debilitating chronic fatigue syndrome, but also far from a High Energy Body.

The Fatigue Spectrum



If you have a moderate level of fatigue right now, there's something very important that you need to understand. It only takes one further stressor to push you over the edge from more mild, moderate fatigue to something that's much more serious and debilitating.

If you have these symptoms we just talked about, it's a sign that your life is headed in a nasty downward spiral if you don't do anything to fix it.

Key Points:

Fatigue is not normal. It's your body crying for help. Especially if you have the symptoms mentioned above, you need to take action to fix this cellular dysfunction. It will only get worse if you don't do anything to fix it.

Secret 2 – Your Energy Is the Foundation of Your Success and Happiness In Life

I want to take you through a little exercise right now that's based on scientific research which will tell you a lot about your life.

Rank your score on these three statements.

GET YOUR ENERGY/FATIGUE SCORE

Rate yourself from 1-5 on the following statements (with 5 being the highest)

	1	2	3	4	5
 I am physically fatigued or exhausted often	<input type="checkbox"/>				
 My mind feels slow and foggy	<input type="checkbox"/>				
 I feel negative energy and emotions very frequently	<input type="checkbox"/>				

Add up your score and get your result below.

RESEARCH FROM THE HIGH-PERFORMANCE INSTITUTE HAS FOUND THAT HIGHER SCORES OF 10 AND ABOVE ON THESE 3 QUESTIONS ARE LINKED WITH...



Lower desire for taking on challenges (i.e. more likely to be apathetic and not pursue your goals)



Feeling less successful



Lower confidence in the face of adversity



Less influence with others



Poorer self-care habits



And most importantly, the lower overall happiness in life

Basically, when your energy and brain function are poor, EVERYTHING in your life will suffer—your motivation to go after what you want in life, your health, and even your overall happiness.

Fatigue is a life killer. Few things can sabotage your life more than constantly having low energy levels.

It's critical to understand that **trying to push through fatigue on your way to success and happiness in life is literally the most counterproductive thing you can possibly do. It's basically a guarantee that you will not achieve success and happiness in life.**

Also, for the driven achiever types among you and those inclined to work really hard and neglect themselves in the process, take note of this...

*The High Performance Institute has also done research with thousands of people that are "High Achievers" – which are defined as the people with the happiest and most successful lives. They've discovered that **one of the six core habits** of those High Achievers is a deep commitment to doing the things that cultivate their physical energy levels each day. In other words, cultivating your energy levels is one of the key cornerstone habits of the highest achievers and the happiest and most successful people in life!*

It's because energy is literally the core of your ability to build a happy and successful life. The highest achievers do not push through their fatigue, just try to get their work done and drag themselves through the day. **They know that the only way to sustain their achievement and happiness is to cultivate their physical energy levels.**

Key Point: Understand that if you are dragging yourself through the days, you're not being tough. It's not smart. You're slowly sabotaging every aspect your happiness and success in life.

Secret 3 - Conventional Medicine Does Not Have Much to Offer People with Fatigue

For most people, the first place they look when dealing with serious fatigue is to their doctor? They think their doctor will run a blood test and figure out what's causing their fatigue and get them fixed in no time.

So what does going to your doctor to try getting help for your fatigue actually look like?

There was an amazing review of the scientific literature on the subject of treating people who have fatigue that was published in the journal *American Family Physician*. It's essentially a compilation all the scientific literature that they had on the subject and the creation of some evidence based guidelines for how conventional medical doctors should treat their patients with fatigue.



The screenshot shows the American Family Physician website interface. At the top, there is a dark blue header with the text "AMERICAN FAMILY PHYSICIAN" in white. To the right of the header is a search bar labeled "Search AFP". Below the header is a navigation menu with several options: "Issues", "AFP By Topic", "Dept. Collections", "CME Quiz", "Blog", "★ Favorites", and "Subs". Below the navigation menu is a light gray bar with navigation links: "<< Previous article", "Nov 15, 2008 Issue", and "Next article >>". The main content area features the article title "Fatigue: An Overview" in a large, bold, serif font. Below the title are three icons for "PDF", "PRINT", and "COMMENTS". To the right of these icons is a "SHARE" button with icons for a plus sign, Facebook, and Twitter. Below the share buttons is the author information: "THOMAS C. ROSENTHAL, MD; BARBARA A. MAJERONI, MD; RICHARD PRETORIUS, MD, MPH; and KHALID MALIK, MD, MBA, Department of Family Medicine, University at Buffalo, Buffalo, New York". At the bottom of the article information is the citation: "Am Fam Physician. 2008 Nov 15;78(10):1173-1179."

As stated by this review of the research, here's a breakdown of what conventional medicine has to offer for treatment options:

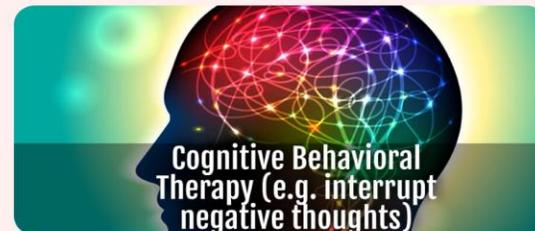
1. Exercise therapy (basic stretching and walking/aerobic exercise)
2. Antidepressants (Prozac, Zoloft, etc.)
3. Cognitive Behavioral Therapy (a type of psychotherapy that centers around interrupting negative thoughts and thinking more positive thoughts)
4. Stimulant pills

Here's a screenshot from the actual study so you can see for yourself...

SORT: KEY RECOMMENDATIONS FOR PRACTICE			
CLINICAL RECOMMENDATION	EVIDENCE RATING	REFERENCES	COMMENTS
Exercise therapy should be prescribed for patients with fatigue, regardless of etiology.	A	16–18, 32, 43, 44, 46	There is no evidence that exercise therapy worsens outcomes.
Selective serotonin reuptake inhibitors, such as fluoxetine (Prozac), paroxetine (Paxil), or sertraline (Zoloft), may be helpful for patients with fatigue in whom depression is suspected.	B	22, 49	A six-week trial is recommended to evaluate effectiveness.
Cognitive behavior therapy is an effective treatment for adult outpatients with chronic fatigue syndrome.	A	22, 47, 48	—
Stimulants seldom return patients to predisease performance.	B	21, 45	Stimulants are associated with headaches, restlessness, insomnia, and dry mouth.

A = consistent, good-quality patient-oriented evidence; B = inconsistent or limited-quality patient-oriented evidence; C = consensus, disease-oriented evidence, usual practice, expert opinion, or case series. For information about the SORT evidence rating system, go to <https://www.aafp.org/afpsort.xml>.

THE 4 TREATMENT OPTIONS FOR FATIGUE FROM CONVENTIONAL DOCTORS...



These are the four treatments that conventional medicine has to offer. A recommendation to do walking and stretching, antidepressants, cognitive behavioral therapy, and stimulants. That's pretty much all they've got.

THAT'S ALL CONVENTIONAL MEDICINE HAS TO OFFER PEOPLE WITH FATIGUE.

There's one more thing I want to mention here. Blood tests are notoriously worthless for people with fatigue issues. The journal article in the *American Family Physician* also covered the scientific research on exactly how useful blood tests are and what they found is mind-blowing.

Here's a screenshot talking about the usefulness (or lack thereof) of blood tests for people with fatigue...

Fatigue, a common presenting symptom in primary care, negatively impacts work performance, family life, and social relationships. The differential diagnosis of fatigue includes lifestyle issues, physical conditions, mental disorders, and treatment side effects. Fatigue can be classified as secondary to other medical conditions, physiologic, or chronic. The history and physical examination should focus on identifying common secondary causes (e.g., medications, anemia, pregnancy) and life-threatening problems, such as cancer. Results of laboratory studies affect management in only 5 percent of patients,

Only in a **measly 5%** of cases do your blood test actually show anything useful that changes anything they recommend.

95% of the time blood tests do not find anything useful to help people get better, which means that you are ultimately left with those four treatment options I mentioned above.

Key Points:

- **Conventional medicine generally has very little to offer most people with fatigue or chronic lack of energy.**
- **Just basic advice like start an basic exercise regimen (walking and stretching), and Cognitive Behavioral Therapy, and pills like antidepressants and stimulants (which do not address root causes of fatigue).**
- **And they have blood tests which have only a tiny probability of finding anything useful that helps people with fatigue get better.**

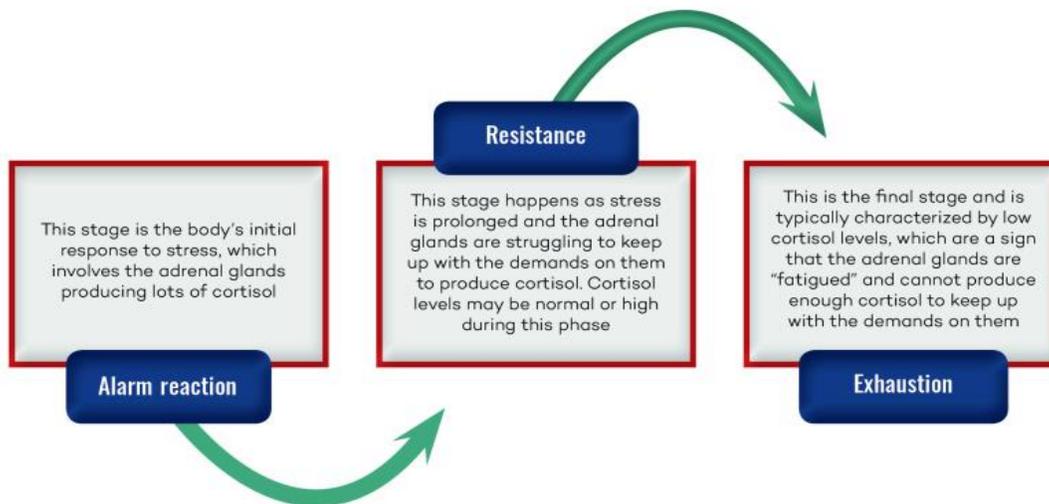
Secret 4 - Holistic and Functional Medicine Does Not Have Much to Offer Those Who Have Chronic Fatigue or Chronic Lack of Energy

Unfortunately, and similarly to conventional medicine, the holistic and natural medicine community (with which I generally associate with) does not have very effective answers for those dealing with fatigue.

Their thinking on this topic has been dominated for decades now by the adrenal fatigue theory, which centers around the role of the adrenal glands and cortisol as being the central players in fatigue.

For those that are unfamiliar with it, let's do a quick overview of the theory of adrenal fatigue. Adrenal fatigue is basically the idea that chronic stress wears out our adrenal glands and this is the primary cause of the fatigue epidemic going on right now.

The Theory of Adrenal Fatigue



The adrenal fatigue theory basically says that in response to stress, the adrenal system gets taxed. Initially, we get a sort of alarm reaction and the adrenals produce more cortisol. Then they go into this resistance phase or sometimes called phase two by adrenal fatigue proponents where you may have high or normal cortisol, but the adrenals are getting taxed from some degree of chronic stress.

Eventually you get "phase three", which is "adrenal burnout" or exhaustion. At that point the adrenals just can't produce enough cortisol to keep up with demands and then you get fatigue and you get some other symptoms and potentially chronic diseases.

This of course seems like a somewhat logical concept and perhaps that is why it has become such a popular idea. I mean, it kind of makes sense that if the adrenals are part of this stress response and then they impact blood sugar regulation and a few other things, maybe they are the reason that we're getting so fatigued.

There are literally thousands of articles online and dozens of books written about adrenal fatigue. So of course, it must be a real thing. Right?

Yet, if you're under that impression, it might interest you to know that adrenal fatigue is actually **not accepted as a legitimate medical condition by conventional medicine.**

There are basically two camps here.

1. **Adrenal fatigue proponents.** These are people writing articles and books about adrenal fatigue and claiming to treat it. When asked, is adrenal fatigue real? They'll likely chuckle at the thought that anyone could not believe it's real because they believe they see it in their clinics all the time.
2. **Conventional MDs.** These are people that flat out reject the notion that adrenal fatigue is a legitimate medical condition. When asked if adrenal fatigue is real, they'll most likely chuckle at the idea that anyone could believe in it. Ask a conventional MD what they think of people who believe in adrenal fatigue and they'll typically say that they're quacks.

Each group of people believes the other group is wrong and simply doesn't understand what is really going on.

What's the truth here – is adrenal fatigue real?

I myself was brought up with this concept of “adrenal fatigue” in my education in holistic health. I read many books about adrenal fatigue, was taught about it from my mentors, and even taught the concept to my clients for probably close to a decade. I tested people's cortisol levels and treated them for what I thought was “adrenal fatigue.”

When I saw that conventional MDs were brushing off “adrenal fatigue” as nonsense, I had an idea to use the scientific evidence to PROVE that it was, in fact, real.

I originally started with a simple idea: To compile the research in *support* of adrenal fatigue. I set out to write a book giving an overview of all of the research into the link between cortisol and fatigue. I dug into the research and started reading the actual studies that analyzed if there is a link between cortisol levels (i.e. adrenal function) and fatigue.

What was originally a fairly simple undertaking ended up turning into **over 6 MONTHS of work analyzing hundreds of studies.**

What I found after all of that was stunning...

I ended up doing the most comprehensive analysis of the science on the relationship between fatigue and cortisol that has ever been done.

I say that definitively, because I have **looked extensively at all books on adrenal fatigue** and all prominent articles written online, and I have not found a review of the scientific literature related to the concept of “adrenal fatigue” that is even 1/10th as comprehensive as this...

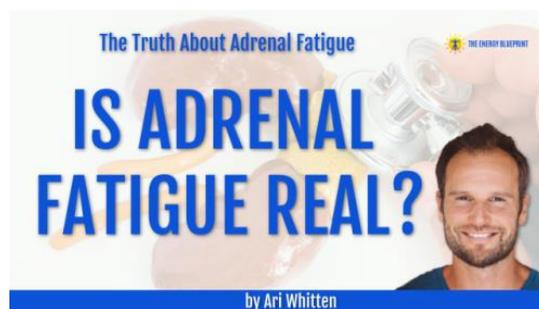
This review of the research examines over 25 years of studies from all over the world that have assessed the relationship between cortisol levels, with various fatigue syndromes.

Also, I want to mention one more important thing: I have gone the extra mile here and compiled all this research and displayed it publicly – with all the links to the actual studies and quotes from the researchers and actual screenshots of the cortisol measurements -- so that if any proponent of adrenal fatigue wants to challenge my conclusions, they can look at the studies for themselves and they will be forced to come to the same conclusion. Also, people can verify for themselves that I have not cherry-picked the data – what you’ll find here is *literally every* study in existence on this topic for more than two decades.

This took over 6 months of work to accomplish – to find and analyze this huge amount of research.

If you’re interested in going through all the research yourself, you can find the full 50-page report with links to all the research and screenshots of the cortisol measurements **HERE**:

<https://www.theenergyblueprint.com/is-adrenal-fatigue-real/>



But let me sum it up for you here, in just a few sentences.

There are 59 individual studies and 20 literature reviews since 1995.

- 11 of 59 studies give evidence for slightly higher morning cortisol levels in people with fatigue (compared to normal healthy people)
- 15 of 59 studies give evidence for slightly lower morning cortisol levels in people with fatigue
- 33 of 59 studies (i.e. the vast majority of studies) show no significant differences in cortisol levels in people fatigue compared with normal healthy people

In other words, the science absolutely does not support the idea that the primary cause of these fatigue symptoms is “adrenal fatigue” and low cortisol levels.

The vast majority of people with these fatigue symptoms have perfectly normal adrenal function and cortisol levels that are indistinguishable for normal healthy people without fatigue.

(Note: Even the studies which show slightly higher or lower morning cortisol levels are very slight differences – not actually indicative of any inability of the adrenals to produce enough cortisol. It’s still well within normal limits, just very slightly higher or lower in the morning. 24-hour cortisol

measurements almost always find NORMAL 24-hour cortisol output, which suggests absolutely no deficit at all in the ability of the adrenals to produce enough cortisol.)

The most recent 2016 review of the scientific literature on this subject is titled **“Adrenal fatigue does not exist: A systematic review.”** As you can probably guess, they concluded that the research does not support the adrenal fatigue theory, and that most people with fatigue syndromes have perfectly normal adrenal function and cortisol levels.

Adrenal fatigue does not exist: a systematic review
[Flavio A. Cadegiani](#) and [Claudio E. Kater](#)^{MD}
[Author information](#) ▶ [Article notes](#) ▶ [Copyright and License Information](#) ▶ [Disclaimer](#)

This article has been corrected. See [BMC Endocr Disord. 2016 November 16; 16: 63.](#)
This article has been [cited by](#) other articles in PMC.

Abstract Go to: ☰

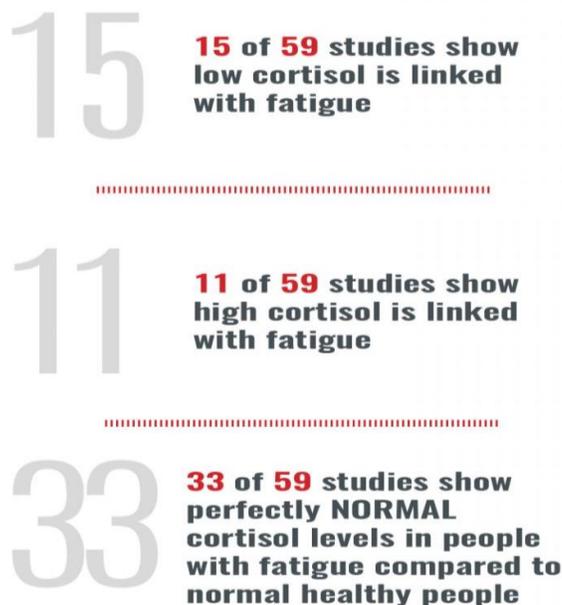
Background Go to: ☰

The term “adrenal fatigue” (“AF”) has been used by some doctors, healthcare providers, and the general media to describe an alleged condition caused by chronic exposure to stressful situations. Despite this, “AF” has not been recognized by any Endocrinology society, who claim there is no hard evidence for the existence. The aim of this systematic review is to verify whether there is substantiation for “AF”.

Methods Go to: ☰

A systematic search was performed at PUBMED, MEDLINE (Ebsco) and Cochrane databases, from the beginning of the data until April 22nd, 2016. Searched key words were: “adrenal” + “fatigue”, “adrenal” + “burnout”, “adrenal” + “exhaustion”, “hypoadrenia”, “burnout” + “cortisol”, “fatigue” + “cortisol”, “clinical” + “burnout”, “cortisol” + “vitality”, “adrenal” + “vitality”, and “cortisol” + “exhaustion”. Eligibility criteria were: (1) articles written in English, (2) cortisol profile and fatigue or energy status as the primary outcome, (3) performed tests for evaluating the adrenal axis, (4) absence of influence of corticosteroid therapy, and (5) absence of confounding diseases. Type of questionnaire to distinct fatigued subjects, population studied, tests performed of selected studies were analyzed.

WHAT THE STUDIES SAY ABOUT CORTISOL AND FATIGUE



Let's repeat this: The simple conclusion is that the majority of people with chronic fatigue or burnout have... PERFECTLY NORMAL adrenal function and cortisol levels.

Just to further emphasize this, here are just a few of the key studies, so you can see for yourself...

Türk Psikiyatri Dergisi 2008; 19(3)
Turkish Journal of Psychiatry

The Neurobiology of Burnout: The Hypothalamus-Pituitary-Adrenal Gland Axis and Other Findings

Özen Önen SERTÖZ, İbrahim Tolga BİNBAY, Hayriye ELBİ METE

“The pioneering studies that focused on the relationship between burnout and dysregulation of the HPA-axis have yielded inconsistent results.

Data from subsequent studies with improved designs suggest there is no HPA-axis dysregulation in burnout...”

Türk Psikiyatri Dergisi 2008; 19(3)
Turkish Journal of Psychiatry

The Neurobiology of Burnout: The Hypothalamus-Pituitary-Adrenal Gland Axis and Other Findings

Özen Önen SERTÖZ, İbrahim Tolga BİNBAY, Hayriye ELBİ METE

“When taken together, among *all* the studies that investigated HPA-axis function and burnout

- 3 support an INCREASE in HPA-axis functions in burnout
- 5 support a DECREASE in HPA-axis functions
- 11 did not support a significant relationship.”

Clinical burnout is not reflected in the cortisol awakening response, the day-curve or the response to a low-dose dexamethasone suppression test.

Mommersteeg PM¹, Heijnen CJ, Verbraak MJ, van Doornen LJ.

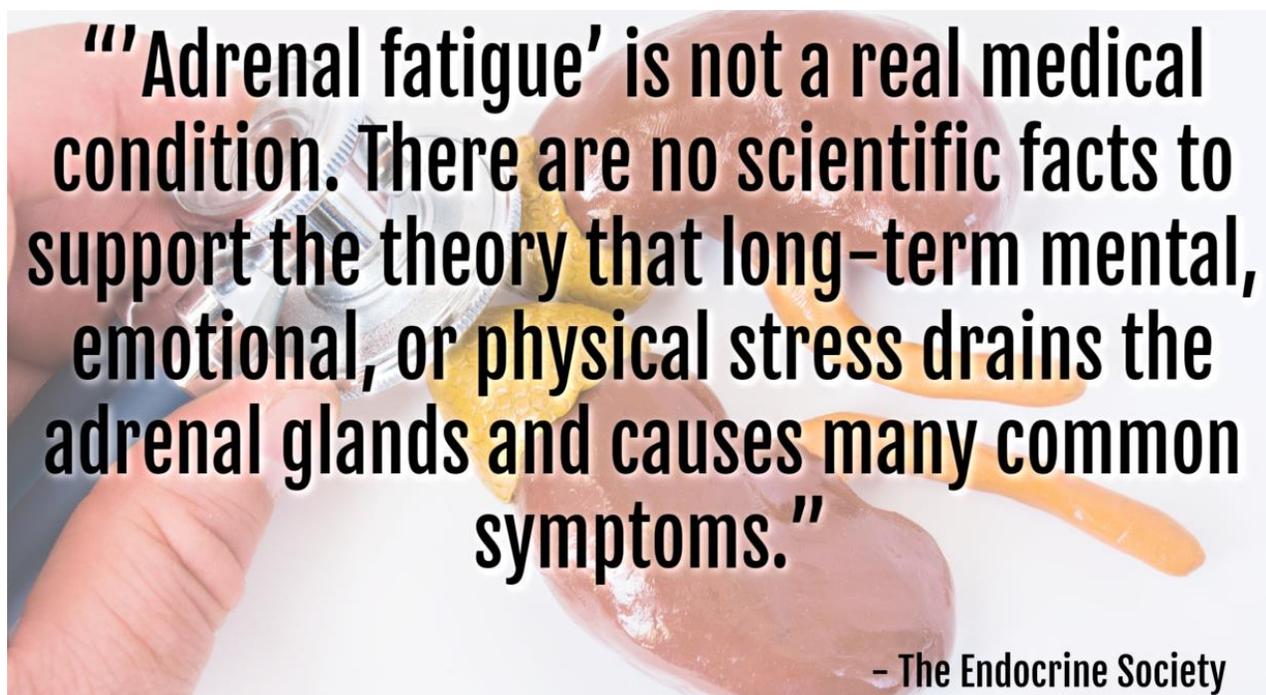
Author information

Abstract

Burnout is presumed to be the result of chronic stress, and chronic stress is known to affect the HPA-axis. To date, studies on HPA-axis functioning in burnout have showed inconsistent results. In the present study, a large sample (n=74) of clinically diagnosed burnout individuals, mostly on sick-leave, were included and compared with 35 healthy controls. Salivary cortisol was sampled on 2 days to determine the cortisol awakening response (CAR) and the day-curve. In addition, the dexamethasone suppression test (DST) was applied to assess the feedback efficacy of the HPA-axis. There were no differences observed in the CAR, day-curve or CAR after DST in the burnout group as compared to a healthy control group. Burnout shows overlap in symptoms with chronic fatigue syndrome (CFS) and depression. Therefore, differential changes in HPA-axis functioning that resemble the hypo-functioning of the HPA-axis in CFS, or rather the hyper-functioning of the HPA-axis in depression, might have obscured the findings. However, no effect of fatigue or depressive mood on HPA-axis functioning was found in the burnout group. We concluded that HPA-axis functioning in clinically diagnosed burnout participants as tested in the present study, seems to be normal.

"We concluded that HPA-axis functioning in clinically diagnosed burnout participants...seems to be NORMAL"

In fact, the Endocrine Society, representing 14,000 endocrinologists (doctors who specialize in hormonal health), has publicly stated:



Thus, dysfunctional or “exhausted” adrenal glands are clearly NOT “the cause” of fatigue.

Side note: Again... This is the quick 3-minute summary of six months of work. But for those of you interested in exploring all this in much greater detail, [I have posted a 50-page document and over 3 hours of video content examining all the nuances and details of the science. I've posted all of that publicly and it's freely available to everyone.](#)

One more quick thing I want to mention here, because some people have been told that their symptoms “are adrenal fatigue symptoms.” So when I say that “adrenal fatigue” is not the cause of chronic fatigue, they think I am saying that their symptoms are not real. To be clear, **I am NOT saying that your SYMPTOMS are not real. Your symptoms ARE REAL!**

I am simply saying that the research does not support the theory that it's your adrenals that are causing your symptoms.

Thus, it is very misguided to think that you'll fix your symptoms by trying to fix your adrenal glands or cortisol levels. If it's not broken adrenals that are the cause of fatigue, it doesn't make much sense to try to fix the fatigue by fixing the adrenals. Worse, that will take your eye off of real solutions, distract you and cause you to waste a bunch of time and money without much results to show for it.

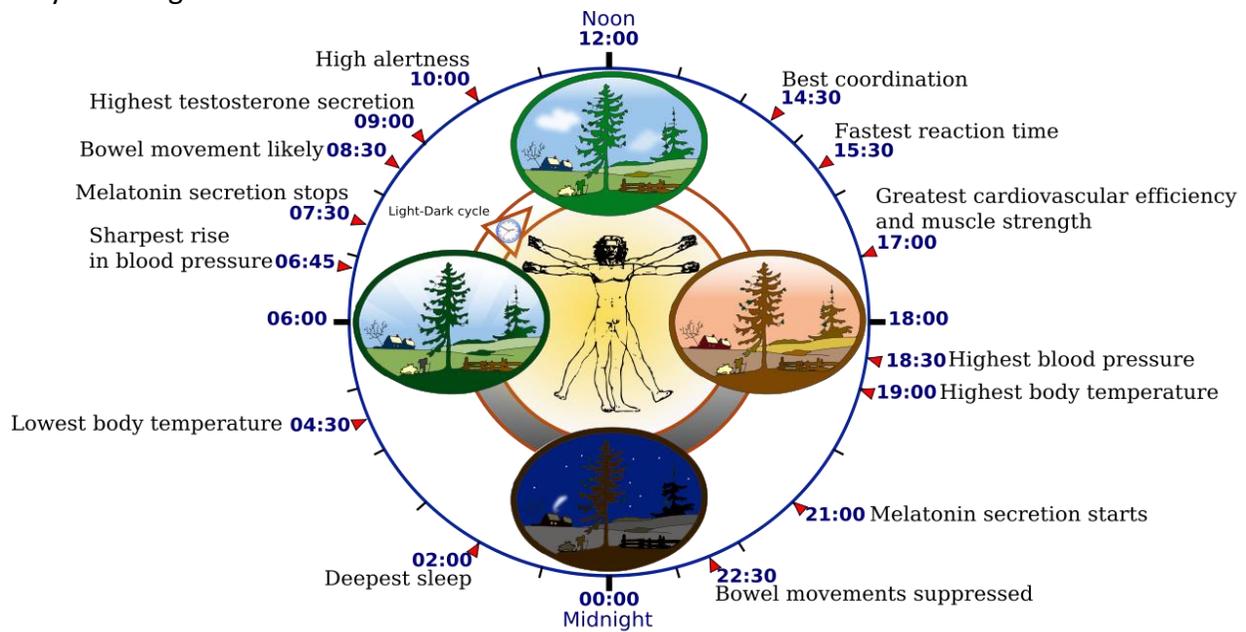
Key Points:

- **Holistic and Functional medicine generally has very little to offer most people with fatigue or chronic lack of energy.**
- **Their thinking is dominated by the idea that the symptoms are being caused by “adrenal function” and cortisol issues, which is simply not supported at all by the science.**
- **It's very misguided to think that you will fix your fatigue issues by fixing your adrenal function.**
- **As the science clearly shows, the primary cause of fatigue, burnout and chronic fatigue is clearly NOT dysfunctional adrenals or abnormal cortisol levels.**

Disrupted Circadian Rhythm - The Single Most Common Cause of Fatigue

WHAT IS THE CIRCADIAN RHYTHM?

We're all tied to the sun. Most of us don't this in the modern world because we've become very disconnected from this fact, but on a biological level, we are all still very tied to the rise and the fall of the sun. What that means is that is that we quite literally have a 24-hour biological clock that's built into our brain that controls all sorts of things like neurotransmitters and hormones in response to 24-hour cycles of light and darkness.



The circadian clock regulates energy regulating hormones, neurotransmitters, metabolism regulating hormones, sleep and rejuvenation, appetite regulating hormones, stress, health and longevity.

You've heard people say things like, make sure to get your seven or eight hours of sleep every night.

Well, here's the big problem... **Just doing that alone is not enough!**

The reason why is that the circadian rhythm controls the depth and the quality of your sleep, and it directly modulates wakefulness and energy hormones and neurotransmitters.

Even if you get seven or eight hours of sleep every night, if that sleep is not deep and rejuvenating, you may still wake up groggy the next day and your cells may not have fully undergone their regenerative processes. The circadian rhythm is what is controlling the depth, quality, restfulness and rejuvenation of your sleep.

Why does all this matter? ***A large and rapidly growing body of new research has discovered that the circadian rhythm is a primary factor in not just when we're asleep and awake, but also in our health, our body composition and our energy levels.***

Moreover, this new research has discovered that virtually all of us living in the modern world are unknowingly living with the effects of a chronically disrupted circadian rhythm or as one circadian rhythm researcher put it, we're all living in a sort of "circadian fog."

The body is designed to be alert and awake during daytime hours and to sleep at night. Now we have a 24/7 society that **isn't in harmony with our biological design**. One of the big problems we have in the modern world is that insomnia and poor sleep have become massive epidemics. There's research showing, for example, that today individuals sleep 20% less than they did a hundred years ago.

Disrupted Circadian Rhythm has been linked to all sorts of nasty health effects.

DISRUPTED CIRCADIAN RHYTHM IS LINKED WITH



- Chronic Fatigue and Fibromyalgia
- Depression
- Anhedonia (lack of ability to feel pleasure)
- Anxiety
- Mood disorders
- Daytime sleepiness (this symptom is seen in all circadian rhythm disorders)

THE PRIMARY CAUSES OF CIRCADIAN RHYTHM DISRUPTION



We're not getting enough of a Daytime/Energy Mode signal into our circadian clock in our brain during the daytime (when we *should* be getting it)



We're getting way too much of a Daytime/Energy Mode signal at night (when we *shouldn't* be getting it)

There are several layers of causes, but the primary one is that we're not getting enough of a daytime and energy mode signal into our circadian clock in the brain during the daytime when we should be getting it because we're indoors not getting bright outdoor light. Then at night we're getting way too much of that daytime energy mode signal when we shouldn't be from all of the modern artificial lighting sources (indoor lighting, TVs, computer screens, cell phones, tablets).

These simple facts of the modern world lead to chronic disruption of our circadian rhythm in our brain, which creates subtle disturbances in hormones and neurotransmitters that ultimately contribute to fatigue and a wide array of symptoms and diseases.

DISRUPTED CIRCADIAN RHYTHM HAS BEEN SHOWN TO:

- Contribute to inflammatory diseases
- Dramatically weaken your immune system
- Increase risk of cancer, and metabolic syndrome
- Increase risk of cardiovascular disease
- Increase levels of stress hormones like cortisol
- Predispose to cancer, and accelerate tumor growth
- Increase risk of psychiatric disorders and neurodegenerative diseases
- Seriously impair your memory
- Worsen a long list of other diseases and disorders
- Accelerate the aging process
- Increase rates of depression and anxiety
- Profoundly decrease energy levels and increase daytime sleepiness and fatigue
- Dramatically increase your overall risk of dying from any cause



Sleep and energy are two sides of the same coin. And they're linked by the circadian rhythm.

You can either be in a situation where you have deep restful sleep and lots of energy like kids have. Or you can look at your phone late at night and slowly and insidiously start to suffer the consequences.

Most people are not sleeping as long or as deeply as we need to rejuvenate the body and to recharge our body and brain.

Below, you can see a few statistics on how sleep and disrupted circadian rhythm is affecting health.



THE PROBLEM OF SLEEP AND CIRCADIAN RHYTHM DISRUPTION

- Today, individuals sleep 20% less than 100 years ago
- Over 30% of the population suffers from insomnia
- Among individuals 25 to 35 years old, 36% say they've nodded off in public in the past month (that percentage is almost just as high in the 35-45 and 45-55-year-old groups as well)
- Women are twice as likely to suffer from insomnia
- 37% of 20-39-year-olds report short sleep duration
- 40% of 40-59-year-olds report short sleep duration
- 100,000 deaths occur each year in US hospitals due to medical errors caused by sleep deprivation
- Drowsy driving is responsible for 1,550 fatalities and 40,000 nonfatal injuries annually in the United States
- 10-15% of adults worldwide have chronic insomnia
- 50-70 million US adults have a sleep disorder
- 30 to 45% of American adults report having had insomnia once or more this year

3 KEY MECHANISMS OF HOW DISRUPTED CIRCADIAN RHYTHM CAUSES FATIGUE

#1 – The Weakening Of Mitochondria And Making Them Susceptible To Damage



Now, one of the key things that the circadian rhythm does is it controls melatonin secretion from the brain. melatonin is what most people know as a hormone that helps trigger sleep onset. That's absolutely true. However, it also has another very important role. **Melatonin is a very unique substance that is actually able to penetrate inside of our mitochondria to stabilize and protect them from damage.**

One of the big problems in the modern world is that when we're getting artificial light at night, that light is **literally suppressing our pineal glands, which inhibits our brain's ability to produce melatonin.**

Let's say you're getting 50% less melatonin every night than you should be. Well, if melatonin is a key stabilizer and protector of your mitochondria, that adds up.

What happens is you're chronically producing 50% less melatonin – a critical protector of your body's energy generating machinery – every night, year after year, for decades?

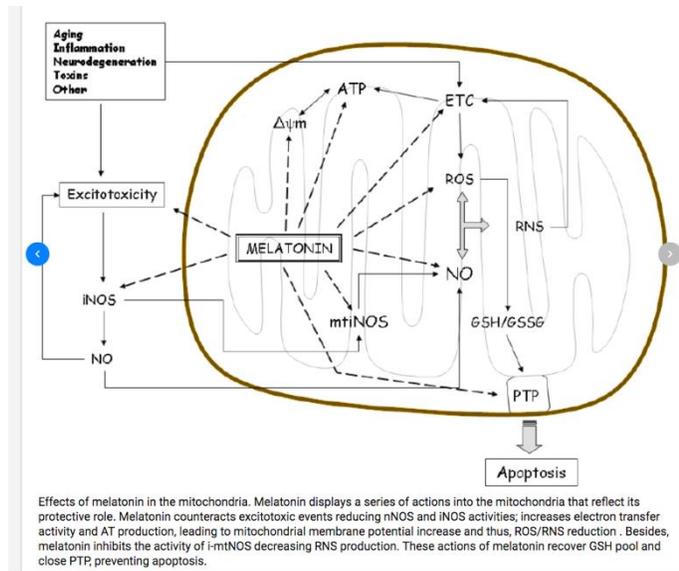
FATIGUE!

Basically, it is weakening and fragilizing your mitochondria progressively and making them much more susceptible to damage, they accumulate damage and become dysfunctional over time.

What happens when your cellular energy generators become dysfunctional and damaged? They produce less energy.

For example, melatonin's role in mitochondrial function, and they're showing illustrations like this where Melatonin is inside of the Mitochondria, stabilizing against oxidative stress and nitrosative stress, or ROS and RNS, and then increasing GSH - this means glutathione. That's one of our most powerful internal antioxidants.

Melatonin plays a central role in this process, protecting our mitochondria and keeping our mitochondria strong and healthy so they can produce lots of energy.



Now, a lot of people talk about antioxidants, whether it's vitamin C and vitamin E pills, or it's things like goji berries and acai berries. People don't realize that **melatonin is hundreds of times more powerful in protecting your mitochondria from damage. It is one of the most critical compounds to keep your mitochondria strong and healthy.**

In order to keep your cellular energy generators strong and producing lots of energy, you simply MUST have a strong circadian rhythm. It's a critical factor in keeping your mitochondria – your cellular energy generators – healthy and able to produce lots of energy.

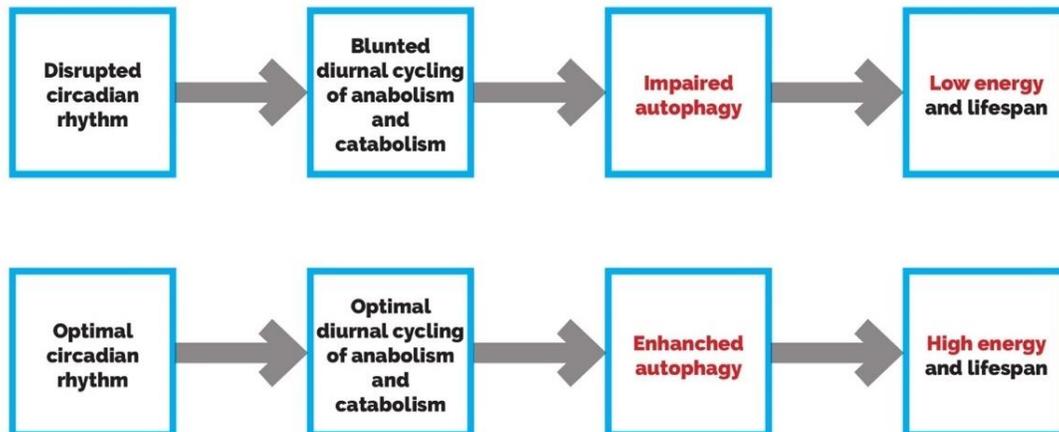
#2 – Deficient Autophagy (Cell Cleanup And Regeneration)

This process called autophagy is basically recycling at the cellular level.

Throughout the normal course of the day, our cells are working and producing energy and doing the things that cells do, and in the process, they accumulate some degree of damaged cell parts which are dysfunctional.

At the end of the day, our body goes through this PTP process of autophagy where it breaks down, chemically digests, and then recycles these damaged, broken down parts and rebuild new healthy cell parts and mitochondria.

AUTOPHAGY AND CIRCADIAN RHYTHM



A big reason why disrupted circadian rhythm is linked to so many diseases from cancer to Alzheimer's to obesity to fatigue is that it suppresses autophagy.

It makes it so your body cannot do this process of recycling and rebuilding itself every night while you sleep.

Maintaining clean cells is critical to slowing down the aging process and maintaining healthy mitochondria and high energy levels.

As we get older, when autophagy is not working well, it means you're functioning tomorrow on today's cell components. That means proneness to disease and lower energy levels.

Cellular junk accumulation is a major driver of fatigue and aging, but it's important to understand this junk primarily accumulates precisely because we are not able to maintain autophagy. **The more you disrupt your circadian rhythm, the more you blunt the efficiency of your autophagy, which decreases cell cleanup, regeneration and mitochondrial regeneration.**

The reason for this is that autophagy primarily occurs during the nighttime while you're sleeping.

If your circadian rhythm is not strong and it's chronically being disrupted, all of the things that should be happening while you're sleeping, including autophagy, get suppressed.

#3 – Disrupting Neurotransmitters

The circadian clock regulates the function and impacts several different key neurotransmitters that have an impact on our mood and our energy levels.

SEROTONIN

MOOD, JOY, AND PLEASURE

Symptoms of poor serotonin activity include:

- Anhedonia (difficulty finding pleasure or joy in life's activities)
- Loss of interest in passions, interests or hobbies
- Depression
- Anger
- Depression when there isn't enough sunlight
- Loss of enthusiasm for one's favorite activities or favorite foods
- Fibromyalgia or unexplained muscle pains
- Frequent worry or anxiety
- Loss of interest in and ability to find pleasure in relationships and friendships
- Difficulty falling asleep and staying asleep

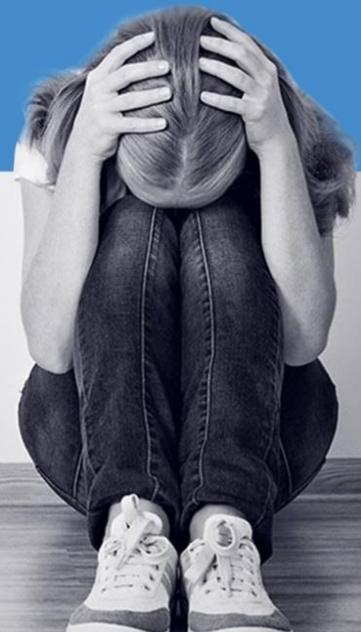


DOPAMINE

PLEASURE, REWARD, MOTIVATION/DRIVE & STRESS TOLERANCE

Symptoms of poor dopamine activity include:

- Lack of drive and motivation
- Difficulty bringing tasks to completion
- Feeling worthless or hopeless
- Being angry or irritable without it being necessary or for small things
- Difficulty handling any increase in stress load
- Anti-social tendencies and/or lack of concern for family/friends



GABA

RELAXATION AND CALMNESS

Symptoms of poor GABA activity include:

- Chronic feelings of anxiousness, dread or panic (without reason)
- Chronic feelings of physical and/or mental tension
- Racing thoughts/restless mind
- Hard time shutting off your thoughts when trying to sleep
- Not able to focus and direct your attention well
- Worrying about things you didn't use to worry about

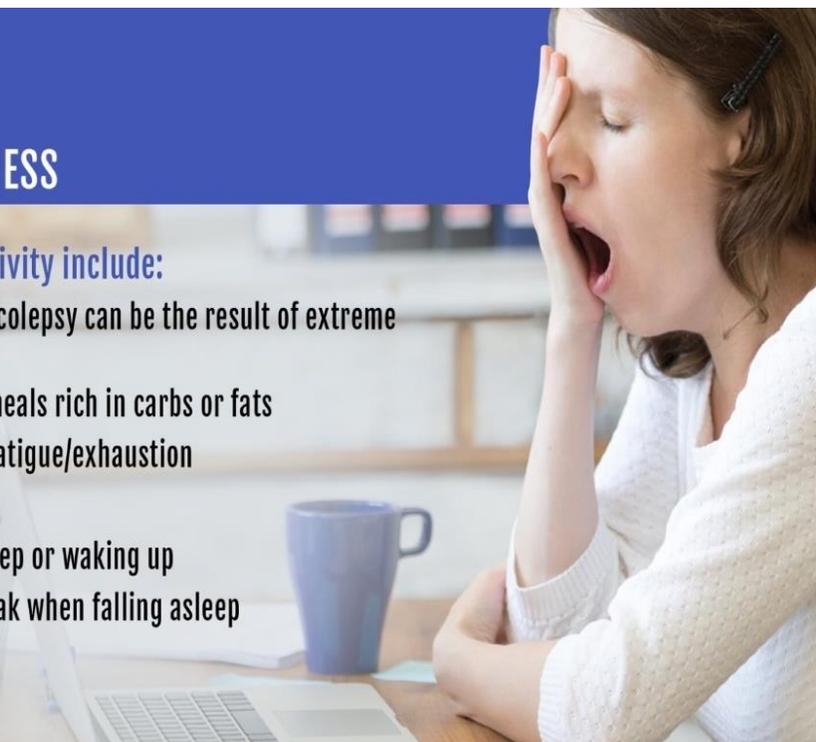


OREXIN

ENERGY AND WAKEFULNESS

Symptoms of poor orexin activity include:

- Daytime sleepiness (note: narcolepsy can be the result of extreme orexin deficiency)
- Fatigue and sleepiness after meals rich in carbs or fats
- Chronic low energy levels or fatigue/exhaustion
- Propensity for weight gain
- Vivid images when falling asleep or waking up
- Feeling unable to move or speak when falling asleep
- Poor quality sleep at night



So when you have a disrupted circadian rhythm, you are also disrupting key neurotransmitters in the brain that affect your mood (e.g. depression, anxiety, etc.), mental health, brain performance, and of course, your energy levels.

Having a strong circadian rhythm is CRITICAL for neurotransmitter balance in the brain!

6 Science-Backed Strategies To Dramatically Increase Your Energy

#1 - Bright Light Every Morning



Get sunlight during the first 30 minutes after you wake up. This is the most critical time to get that light signal that it's daytime, the time to be awake, alert, active, and energetic into your brain.

Ideally get outdoors. If you are in a situation where you either wake up before the sunrise or you live in a place that's really overcast for many months of the year, then get a SAD (Seasonal Affective Disorder) lamp or bright

light therapy device.

These are my two top devices I recommend if you cannot get outdoor sunlight in the morning (note: you only need one of these, not both) [Carex \(larger light with stand\)](#), [Verilux \(smaller light\)](#).

It will make a huge difference in your mood and your energy levels, literally within, if not the very first day that you do it, then certainly within a few days of doing it.

#2- Get Your Electronic Devices Off and Out of Your Bedroom

Research has shown that doing this simple thing that has become shockingly common: delaying sleep onset. This means it takes longer for your body to fall asleep, disrupts the hormonal cascade that needs to happen before and during sleep, so we're talking about things like melatonin, prolactin and growth hormone and decreases sleep efficiency, which affects how restful and rejuvenating the sleep you're getting actually is.

It's possible to be in bed for eight hours and get really poor, not very rejuvenating sleep or be in bed for the same length of time and get amazing levels of sleep depth and cellular regeneration.

Also, you should avoid watching TV or using a computer or tablet at least an hour or two before bed. If you do keep devices in your room, ideally make sure they're physically turned off along with your Wi-Fi router.

In addition, make sure that your phone is nowhere near your head or your brain for at least an hour before sleep. The reason why is that it's not just light that disturbs our circadian rhythm, but it's also been shown in several studies that the electromagnetic fields from these devices can suppress melatonin secretion and disturb our circadian rhythm. **Just the physical presence of an electronic device close to your head will disrupt your circadian rhythm and disturb your sleep in much the same way that light does.**



In fact, the all-around smartest approach is to unplug all electronics within six feet of your bed at night and not have anything on near you while you sleep. Now, if there's some electronic device that you need nearby, you like for example, an alarm clock or you use your phone as an alarm clock, you can still do that. Just try to move that device at least six feet away from your bed at night.

#3 – Sleep in Complete Darkness

You want your bedroom to be completely dark, believe it or not, there's research showing that even very, very tiny lights in the room and the bedroom at night can have a measurable negative impact on your brain function, and even make you much more likely to have depression.

Simply taking this one step to completely black out your room (or wear eye shades) can make a huge difference in your sleep quality, brain function, and energy levels.

#4 – Optimize Your Sleep Time Based on Your Chronotype

In the modern world through the modern lighting environment, we have developed nocturnal social interactions. The fact is that we have nighttime social interactions and it's common to stay out later for those kinds of social engagements. The modern world basically wires us into a later circadian rhythm than the one we should be in based on when the sun is rising and falling.

Based on when the sun is rising and falling, the circadian clock gets phase shifted into a time zone that is two or three hours later than the one that had actually should be in. Specifically, your optimal bedtime is probably one to 2.5 hours earlier than you think it is.



So again, if you think you're a night owl, your natural and optimal rhythm is almost certainly earlier than you think. Now it is possible to be a true night owl, but the rhythm that you should be in is probably still earlier than you think it is.

Specifically, your optimal bedtime is probably 1 to 2.5 hours earlier than you think it is.

And understanding that, and shifting your schedule to align with your biology will result in better brain function, deeper sleep, and lots more energy.

#5 – Use Blue/Green Blocking Glasses

It turns out recent research has also shown that green wave lengths of light, which we also get from the sun during the daytime also have a significant impact on the circadian clock in the brain. If you get a pair of glasses like this or like these, blue blocking glasses, you can still be on your electronic devices, still be on your computer, watch TV, be in a house with indoor lighting, etc. And just by wearing these glasses you can eliminate that blue light from entering your eyes and disrupting your circadian clock and suppressing melatonin.

One of the best brands in the market is called SafetyBlue and another is called TrueDark. Things to note here. One they wrap around the eye socket. They completely seal off light on the sides and they have more reddish lenses rather than the more amber or orange colored lenses here. And the reason for that is that's the color that you need to block both blue and green light. So if you get these simple glasses from one of these two companies, you will notice within probably the first night of wearing them, if not within the first couple of nights, certainly, that you fall asleep very, very fast after putting them on, you get tired very fast, you sleep way deeper and you're more energetic the next day.



This is a super simple and easy strategy. And the cool thing is it makes it so you can still use your computer and phone and electronic devices and so on. All you've got to do is wear these goofy looking glasses. But once you get used to the goofiness factor, you get adjusted to it and you enjoy the amazing benefits as far as your sleep and energy levels.

[These are my top blue blocking glasses for sleep.](#) Yes, they will be a bit goofy at first, but trust me, if you wear these for an hour before bed, you WILL FEEL the different in how they make you sleepy and sleep much deeper than normal from the first night you wear them. They are a powerful tool for deep sleep and more energy.

#6 - Optimize Your Feeding Window to Amplify Autophagy



A big reason why disrupted circadian rhythm is linked to so many diseases is that it represses autophagy. It makes it so autophagy does not happen as well. Now, here's the key thing to understand. Autophagy should be happening while you're sleeping, during the nightly fast while you're sleeping and therefore is heavily impacted by your circadian rhythm.

Shorten your feeding window to 10-11 hours daily. You may need to do that gradually if you currently have a 15-hour feeding window. Then you need to cut back with about 15-30 minutes every few days.

Final Words

Here's the most important thing I want you to understand. **You can transform your energy levels!**

If you've been struggling with chronic fatigue, you can get your energy back and get your life back.

If you've been dealing with only mild fatigue or you're already mostly healthy and you want to take things to the next level, you can build a brain and a body that are bursting with energy and vitality that allow you to become who you are meant to become and do amazing things with your life.

Now go implement these 6 strategies and start increasing your energy levels! :-)

Stay tuned for the next video on the most powerful way to get build your mitochondria and get energy back! Masterclass video #2 comes out on **Monday, April 8th**! See you then.