

# Adrenal Fatigue

More and more people (especially women) are finding themselves afflicted with Adrenal Fatigue. What are some of the symptoms of this disorder?

- Insomnia
- Depression
- Excessive Fatigue
- Weight Gain
- Hair Loss
- Poor Immune Function
- Decreased Memory
- Decreased Libido

If you experience one or more of the above symptoms, you may have adrenal fatigue.

Stress hormones such as cortisol are produced and regulated by the adrenal glands. They are created to help the body to deal with stressful situations by increasing the heart rate and the force of contraction and blood flow to the heart, liver, skeletal and adipose tissue. They also dilate airways to the lungs and increase blood levels of glucose and fatty acids.

Stress hormones and their effects are linked to virtually every body system. Thus, many physiological processes and bodily functions, including cardiovascular health, sex drive, pH balance, skin conditions, energy levels, mood and overall psychological outlook often correlate to adrenal gland function.

The adrenal glands are a key organ system for managing fluid balance, managing inflammation and providing sustained energy throughout the day. The adrenals help you sail through the negative effects of stress, including emotional, mental and physical

stress, and they fight fatigue and muscular weakness.

Today's stressful, sleep deprived lifestyle and poor "fast-food" dietary habits have a cumulative effect on the adrenal glands. Your ability to respond to stress well is directly affected by adrenal function. It directly affects your level of muscular strength, blood sugar levels, energy levels and sense of well-being.

If long term chronic stress has depleted your adrenals, creating adrenal fatigue, what can help your adrenals? A few adjustments in your lifestyle and diet can help. First, it is important to avoid stimulants. As much as you may want them (or feel like you need them to make it through your day), in the end they will only put more stress on the adrenals, making them work harder and become more depleted. So, avoid caffeine, ephedra, guarana, kola nut, and any other stimulants.

Next you will want to balance your blood sugar with low glycemic foods. Eating high quality protein, an abundance of fruit and high-water-content vegetables can help to keep blood sugar levels stable and cause less strain on the adrenals.

Getting at least 6 solid hours of sleep per nights allows for the time needed for adrenal regeneration.

Some vitamins and supplements that are helpful include vitamin C (the adrenals are huge vitamin C hogs), B vitamins (especially B6) and herbal adaptogenic formulas.

Regular exercise is beneficial for helping to release effects of stress, as well as promoting better sleep, which helps to clear cortisol and enhances adrenal function. ♦