

ASHBY ADVISOR

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Another month goes by so let's talk Turkey. Yes, turkey can make you sleepy; it seems to have more tryptophan, which is the amino acid that can make you sleepy.

As promised last month – let's talk about body temperature and its relationship to immune function, hormone balance, energy, etc. in the human body. For a long time body temperature has been right around 98.6 F. Some doctors began noticing that some of their patients had rather low body temperature, sometimes three degrees lower than normal or more. And this would be their consistent temperature. Many of these patients's had chronic illnesses also.

Dr. Denis Wilson looked at this in his practice and theorized that bringing body temperature to normal might help with a host of different symptoms these people complained about. He began treating with a sustained release form of fast acting thyroid hormone (T3). Though there are some side effects with it, patients generally got much better and eventually did not have to take any T3 to maintain their temperature and felt much better.

Several years later, he found a naturopath who treated low body temperature naturally with herbal products and started using these to help with side effects from T3 treatment. Now "Wilson's Temperature Syndrome" is slowly being recognized as a very real and treatable condition.

Here is the link <http://www.wilsonssyndrome.com> you can find quite a lot of information about the condition. If you've had chronic problems, check the website for a symptom checklist [Patient Orientation Sheet](#) (follow instruction's, the checklist is page 4) and/or you can pick one up at my office. It's amazing to hear some of the stories you get from the doctor's using this protocol. I am currently the only certified doctor (2 day seminar and exam) in all of Texas.

I'm looking at having an evening question/answer/overview class sometime in the fear future. If you're interested, drop me an e-mail with the best day for you and I'll try to accommodate you. I don't think of this as a cure all, but one more piece to the puzzle of treating chronic illnesses.

Also in the next couple of weeks our office will be able to order lab work through LabCorp. We will be focusing on preventive work such as Vitamin D testing (for adrenal function), Cardiac risk factors, and individualized tests that can assess other risk factors. These may not be covered by insurance but they can be reimbursed by an HSA.

Last but not least, Flu season is upon us, remember there are several alternatives to the "flu shot".

Quote of the email: The most important things in life aren't things