

Why Am I Sick?

Hierarchy of Health

Deficiency

Adrenal Glands

Doctor Ese Health Videos

By Dr. Ese Stacey
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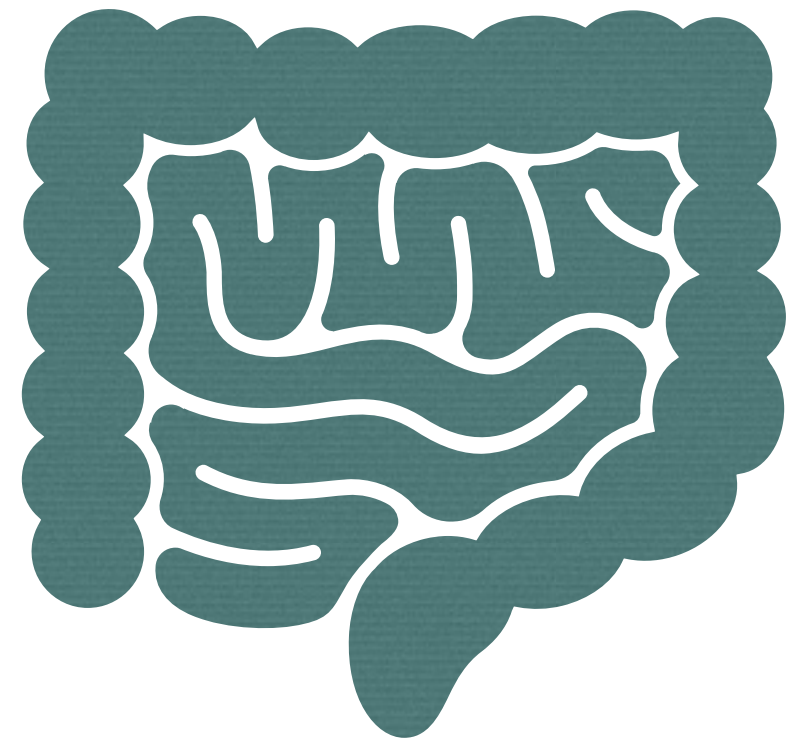
The doctor of the future will give no medicine
but will instruct his patient in the care of the
human frame, in diet, and the cause and
prevention of disease

Thomas A Edison

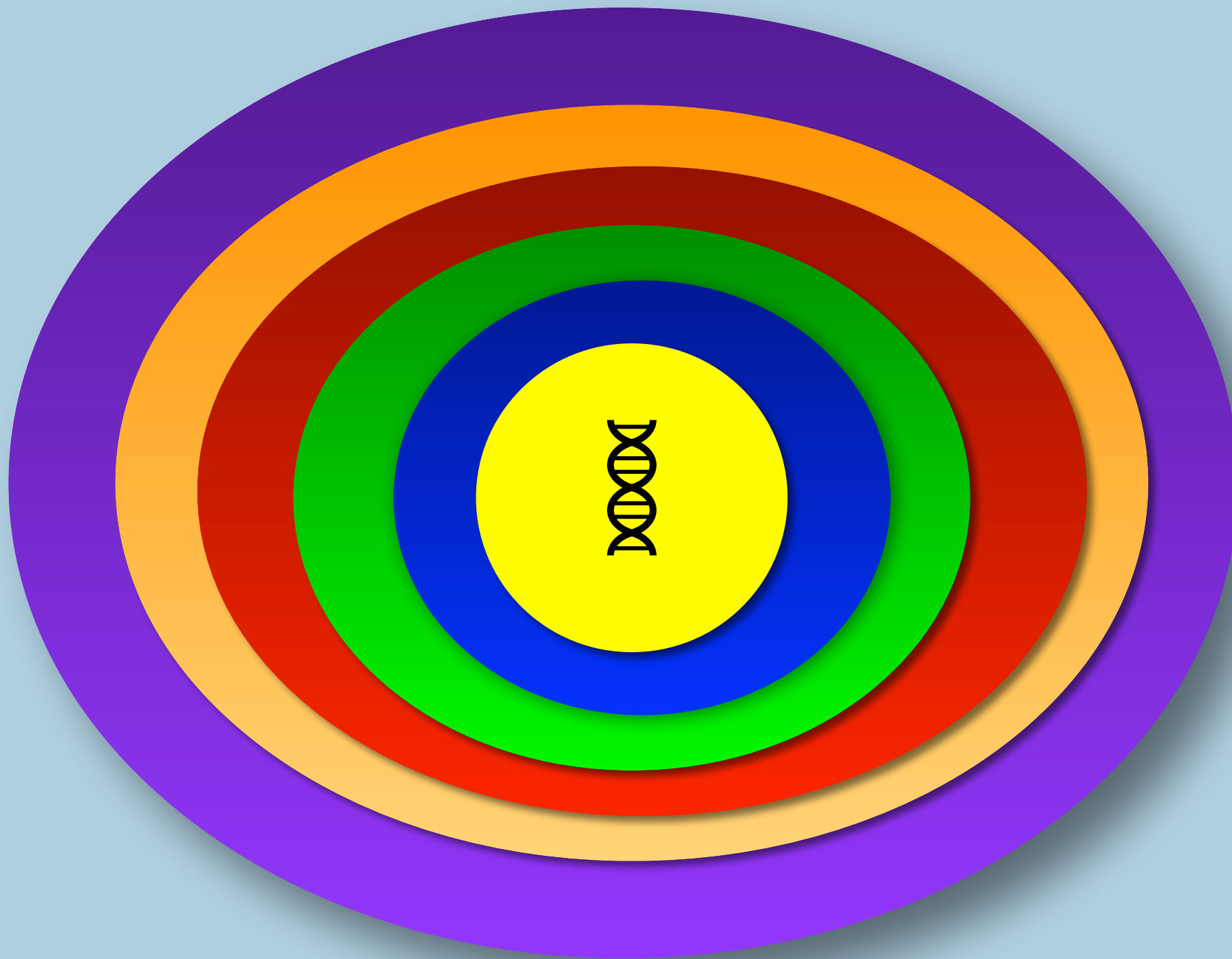
A search from



To



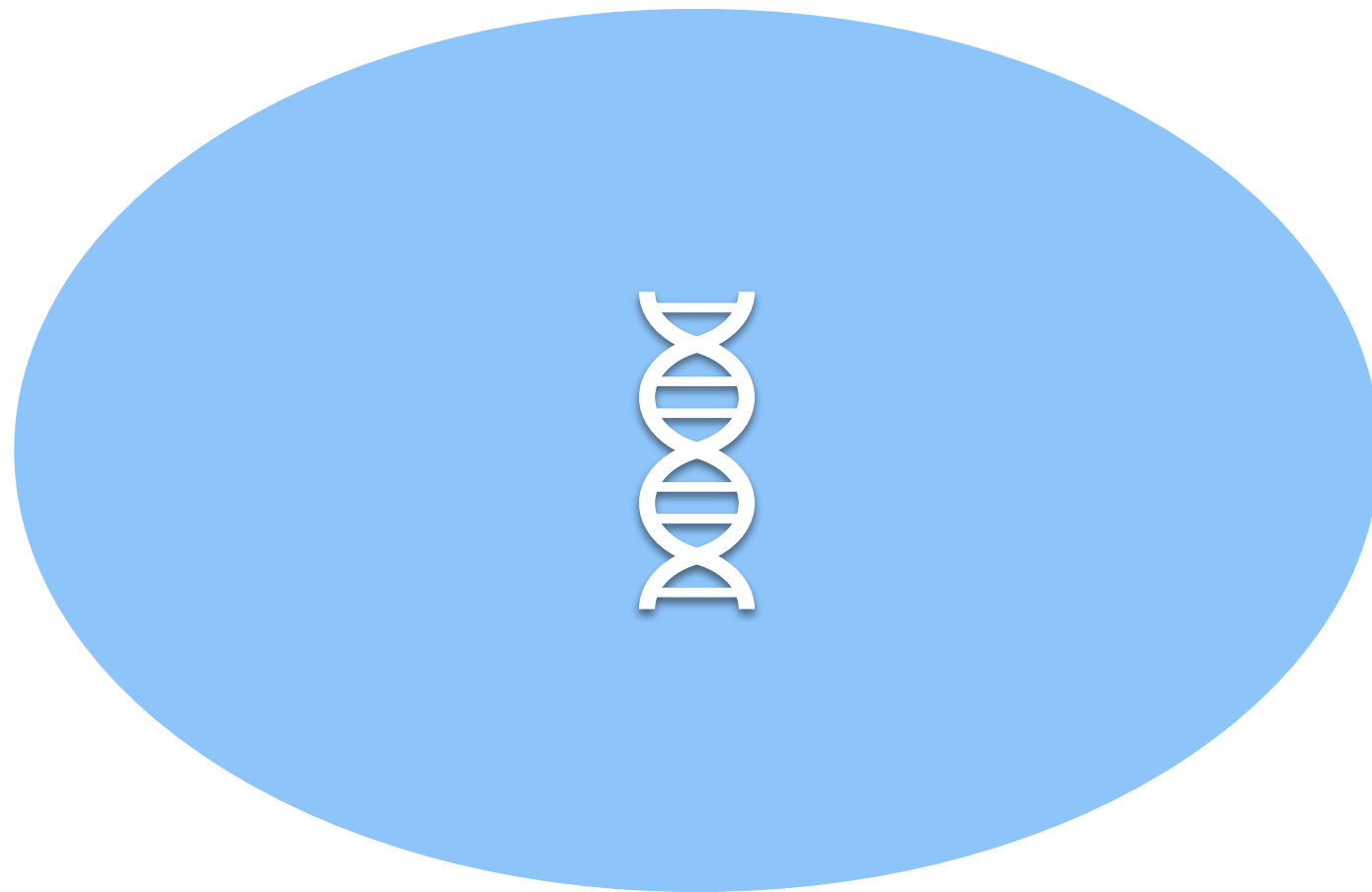
Hierarchy of Health



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The Matrix



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Water

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Water

- Leonardo da Vinci - ‘water is the vehicle of nature’
- Paracelsus - ‘water is the matrix of the world and of all its creatures’
- Luc Montagnier - ‘water is part of our DNA structure. To transmit information you need water’

Veda Austin



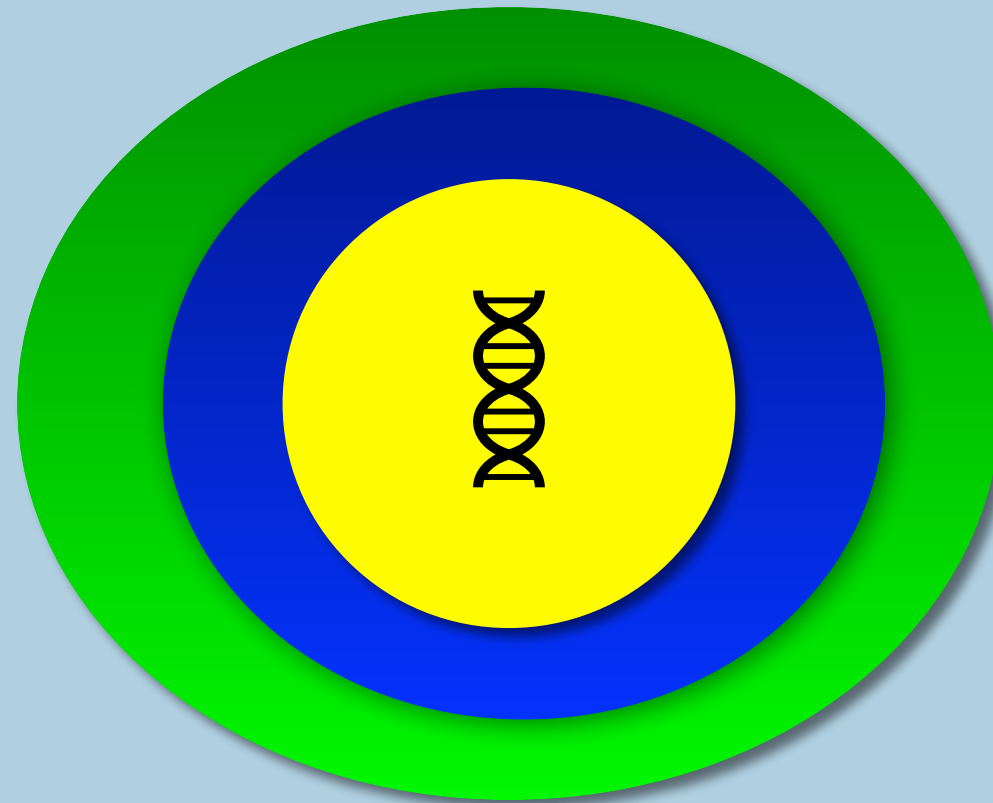
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Toxins

- Pesticides
- Heavy Metals
- Moulds
- Petrol derivatives
- Thoughts/Emotions/Subconscious

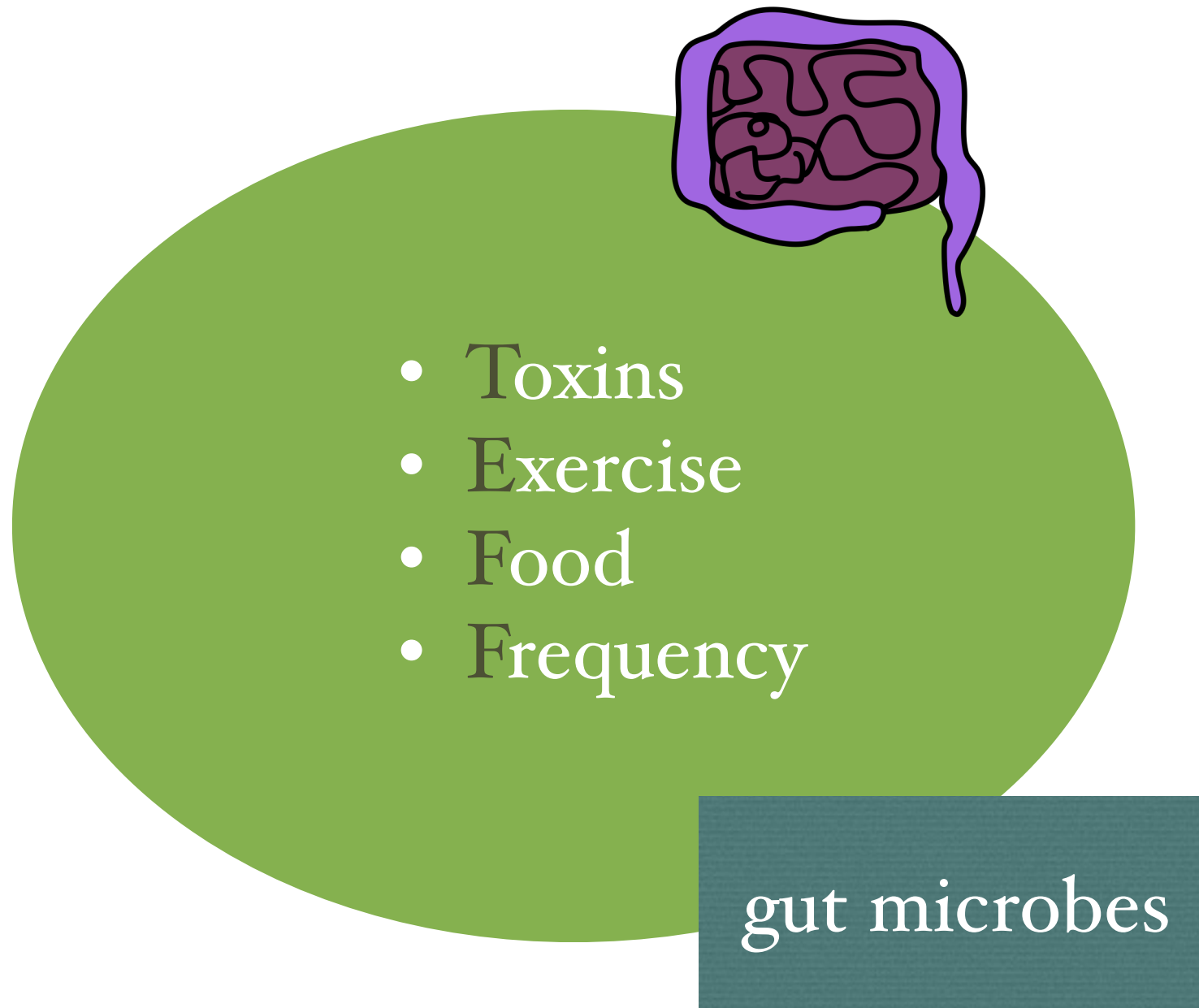
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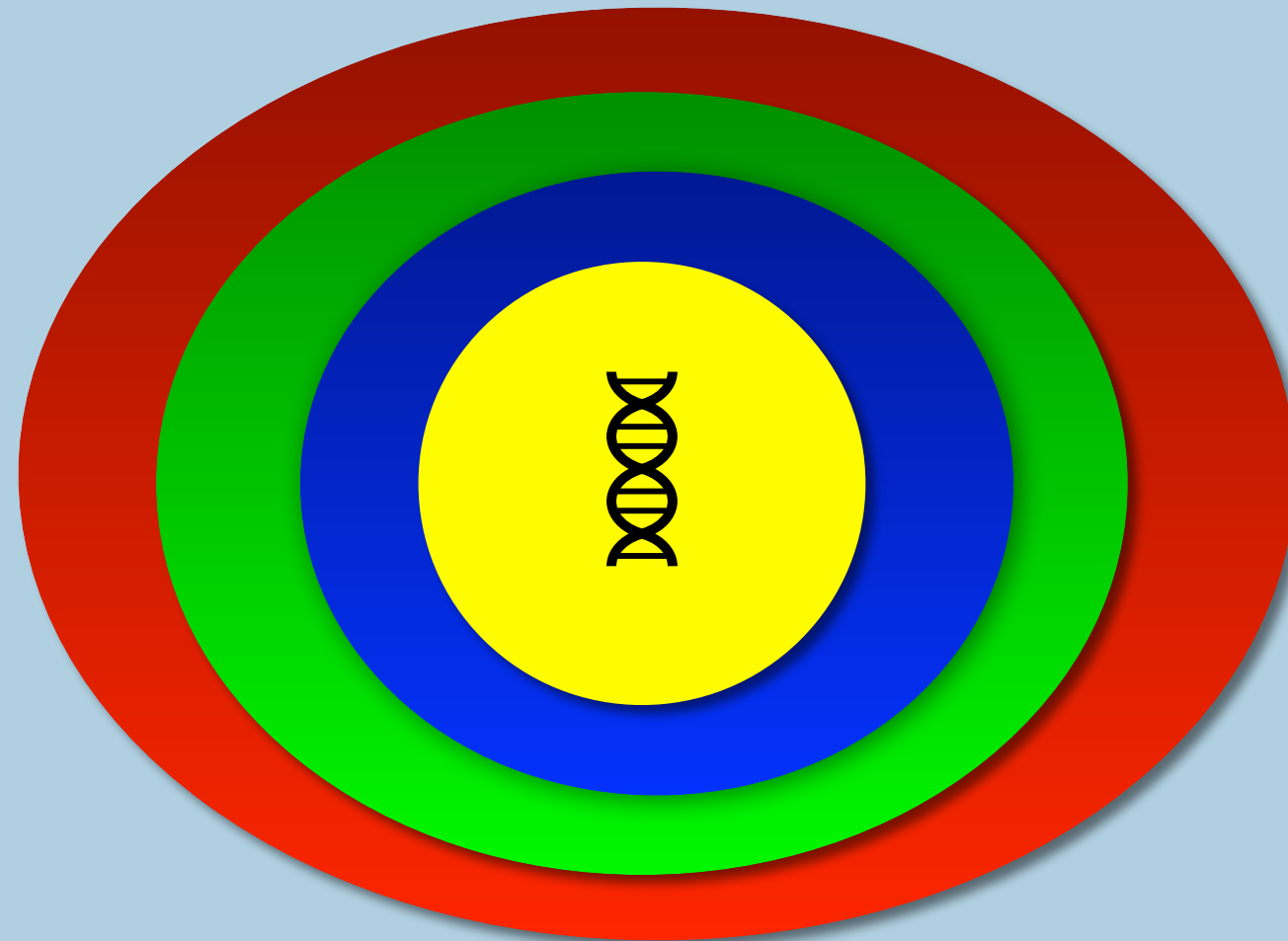
TEFF



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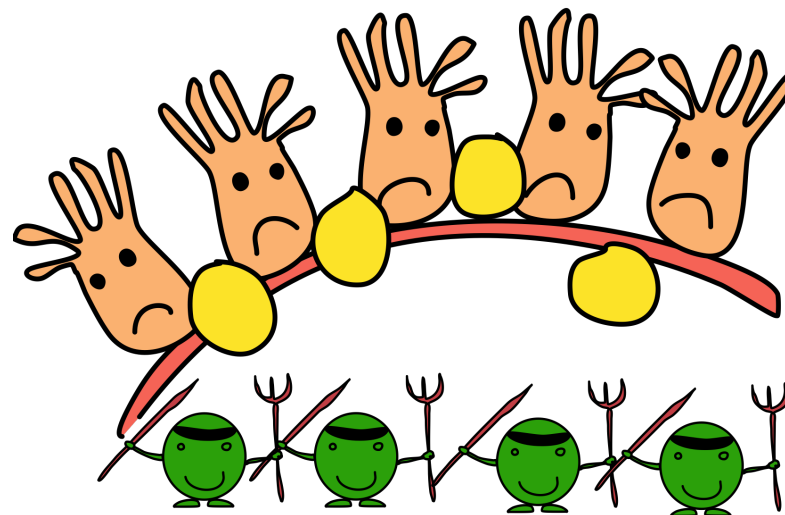
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Immunity



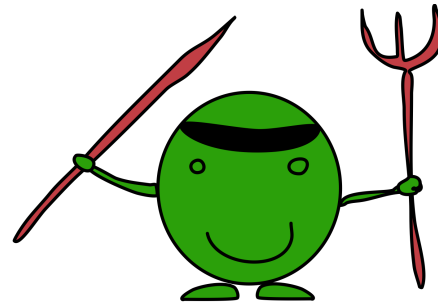
Leaky gut



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Ninja Pea



First line

Innate

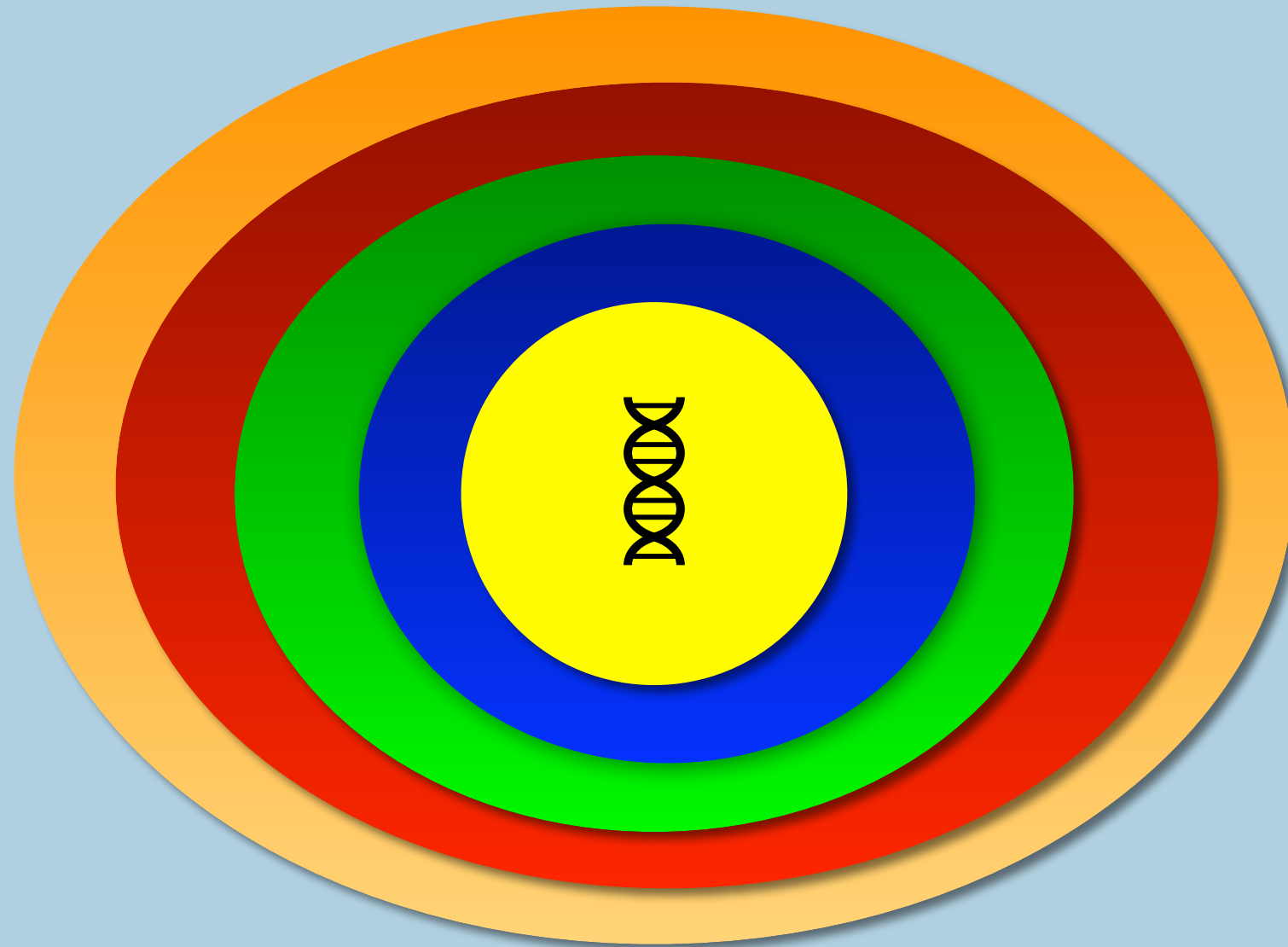
Second line

T cells

Third line

B cells

Hierarchy of Health



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Adrenal Glands



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Adrenal Fatigue

Research article | [Open Access](#) | Published: 24 August 2016

Adrenal fatigue does not exist: a systematic review

[Flavio A. Cadegiani](#) & [Claudio E. Kater](#) 

[BMC Endocrine Disorders](#) **16**, Article number: 48 (2016) | [Cite this article](#)

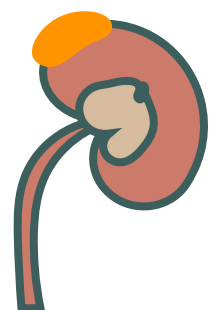
11k Accesses | **12** Citations | **535** Altmetric | [Metrics](#)

Abstract

<https://doi.org/10.1186/s12902-016-0128-4>

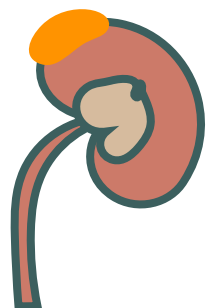
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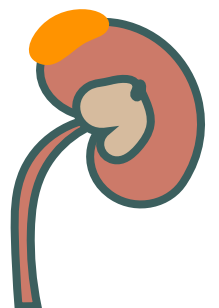
Adrenal function

- Glucocorticoids - cortisol
- Mineralocorticoids - aldosterone
- Catecholamines - Adr/Nor
- Androgens - DHEA



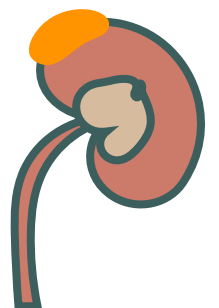
Adrenal serious dysfunctions

- Addison's disease - deficiency
- Cushing's disease - overproduction

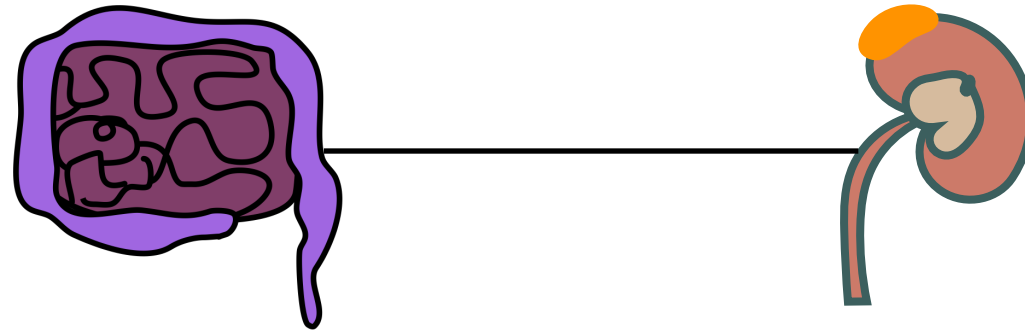


Adrenal 'fatigue'

- Fatigue, low mood, insomnia, low libido
- Saliva test
 - Low morning cortisol
 - Low DHEA



Adrenal-Gut link



- Low DHEA - chronic inflammation
- Cortisol also produced in the gut

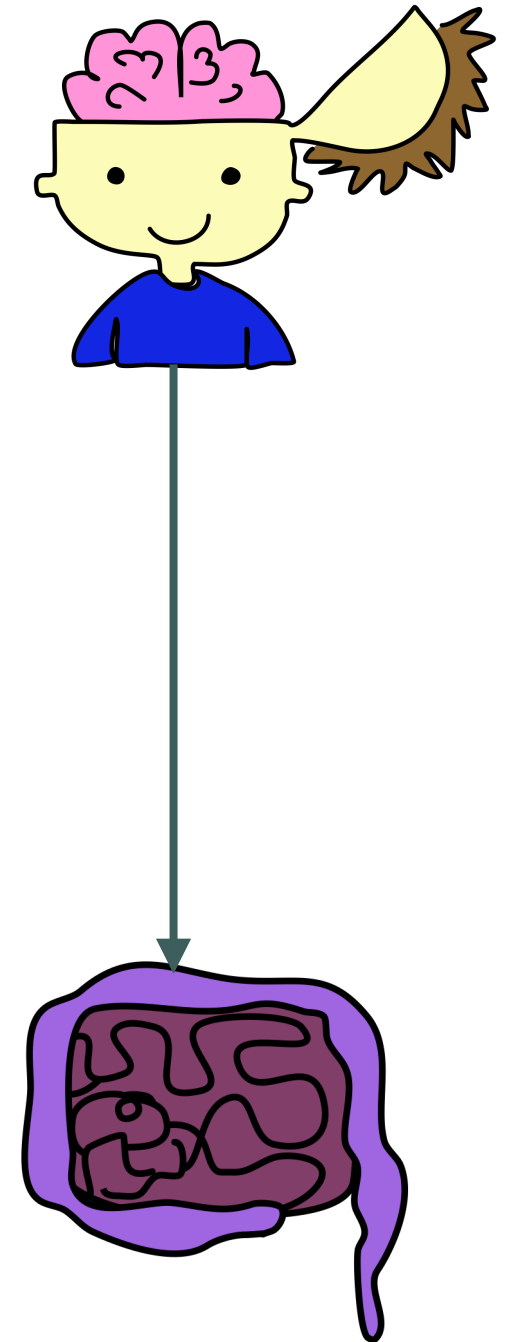
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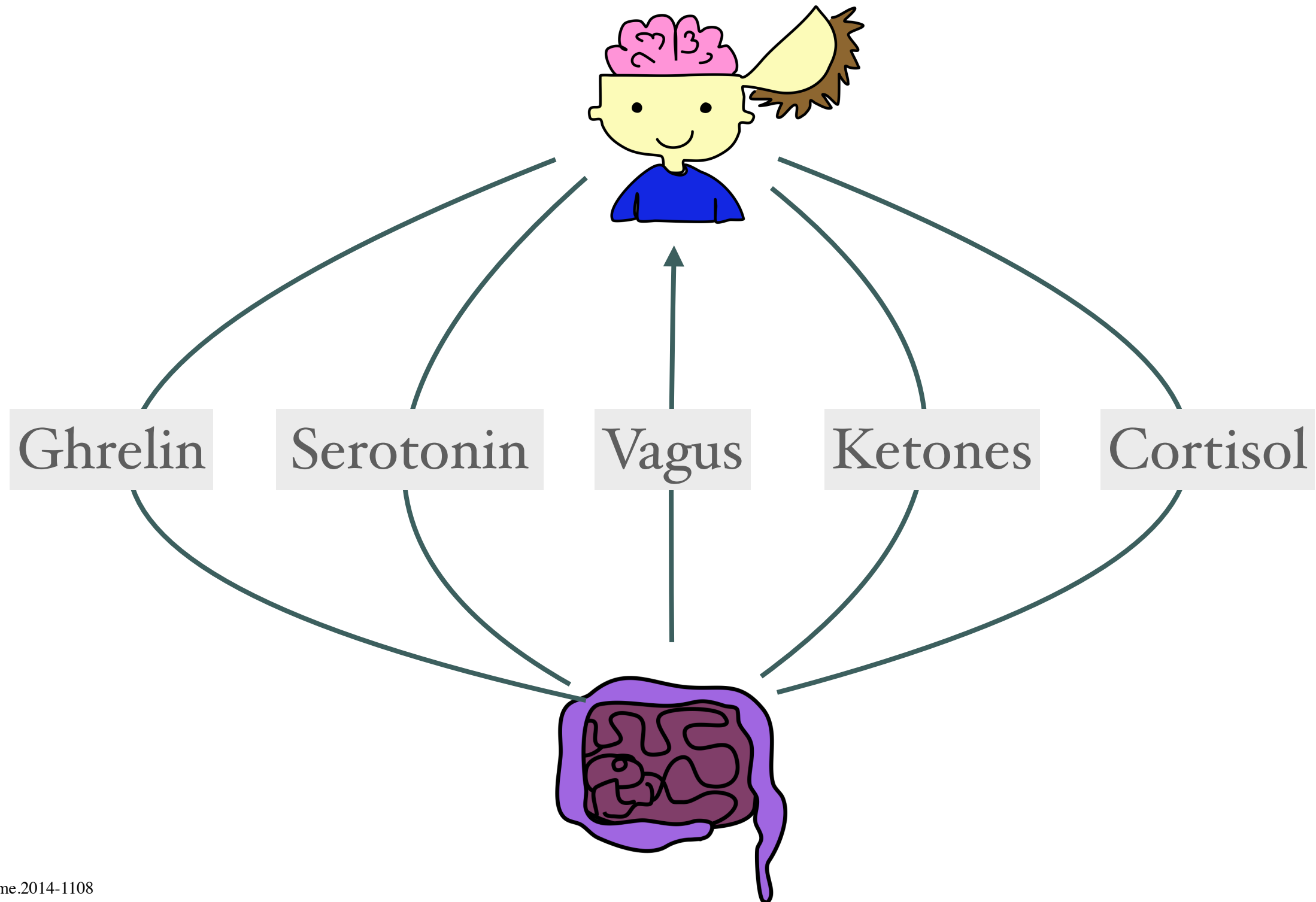
Brain-Gut Axis

Childhood trauma/Early life stress

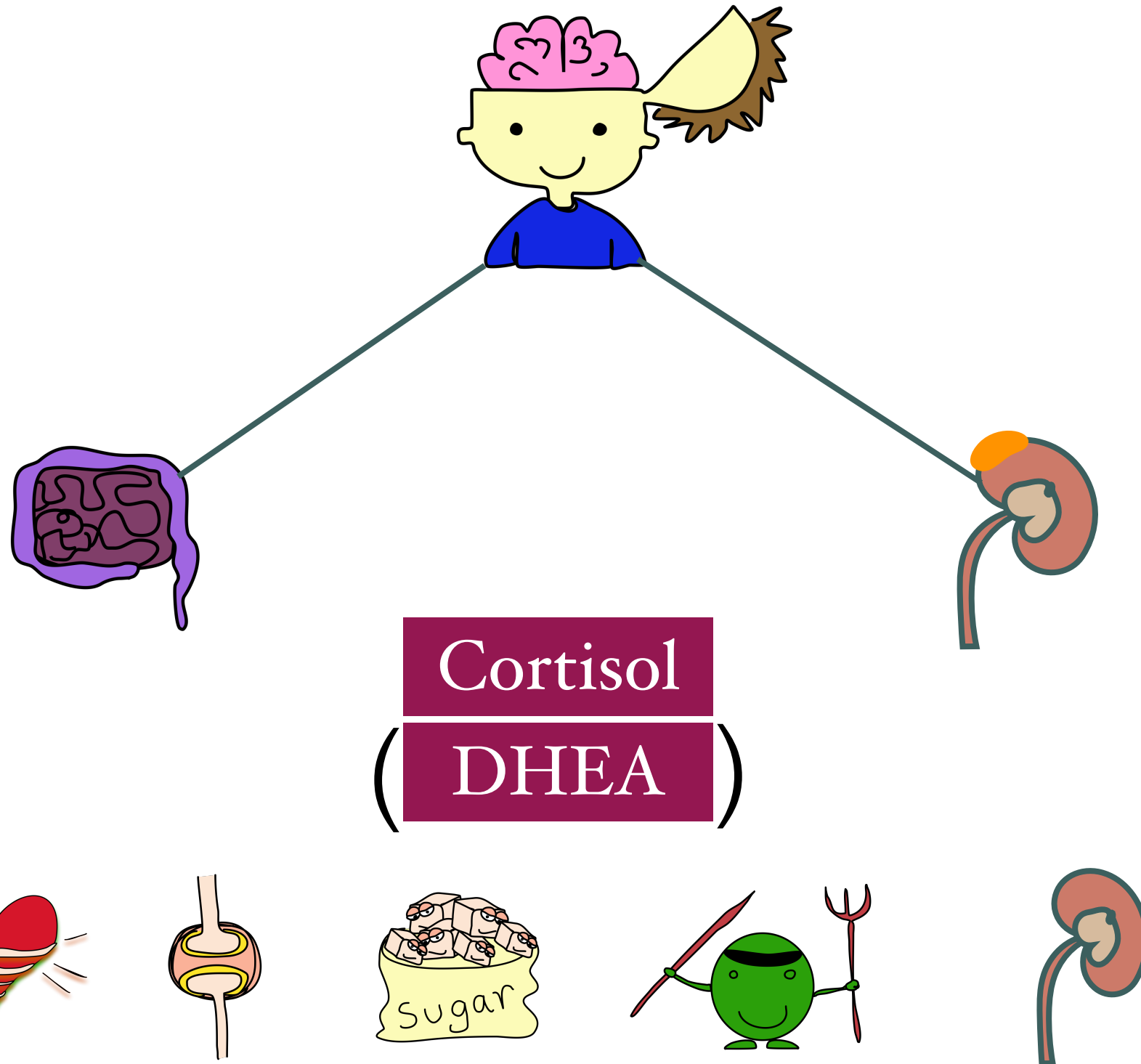
- Effect on gut microbes
- Effect on cortisol
- Effect on inflammation



Gut-Brain Axis



HPA axis & the gut



doi: 10.1210/me.2014-1108

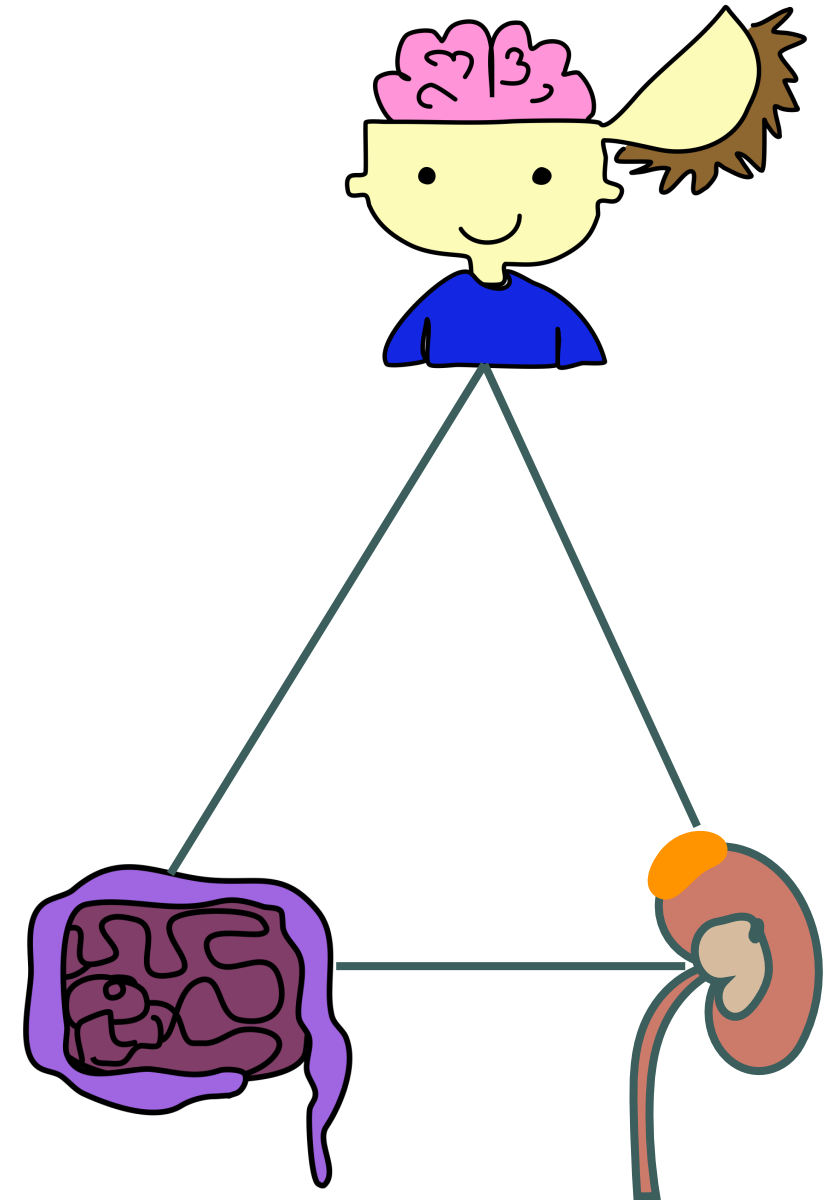
<https://doi.org/10.1016/j.pnpbp.2020.109951>

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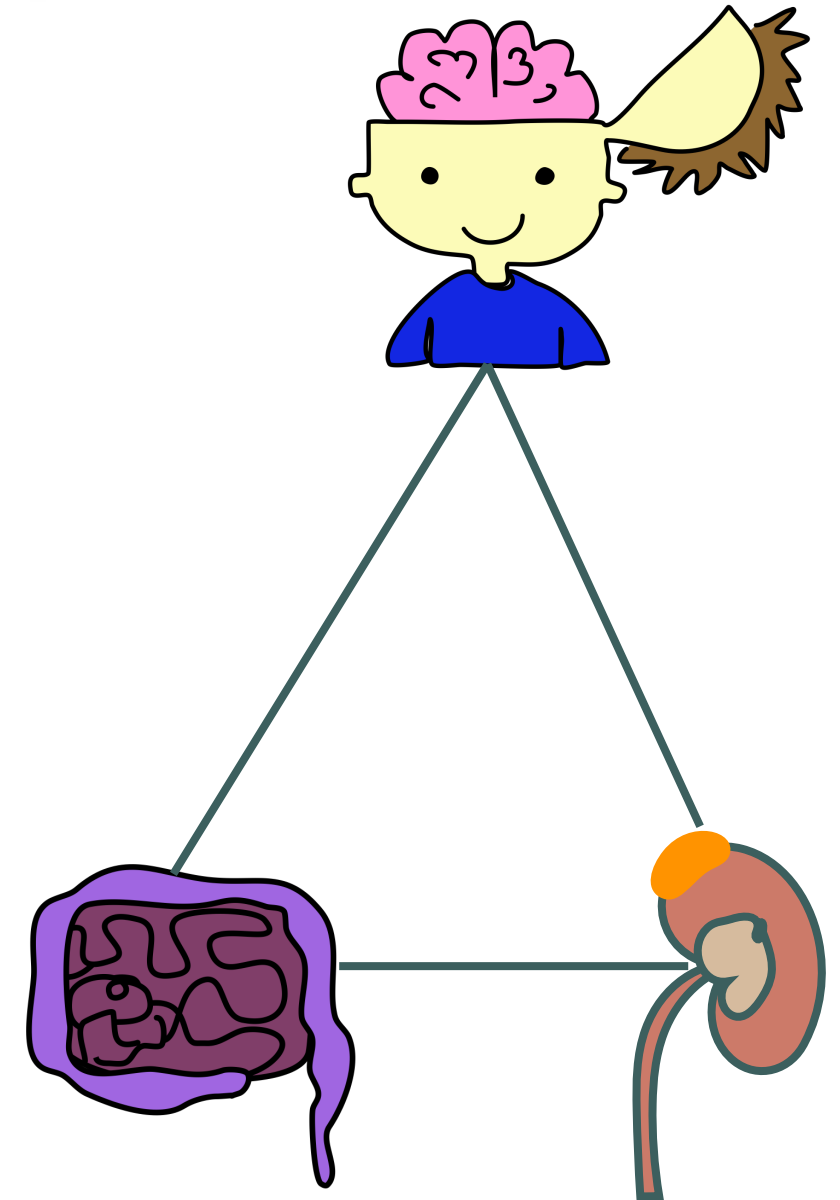
Cortisol

- Learning
- Memory
- Emotions
- Glucose metabolism
- Immune system
- Inflammation

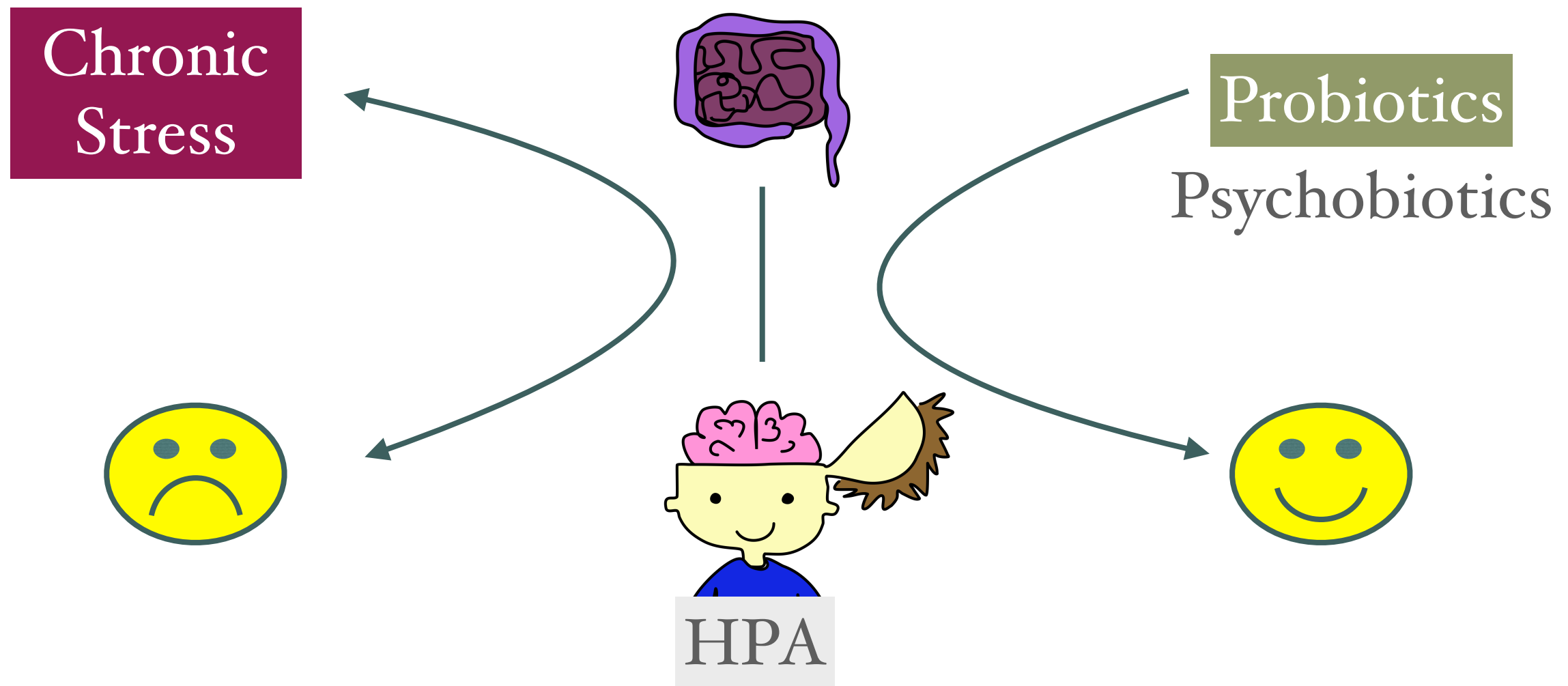


Chronic stress

- X_{3/4} adverse effects
- Injury
- Psychological ill effects
- Infections
- Allergic - auto immune flare ups
- Chronic disease



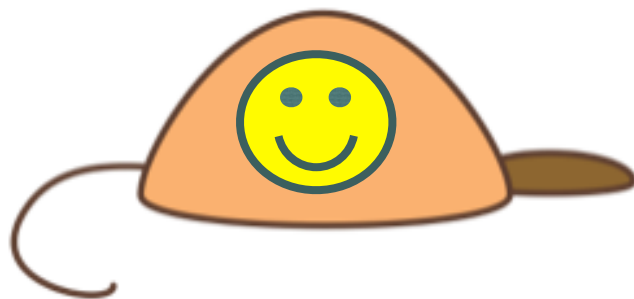
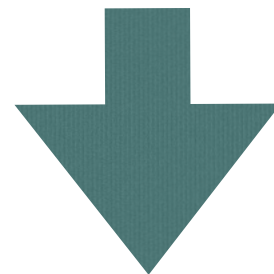
HPA axis & the gut



Microbes & Chronic Stress

Germ Free Mice experiments

Chronic stress microbes



<https://doi.org/10.1016/j.pnpbp.2020.109951>

<https://doi.org/10.3389/fcimb.2017.00489>

doi: 10.1210/me.2014-1108

<https://doi.org/10.3389/fnbeh.2018.00266>

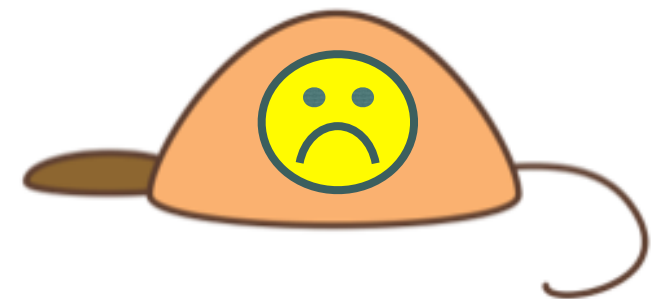
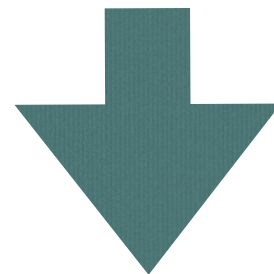
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Microbes & Chronic Stress

Germ Free Mice experiments

Happy microbes



<https://doi.org/10.1016/j.pnpbp.2020.109951>

<https://doi.org/10.3389/fcimb.2017.00489>

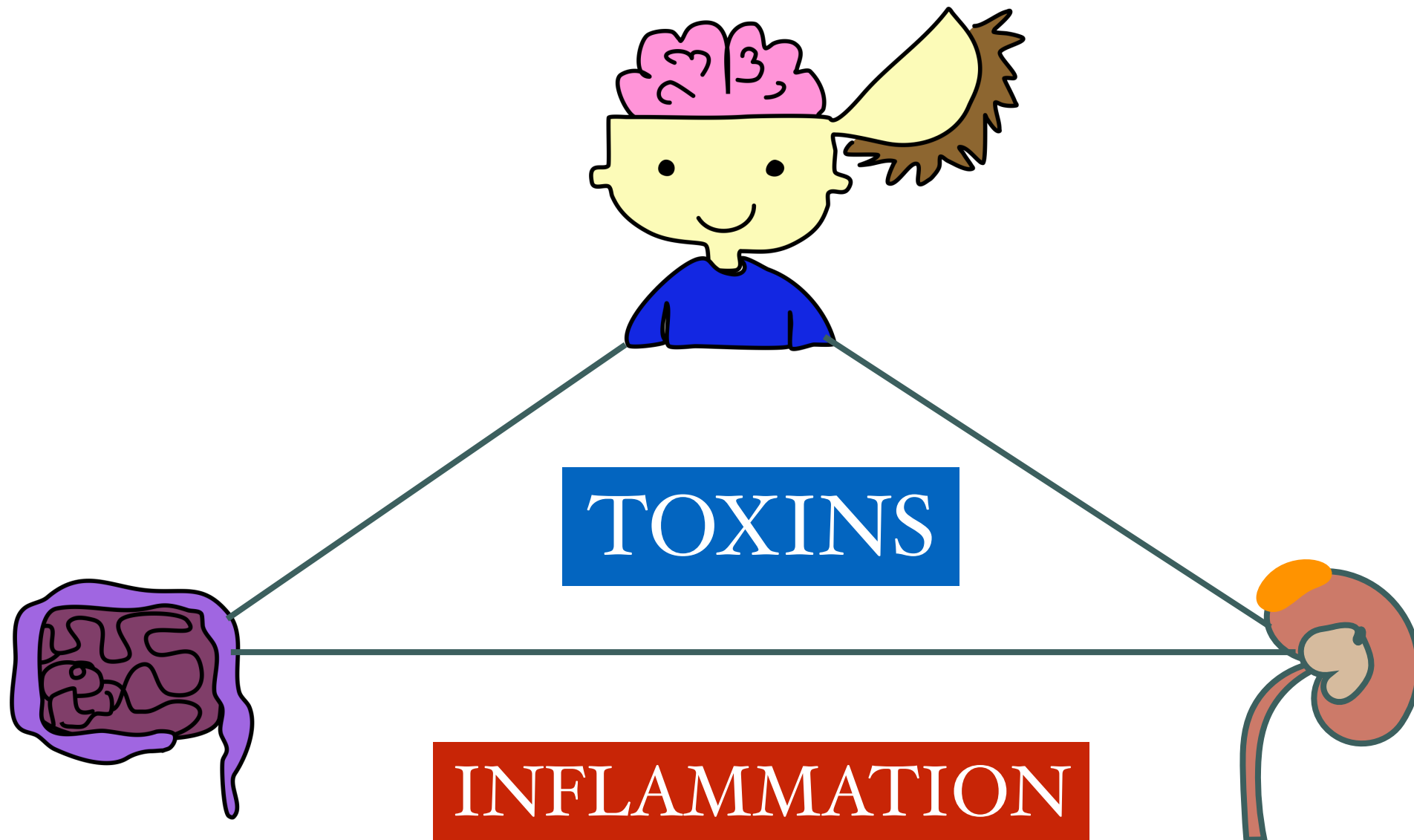
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GUT-BRAIN-ADRENAL AXIS

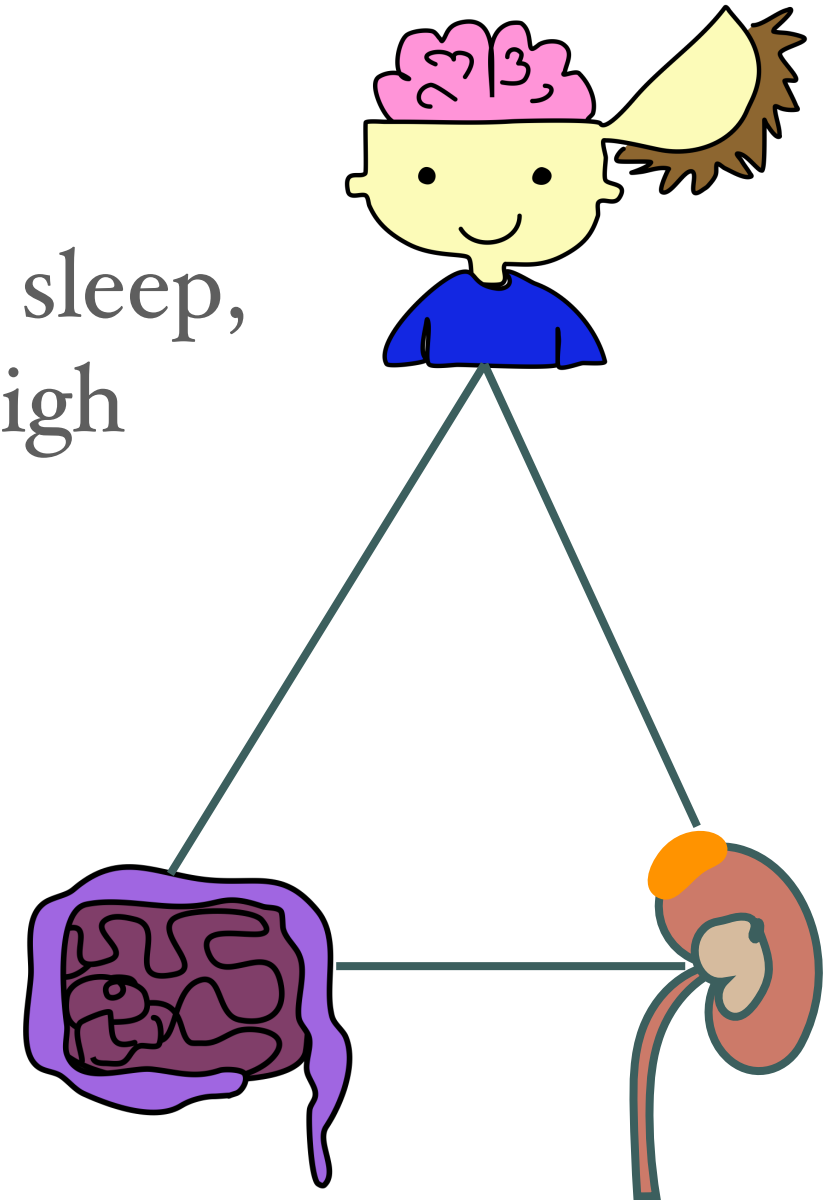


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SUMMARY

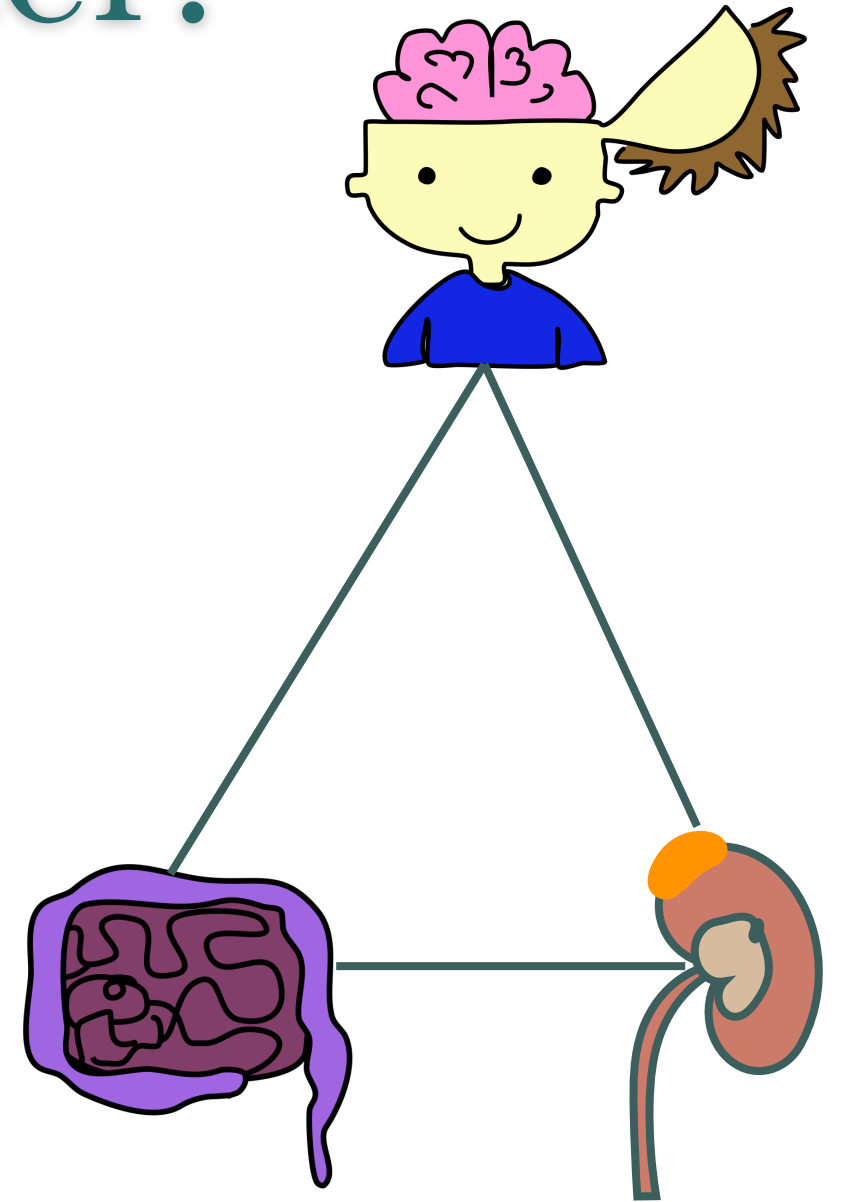
- Symptoms may be exhaustion, poor sleep, poor libido, weight gain, diabetes, high blood pressure
- May indicate 'adrenal fatigue'
- Life Stress, Toxins, Gut



How to get better?

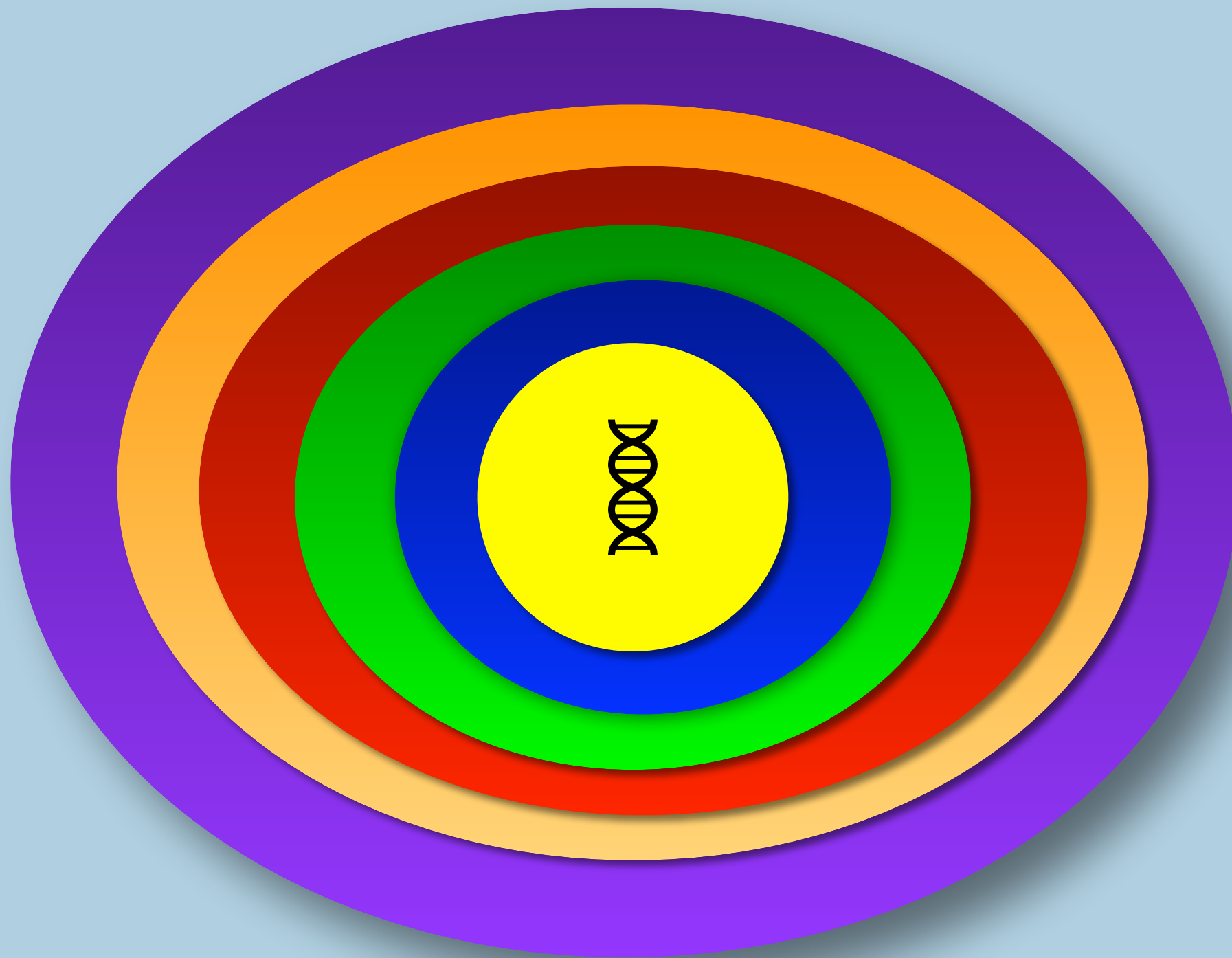
Focus on

- Toxins - including life stress
- Gut





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Thank You
BE WELL

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