



Is it Fat? Or could it be PHAT?

Robert Lukasik, DCN

Have you tried to lose weight? Have you increased your exercise? Reduced your calories? You've done all this and yet the weight stays on. You're tired and have only a portion of your former energy and stamina. It could be that you are at the mercy of an imbalance of PHAT.

There is a complex and yet very delicate relationship between the Pituitary, Hypothalamus, Adrenal, and Thyroid glands in our body.

Let's take a moment for an overview on these glands:

Pituitary - Think of this as the master gland of the body. It produces HGH (human growth hormone), regulates thyroid function, and is responsible for metabolic energy and controls the sleep and wakefulness cycles.

Hypothalamus - This gland is the control gland. It seeks to maintain the body in a state of homeostasis or balance. The hypothalamus is critical for controlling endocrine function and the balance of our nervous system.

Adrenal - The stress response is controlled here. Our fight or flight hormones are secreted here. Here we also make steroid hormones like Estrogens, Progesterone, and Testosterone. The primary hormone that is secreted here - Cortisol - can be wonderful or harmful.

Thyroid - The thyroid gland is interconnected with virtually every organ system in the body. Here we have direct links to lipid and carbohydrate metabolism.

The working relationship between these glands is what some call the PHAT axis.

Let's look at one of the main culprits leading to an imbalance in the PHAT axis - STRESS! Instead of the normal fight or flight response which ends in a few seconds or minutes we allow constant stressors to keep us in a state of high stress response. This causes us to keep producing and distributing Cortisol (our natural cortisone) into our bodies. This will ultimately lead to adrenal weakness, fatigue, or failure. This condition stems from various factors and chronic stressors like sleep deprivation, excess caffeine and carbohydrates, chronic pain, extreme exercise, long term disease, decreased immune function, and a generally unbalanced lifestyle.

Emotional factors can cause this as well. Relationships, family, work, and school all can put undue pressures on the system. Our environment can also be to blame. Recreational drugs, pesticides, herbicides, plastics, pollution, and prescription medications can all put the body under stress.

Also known as *adrenal insufficiency*, the problem shows up with a set of symptoms ranging from chronic fatigue to infertility.

We can experience:

Weight gain (particularly belly fat)	Fatigue	Insomnia
Brain Fog	Skin problems	Cold intolerance
Depression	Altered Immune function	Carbohydrate cravings
Mood swings	Hair loss	Salt cravings



COMPOUNDING & HOMECARE PHARMACY

Some of these same symptoms could also be triggered by poor or lowered thyroid activity. We generally suggest that you perform a simple Barnes Basal Body temperature test to determine if your Basal temperature is properly being activated by the thyroid gland. Since these glands work in concert it is important to determine if it's a thyroid or an adrenal issue.

If it appears that the thyroid is weakened than we'll look to using a product like Millers Thyroid Support along with Tyrosine and perhaps even additional Kelp to supply iodine.

If it appears that adrenal function is impaired then we will use Millers Adrenal Support, Adreno Mend, Millers Active C 500, pantothenic acid, phosphatidyl serine, licorice root, and Millers Balanced B 50.

A protein rich breakfast is key in taking metabolic pressure off the adrenal glands. For this I recommend a whey protein shake as well as a comprehensive multivitamin such as Douglas' Energy-Sports formula.

Candida could be at the root of the problem as well. Over 50% of Americans are negatively impacted by an excess of Candida (detrimental yeasts) in their GI tracts. This overabundance of yeast is often found to be a hidden source of stress on the body. There is a simple at-home saliva test that you can perform in 15 minutes to check your Candida levels.

Of course, before undergoing these or any other protocols, please see your physician.

NEXT STEP:

Complete the Barnes Basal Temperature test, and call Millers Pharmacy to schedule an appointment with our Certified Clinical Nutritionist, and start your protocol today!