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# Questions to ask your doctor

## Other conditions that can mimic burnout syndrome

Dr Veerle Van Tricht [www.burnoutexpert.com](http://www.burnoutexpert.com)

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## Dear doctor, could you test my...

**1.Iron levels:** low iron levels cause anaemia and extreme fatigue. This is common in women, especially after having children. It can also be a sign of a stomach ulcer or another bleeding lesion in your stomach or bowel. My husband died from an undiagnosed stomach cancer so I am very aware that doctors miss these things. He was only treated for depression by his chosen GP. Mention if you see blood in your stool or are experiencing intense stomach pains to your doctor and insist you get referred for a gastro- and colonoscopy early.



### **Prevention is better than surgery**

**2.Organ function:** adrenal gland dysfunction, liver disease , kidney or thyroid dysfunction can contribute to fatigue and depression and it is important to catch these early. Some of them are reversible and/or treatable.

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**3. Nutrient deficiencies:** Minerals: Magnesium, Calcium, Potassium

Trace minerals: Zinc, Chromium, Selenium

Vitamines B1, B2, B3,B5, B6, B12

Vitamine C

Vitamine D

Vitamine E

Vitamine K

**4.Hormones:** Cortisol is underproduced in Adrenal Fatigue

Insuline is lacking in Diabetes

Pregnenolone is a precursor for DHEA and Testosterone

DHEA-s, estradiol, progesterone, testosterone can be test all together

by a Salivary Hormonal Profile

5. Toxins

6.Inflammation: ESR

7.Acidity

8 Rheumatic conditions

9. Infections

10. Blood sugar: low blood sugar causes fatigue and sleepiness

High blood sugar is a sign that your pancreas is not able to produce enough Insuline for you anymore. You need treatment as well.

In my next News letter I will tel you more about the effects of the latter 5 and how to treat them in a natural or a medical way.

The choice is up to you, because I respect you .

Dr V, holistic healing mentor

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