



Dr. Sheila Dyer

NATUROPATHIC DOCTOR

Naturopathic Doctor In Toronto Warns Of The Health Dangers Of an Inconsistent Work Schedule

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Dr. Sheila Dyer, ND, a naturopathic doctor based in Toronto, Ontario, Canada, with website at <https://sheiladyernd.com/>, has warned that an inconsistent work schedule can have a negative impact on a person's health. This is due to the disruption of a person's circadian rhythm, which is the internal wake-sleep cycle of a particular person. Having a disrupted circadian rhythm, for whatever reason such as working late until the wee hours or having jet lag, can have an effect like being intoxicated. Dr. Dyer explains that there are health risks from having a disrupted circadian rhythm for a substantial period of time.

Dr. Dyer explains, "There are five most commonly diagnosed health risks associated with the disruption of the circadian rhythm. These are heart disease, certain types of cancer, diabetes, digestive disorders, and adrenal fatigue. If your work schedule means that you may have circadian system irregularities, I've got experience helping patients with their sleep issues, and have managed to leverage natural remedies to help them. In addition to helping you sleep, I can also work on reducing your risk of developing the above mentioned conditions. Take action now to address your sleep cycle irregularities, and enjoy life at a whole new level."

Studies have shown that the risk of developing heart disease is directly proportional to how long people work night shifts or rotating shifts. Fortunately, it was also observed that avoiding that kind of lifestyle will also result into the reduction of the chances of getting heart disease. Dr. Sheila Dyer can help provide an appropriate naturopathic medical assessment for those who believe their health is being undermined by their work schedule. More about Dr. Dyer can be obtained from her Instagram page at <https://www.instagram.com/drsheiland/>.

Meanwhile, the body produces melatonin at the time when a person is supposed to sleep and it is this chemical that helps a person sleep. However, an inconsistent work schedule, disrupts melatonin production. Unfortunately, studies have revealed that melatonin also has anti-oxidant and anti-cancer properties, with the result that an inconsistent work schedule has been found to be statistically related to breast cancer, endometrial cancer, prostate cancer, and colorectal cancer.

Aside from affecting melatonin and cortisol, a disrupted circadian rhythm has also been found to affect the hormones that regulated appetite, obesity, and diabetes. Studies have revealed that the risk of diabetes or metabolic syndrome is higher in people in shift work schedules.

Furthermore, people with inconsistent work schedules have been observed to have more frequent bouts of diarrhea, constipation, and abdominal pain. They also tend to have a higher chance of developing irritable bowel syndrome or ulcers in the small intestine.

And finally, people who have inconsistent work schedules produce so much cortisol in their bodies that the endocrine system goes into some kind of shock. Dr. Dyer suggests that people who are experiencing such high level stress, consult with a naturopathic doctor and get their levels tested. A 24-hour salivary panel is often used to find out if adrenal fatigue is being caused by a person's inconsistent work schedule.

Dr. Dyer offers naturopathic medicine assessment among other services. She wants to stress that people may be in for a surprise, having been used to the usual consultation with a medical doctor that often lasts for only a short time. In contrast, a naturopathic medicine assessment usually lasts for 90 minutes. The process takes a look at a number of things, including the patient's health goals, health history, current physical state, current emotional state, and current lifestyle. Dr. Dyer may also request some laboratory testing, such as blood test, stool sample, urine sample, hair sample, and salivary assessment. Dr. Dyer may then propose a number of naturopathic services. These include acupuncture, functional diagnostic testing, and nutritional counselling.

Those interested in the services of a naturopathic doctor can visit Dr. Sheila Dyer's website or contact the

clinic through the telephone or via email. People may also want to check out their Facebook page at <https://www.facebook.com/sheiladyernd/>.

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Dr. Sheila Dyer, ND

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