

However, without correcting the accumulated nutritional distortions that have occurred in their bodies, the most they can expect is a partial comeback.

HV: To the person it may seem like a total comeback. But I would gather that they are unaware of how much they have lost.

ECK: Exactly! When a person undergoes a severe stress, or a series of minor stresses, the body's reservoirs of zinc become severely depleted. The end-result is an ever-increasing build-up of copper in the tissues.

Excessive tissue copper leads to a depression of both adrenal and thyroid activity. It is at this point that burnout ensues.

Recovery from burnout occurs only when excessive tissue copper has been eliminated and tissue zinc reserves fully restored.

Partial recovery from burnout occurs when tissue copper levels are diminished. Full recovery occurs only when excess tissue copper has been completely eliminated.

Although a person may indeed have tremendous amounts of excess copper stored in his tissues, it may not immediately appear on a tissue mineral analysis until the body releases this copper from storage reservoirs.

Part II: How burnout affects your emotions and personal relationships.

ECK: People in burnout have trouble making emotional commitments to others. They are too sunken into themselves. They are too preoccupied – and for good reason – with their own exhaustion and sense of despair. They can't even take care of themselves. What do they have to give to others?

When a person is burned-out, they feel like life is passing them by – and it is.

Remember when you were a kid you had so many things you wanted to do that you couldn't wait to play baseball, play football, do something that was exciting? You looked forward to the next morning.

This is not the case of someone suffering from burnout. They face the coming morning with despair – not hope and joy.

They know from previous experience that as soon as they get out of bed and come under stress that they feel even worse. So they find it very difficult to get up out of bed and get going.

They lay in bed and they have nothing to look forward to. This is exemplified by the fact that these people in burnout always look for part-time jobs. They don't have the energy required for full-time work, or the energy to mentally make a commitment to a full-time job.

In fact, they don't have enough energy to make a deep commitment to almost anyone or anybody – except maybe their pets.

They withdraw from people, from social events, from happenings, from situations, from jobs which have all of a sudden become too stressful, and they still don't feel any better. Withdrawing from life and from stress is only a symptomatic answer.

Withdrawing doesn't bring about a correction of the burnout. It only enables a person to survive at a lower level.

Withdrawal does result in a reduction of stress. But such individuals are under major internal stress. The internal stress is the collapse of their body's ability to produce energy. And it is this internal stress that is destroying their life.

It is this internal stress that they can't hide from. It is this internal stress damage that no treatment is really correcting. All they are really doing is learning to cope.

“What happened to you in the past can be causing you more current stress than anything that is happening to you now.”

HV: Speaking of internal stress, I have noticed that people don't realize they are under stress unless the stress is current stress – something that is happening today. They seem to have no idea that they may be a victim of something or of a series of events that occurred years earlier.

For example, I remember talking to a stewardess on American Airlines who was obviously into burnout. When I asked her if she was under a lot of stress, she said no. But when I asked her if she had ever gone through any period in her life after which she was never the same, she said yes.

She said that ten years ago her father had died. Then, shortly afterward, her husband ran out on her, and then American Airlines relocated her to another base city, all within a short period. She said she never really got over all that.

She was a victim of internal stress, like you said, that had occurred years before. Yet because she did not have much current external stress, she thought she was fine.

ECK: That's right. People don't realize that what happened in the past can be causing them more current stress than anything that is going on in their life right now.

HV: I think that if you ask people in the right way, they would recognize their own burnout and when it happened. If you ask people, 'Is there a period after which you were never the same?' Some of them would say, 'Oh yes, it was four years ago.', or 'It was twenty years ago.', and they will actually know the period and what it was that did it to them.

ECK: This is true. But just as often the person has no real idea of what has gone wrong with their life.

So when you ask a person to remember a point in time when something happened to them, it may be a real struggle for them to remember when their life took a sudden decline.

HV: They forget how much they have lost.

ECK: It is difficult for them even to look back. If it is difficult just to meet and deal with people, just think how emotionally exhausting it can be to go back and figure out where your life took a bad turn.

HV: I have noticed that people in burnout retire into their own world. Now they may be just as talkative as before, but somehow they are more distant.

The person's spontaneity seems to be gone, they seem to be more artificial. It seems as though there is always an aura of repressed anger about them – as though they are 'ticked off and you don't know why. You wonder if it's at you or if it's at everything. You never know.

You can't even talk to them about it because they will not talk about it. They will even deny that it is true.

ECK: This is true. People in burnout will withdraw. They hesitate to communicate; you have to be so careful what you say to them, and often they won't cooperate or want to work with anyone.

They act as if they want to do everything on their own without *anybody's* help. If you try to get too close to them they push you away. Even though they need your help, they may act as if they don't, and even act as if they resent your 'interfering' with them.

HV: It seems that people don't recognize non-communication as a sign of burnout. Burnout victims become impossible to understand if you don't understand the energy catastrophe that has happened to them. The person is no longer the same person that he was before. He becomes unapproachable.

The mood changes are amazing. For a spell, they may cheer up and it seems like old times again, and they are open and you can feel a part of them and part of their life for a little while. But then the door closes and you are on the outside again.

Within minutes, or overnight, they withdraw again into their own 'kingdom' – and no matter how much they truly love you – when they are in burnout, they really want to be independent. Somehow they always seem to be holding back. They never give themselves to you. Burnout victims can be infuriatingly aloof.

I guess they feel so threatened that they protect themselves by way of a physical as well as emotional withdrawal from those around them.

If you don't understand that a person is going through burnout, you may even think they don't care about you anymore. They do. But they are too burned-out and fearful to express it.

ECK: Women who have a husband in burnout often tell me that their husband just isn't the same anymore. They say he's not the person they married. They are right, because burnout changes you. It can turn a bold, fearless go-getter into a timid, fearful chronic complainer. It shouldn't come as a surprise that burnout breaks up so many marriages.

Very few people can keep putting up with a person that is in burnout. As a result of burnout, a high percentage of women finally give up on their men and vice versa'. Burnout is not understandable to a partner who has not had it. They say to the partner, 'How can anyone be exhausted all the time and not work?'

“Another sign of burnout is when a person keeps bursting into anger for little or no reason.”

HV: It's a shame that people who love each other break up because of a phenomenon that neither of them understands. Burnout is not conducive to any deep or lasting relationships.

ECK: Burnout victims blow up at the least provocation with what little energy they have remaining. You never know when something is going to get to them.

The person becomes irritable over little things. I know myself, down at the office, I used to flare into anger moods, and then I'd feel good for thirty minutes, forty minutes. Then I would collapse again.

HV: The person may complain about how the blow-ups are exhausting them, and about how they hate upsets, but still, they are driven to keep creating them.

ECK: Another big sign of burnout is a loss of sexual desire. The person often attributes such disinterest to overwork, or to the need for a vacation. Rarely does he realize he is into a long-term energy collapse.

HV: The person might think that their relationship with their partner isn't satisfying and that they need a different person.

ECK: This is true. It is very easy to blame everybody else when you are in a state of adrenal exhaustion.

One of the first insidious signs of burnout – even before chronic fatigue – is that all of a sudden the person is not as sexually aroused as he used to be. He doesn't think about it as often and he doesn't participate in it as often. What we are saying applies even more to women than it does to men.

When you are under excess stress, your body will sacrifice the production of sex hormones for the production of hormones which are necessary to combat stress. The body produces cortisone and other cortical hormones to defend against exhaustion. These hormones must take precedence over sex hormones.

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When people are weary, they are oversensitive and prone to misunderstand comments made by the other. Both partners, in their hearts, want to forever say, "I love you" but are too weary to say it, or too tired to feel anything when it is said to them.

The joy even goes out of kissing. One person kisses the other, feels no loving response and thinks, "What's wrong? Doesn't he (or she) love me anymore? Why can't I make him (or her) happy?"

A tired person is fearful, and an exhausted couple is more prone to doubt each other. One partner wonders "Will she (or he) always love me as I am," and the other is thinking the same.

As the fatigue settles in, the joy goes out of being together. You get so tired, you don't want to be touched and you don't enjoy touching – much less lovemaking. You can get so on edge that just the turning of the pages of the daily newspaper or the squeaking of a chair can irritate you.

You are so tired you can't enjoy anymore the little kindnesses you used to do for each other. You get too exhausted to even do them, and when totally exhausted, to even care.

Apathy replaces joy, and life becomes boring. People start wondering if they really *are* meant for each other. They wonder what happened to the original feelings that got them together.

Fatigue and exhaustion can do all of this and more. It can help destroy a marriage that should have lasted forever. But these things need not be.

Couples can regain their biochemical balance. They *can* return to the joy they had in the beginning. With energy renewed, they once again *give to each other*, as they had always intended to do.

The above excerpt is from the 1985 Healthview publication titled,
**“ENERGY: How it affects your emotions, your level of achievement, and your entire personal well-being.
A course on increasing your energy through the balancing of your body's minerals.”**

The 'ENERGY' book introduces the *Science of Human Energy* hypothesis. With gratitude to the publishers Colin and Loren Chatsworth, and to the late Dr. Paul Eck for their immense contributions to furthering early public awareness and understanding of the science of mineral relationships and how they affect human energy.

(This highly recommended book is no longer in print, but available today in [Kindle edition here](#).)