

Adrenal Fatigue

Adrenal fatigue is estimated to affect around 80% of people in the world! According to James Wilson (author of *Adrenal Fatigue: The 21st Century Stress Syndrome*), chronic stress and lifestyle affect the body's ability to recuperate from physical, mental or emotional stress.

Sadly, most people struggle with adrenal fatigue at some point in their lives. Symptoms include body aches, trouble concentrating, racing thoughts, moodiness and irritability, feeling overwhelmed, always tired, hormone imbalance, and cravings for sweet and salty foods.

These symptoms can be indicative of a few different disorders and are often overlooked by doctors, but more and more people are starting to realize that a combination of these could indicate the onset of adrenal fatigue, also known as adrenal insufficiency. And if you have adrenal fatigue, it can also be a major cause of excess fat storage and extremely low energy levels.

Your adrenal glands are responsible for balancing hormones, such as:

- **Glucocorticoids** - hormones that balance your body's blood sugar, help with energy and food metabolism, help your body manage stress, and manage your immune response (e.g., cortisol).
- **Mineralocorticoids** - hormones that maintain healthy blood pressure, manage your blood hydration level, and keep your blood healthy by keeping salt and water in balance (e.g., aldosterone).
- **Sex hormones** - estrogen and testosterone.
- **Adrenaline** - hormones that affect your heart health, make sure that all parts of the body are getting blood, and convert glycogen into glucose in your liver.

Adrenal fatigue is a condition where your body and adrenal glands can't keep up with the tremendous amount of daily stress many people experience. Sometimes misunderstood as an autoimmune disorder, adrenal fatigue can mimic some precursors to other common illnesses and disease.

What happens when the adrenal glands stop producing hormones efficiently? Every bodily function is affected and as adrenal hormone levels shrink, even the normal "get-up-and-go" you get from them disappears. Adrenal fatigue symptoms include morning fatigue or trouble waking up, decreased libido, depression, muscle weakness, poor focus, anxiety, and inflammation. Support for adrenal fatigue involves reducing stress on your body and your mind, eliminating toxins, avoiding negative thinking, and replenishing your body with healthy food, supplementation, and positive thoughts.

In every case of adrenal recovery, diet is a huge factor. There are a number of foods that support adrenal function. They help replenish your adrenal energy so your system can come back to full health. But first you must start by removing any hard-to-digest foods and any toxins or chemicals in your environment.

The idea is to remove anything that taxes your adrenals, such as caffeine, sugars and sweeteners, processed and microwaved foods, and denatured oils. On the flip side, add coconut oil, olives, avocado, fatty fish (wild caught), nuts, seeds, seaweed, and Celtic sea salt. These foods help overcome adrenal insufficiency because they're nutrient-dense, low in sugar, and have healthy fat and fiber.

Another big key to overcoming adrenal fatigue is taking the right supplements. The following are adrenal-boosting nutrient supplements that are needed to get your adrenal function back up, such as:

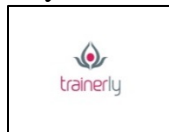
- [ADHS](#) (adrenal supporting vitamins, minerals and herbs)
- ADB5-Plus (adrenal supporting glandulars, vitamins, minerals and herbs)
- [Cytozyme-AD](#) (adrenal supporting neonatal bovine adrenal glandular)
- Cytozyme-PT/HPT (adrenal supporting lamb pituitary and hypothalamus glandular)
- 7-Keto-Zyme (adrenal support through modulating cortisol levels)
- [DHEA](#) (adrenal support through providing hormonal precursor to testosterone, progesterone and estrogen)
- Bio-3B-G (adrenal support through providing phospholated forms of B1, B2, and B6)

Taking these supplements and making lifestyle changes could greatly improve symptoms of adrenal insufficiency. Please contact us with any questions.

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