

Title:

Adrenal Fatigue Symptoms

Word Count:

639

Summary:

Adrenal Fatigue occurs when your adrenal glands - 2 small glands that sit on top of your kidneys

When your adrenal glands become overworked, they cannot keep up with the stresses of your everyday

Note that just bec...

Keywords:

adrenal, fatigue, insufficiency, exhaustion, symptom, symptoms, burnout, disorder, gland, glands, disorder

Article Body:

Adrenal Fatigue occurs when your adrenal glands - 2 small glands that sit on top of your kidneys

When your adrenal glands become overworked, they cannot keep up with the stresses of your everyday

Note that just because you have one or two of the symptoms of adrenal insufficiency does not mean

You'll want to learn some of the common causes of adrenal fatigue to see if you can identify w

Here are the key symptoms of adrenal fatigue:

You're Tired For No Explainable Reason

People with adrenal fatigue experience extreme physical exhaustion and they don't have an explain

You Gain Weight Easily - Especially Around the Middle

People with adrenal fatigue often notice they gain weight very easily. They especially notice

You Have Difficulty Rising In The Morning

Those with adrenal fatigue often find they feel tired when getting up in the morning - even w

You're More Susceptible To Flus and Colds

If you have adrenal fatigue, you may notice that you seem to be catching every flu and cold th

You Often Feel Overwhelmed and Run Down

People with adrenal insufficiency often feel run down and overwhelmed with the tasks they have

You May Crave Salty or Sweet Snacks

This may include high protein snacks like meat or cheese. Some people with adrenal fatigue can

You Feel Better In A Less Stressful Environment

Many people with adrenal insufficiency feel better when on vacation. Their symptoms may even c

You Are Troubled By 'Brain Fog' or Inability to Concentrate

This may include things like the inability to remember certain details, appointments, etc. Thi

Increased PMS For Women

Women with adrenal disorder may find their periods become heavier and/or irregular. They may a

Those are several key symptoms of adrenal fatigue. Other symptoms include:

Lightheadedness/Low Blood Pressure

Tendency to Tremble When Under Pressure

Reduced Sex Drive

Heart Palpitations

Nervousness/Raw Nerves

Poor Digestion

Feel Most Energetic in the Evening

Extremely Sensitive To Cold

If you can identify with the majority of these adrenal fatigue symptoms you may want to read a

Adrenal fatigue can be overcome and you can feel better. Listen to your body, cut back on stre

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