

# *Dr. Goldman's Book Reviews*

## **SAFE USES OF CORTISOL**

Third Edition

By

**William McK. Jefferies**

Charles C. Thomas, Publisher 2004

It is difficult to find an article, book or website discussing Adrenal Exhaustion, Adrenal Fatigue, Chronic Fatigue Syndrome or Fibromyalgia without a reference to William McK. Jefferies, M.D. and this book. When I first tried to find a copy, the available used copies from Amazon.com sold for many multiples of the cover price. The first edition was published in 1990. Retired from decades of medical practice in Cleveland, Ohio, Dr. Jefferies must now be near ninety years old. He is one of the three giants of the Post WWI generation of physicians who were the original proponents of Bioidentical hormone use. **Dr. Jefferies** had special interest in the Adrenal Gland, **Dr. Broda Barnes** in Thyroid and **Dr. John Lee** in the ovary and Progesterone in particular.

Dr. Jefferies medical practice and observations span decades. Instead of using the commonly used synthetic corticosteroids, (non-bioidentical patented synthetic replacement drugs for natural cortisone and hydrocortisone) Dr. Jefferies suggests using much lower, physiologic doses of the real, bioidentical hormones. Like Drs. Barnes and Lee, Dr. Jefferies found total resistance from the main US medical community.

I find the ideas that Dr. Jefferies proposes to make sense. I also feel that powerful synthetic corticosteroids are grossly overused. I wonder if the much lower doses of the natural hormones he suggests would do a better job with lower side effects and less risk and expense. No rheumatologists, dermatologists, ENT specialists or any of the other specialists who use a great deal of steroids seem interested trying this protocol. Most doctors use Prednisone, methylprednisolone, dexamethasone or some other powerful steroids.

**I must add, however, that I have had very little success in treating my chronic fatigue patients with replacement Cortisol.** I have come to the conclusion that the only hope for these patients is to aid them in helping their adrenal glands to heal. Despite a vast literature in books and on the internet, replacement Cortisol and DHEA seem to me to be of only marginal help in restoring health and vitality to **Chronic Fatigue Syndrome** patients.

Robert P. Goldman, MD 1-27-2007