

Title:

Adrenal Fatigue and How to Beat It

Word Count:

851

Summary:

Article describes adrenal fatigue, reviews it's causes, diagnostic testing, treatment, and help

Keywords:

Adrenal Fatigue, Adrenal Stress

Article Body:

Your adrenal glands are two tiny pyramid-shaped pieces of tissue situated right above each kidney.

Adrenaline is manufactured in the interior of the adrenal gland, called the adrenal medulla. Cortisol is produced in the adrenal cortex.

In addition to helping you handle stress, these two primary adrenal hormones, adrenaline and cortisol, control body fluid balance, blood pressure, blood sugar, and other central metabolic functions.

In the heightened nervous state of adrenal burnout, the body overproduces adrenaline, cortisol, and other adrenal hormones.

When stress continues over prolonged periods of time, the adrenal glands can deplete the body's adrenal reserves.

Adrenal dysfunction can disrupt the body's blood sugar metabolism, causing weakness, fatigue, and other symptoms.

Common Causes of Adrenal Stress

- Anger
- Fear / Worry / Anxiety
- Depression
- Guilt
- Overwork/ physical or mental strain
- Excessive exercise
- Sleep deprivation
- Light-cycle disruption
- Going to sleep late
- Surgery
- Trauma/injury
- Chronic inflammation
- Chronic infection
- Chronic pain
- Temperature extremes
- Toxic exposure
- Malabsorption
- Maldigestion
- Chronic illness
- Chronic-severe allergies
- Hypoglycemia
- Nutritional deficiencies

Testing for Adrenal Health

In order to determine the health of your adrenal glands you need to have a simple blood, urine, and saliva test.

Associated Symptoms and Consequences of Impaired Adrenal Functioning

- Low body temperature

- Weakness
- Unexplained hair loss
- Nervousness/Panic Attacks
- Difficulty building muscle
- Irritability
- Mental depression
- Difficulty gaining weight
- Apprehension
- Hypoglycemia
- Inability to concentrate
- Excessive hunger
- Tendency towards inflammation
- Moments of confusion
- Indigestion
- Poor memory
- Feelings of frustration
- Alternating diarrhea and constipation
- Osteoporosis
- Auto-immune diseases/hepatitis
- Lightheadedness
- Palpitations [heart fluttering]
- Dizziness that occurs upon standing
- Poor resistance to infections
- Low blood pressure
- Insomnia
- Food and/or inhalant allergies
- PMS
- Craving for sweets
- Dry and thin skin
- Headaches
- Scanty perspiration
- Alcohol intolerance

Treatment

Lifestyle changes such as:

Eating steadily, all day long. Skipping meals is one of the worst things you can do for your health.

Skipping breakfast is particularly bad, as it is a sure fire way to gain, not lose, weight. If you skip breakfast, your metabolism slows down and you burn fewer calories throughout the day.

Absolutely NO Caffeine. Coffee/Sodas over stimulates your adrenals and they deplete important nutrients. Coffee does not give you energy; coffee gives you the illusion of energy. Coffee actually drains your energy.

Exercise to relax. Walking, Yoga, deep breathing, meditation, or stretching. No vigorous or aerobic exercise.

Avoid alcohol, processed foods, and tobacco. Nicotine in tobacco initially raises cortisol levels, but then depletes adrenal function.

Reduce stress; learn relaxation techniques such as deep breathing, visualization, progressive muscle relaxation, etc.

Helpful Supplements

The use of small amounts of natural adrenal hormone (hydrocortisone) to bring slightly low adrenal function back to normal. Take a daily multivitamin to provide nutritional support to the adrenal gland.

Vitamin C 1,000-3,000 mg a day

L-Theanine 100-400 mg a day

Pantothenic Acid (Vitamin B5) 300 mg a day

Licorice (Glycyrrhiza glabra), no more than 1000 mg of glycyrrhizin

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