



FATIGUE • BRAIN FOG • LOW LIBIDO • ANHEDONIA

Life Begins When You Do!

Eudene Harry, M.D.

Many of us have heard the saying "Life begins at 40." Or is it 50? Recently I heard it said that the original quote was "Life begins at 80." In any event, it is pretty clear that the age is not the relevant part of this statement. I prefer "Life begins when you decide to live it."

Many of us, when we approach the ages between 40-50, realize that things start changing. We have put a lot of our energies into achieving the perfect career and creating the ideal family. We labored under the illusion that when we have achieved certain goals, life will be perfect. Paradoxically, this is the time when we realize we do not have the time or the energy (or sometimes both) to enjoy what we spent so much time creating. Fatigue sets in. He is very closely followed by Brain Fog — who then decides to ask Low Libido and Anhedonia (loss of pleasure) to join in. What then follows is the inability for us to derive pleasure from our daily activities. Our ability to stay focused and concentrate becomes affected, our ability to multi-task effectively goes down. The inevitable result is that our

home life and/or career begin to feel extremely stressful.

Something must be wrong, so we visit our physician. He or she dutifully runs laboratory evaluation and updates us on the current screenings such as mammograms, PAPS, PSA, etc. You are then given a clean bill of health. You are left with the feeling that it must be "all in your head." Let me be one of the first people to confirm that a good portion of it may very well be in your head. No, you are not crazy, but there is the possibility that you have spent so much time nurturing your career, spouse, children, etc. that your brain — and body for that matter — were neglected.

Science is now able to offer not only hormonal evaluation for those of us who need it but also urine neurotransmitter evaluation, adrenal function testing and nutritional testing. What this allows us to do is get a sneak peak at the early stages of fatigue before the bucket drops out from under us and at a time, perhaps, before traditional testing reveals any disease processes. In my opinion, it allows us to see the effects that years of stress have taken

on our brain chemistry and adrenal function. If there is any doubt that the neurotransmitters affect the way we feel, I point to the Time Magazine article (July 2007) regarding Dopamine (pleasure neurotransmitter) and its role in addiction. Better yet, look at the plethora of pharmaceuticals targeted at brain chemistry and pain (i.e. Prozac and Cymbalta). This must tell us something about the amount of people suffering brain chemistry disorders.

I am not suggesting that balancing the body is going to help you find your purpose in life or answer the question "What else is there?" What it will do is provide you with the clarity, focus and vitality to get involved in your life again.



Let Eudene Harry, M.D. help you get back on track with healthy living. She is a board-certified physician with 15 years of clinical experience.

She offers seminars on hormonal and brain chemistry balance and has been recently published in Orlando Medical News. Dr. Harry welcomes your calls at (407) 354-0500.

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