



Adrenal Fatigue

The following free download contains a few excerpts from the book Adrenal Fatigue.

Are you one of the suspected 80% of population in the western world that suffers with adrenal issues?

You may be, yet not even suspect that you have a problem. Do you drift through life in a haze, simply accepting that you...

- Don't sleep well
- Have low periods in the afternoon
- Wake up tired
- Don't have a lot of get up and go?



Are you one of those people who runs on adrenaline? Do you feel...

- Burnt out?
- Stressed out?
- Worn out?
- Tired?
- Frustrated?



But keep going anyway?

Do you keep going because?

- You need the finances
- You are a single parent with children to support
- You are developing a new career and putting everything you have into it
- You are afraid of losing your job?

There are all kinds of reasons people keep pushing themselves and keep going beyond what is healthy but what is going on in their bodies? And how long can they continue before they crash.

Cortisol plays a role in:

- Regulating blood sugar
- Suppressing the immune system
- Aiding in fat metabolism
- Aiding in protein metabolism
- Aiding in carbohydrate metabolism
- Regulating inflammation

The interactions between these organs in the HPA (Hypothalamus – Pituitary - Adrenal axis) and the resulting production of substances control such functions as:

- Digestion
- Energy storage and expenditure
- Immune system
- Mood and emotions
- Reactions to stress
- Sexuality
- Various other body processes

Many people go around with undiagnosed adrenal fatigue symptoms simply because the symptoms can be so diverse. To help you understand all this, I have provided both a short list and a long list of possible symptoms.

The short list consists of the most common, well recognized symptoms. If you are experiencing one or more of the following, you may be experiencing adrenal fatigue:

- You crave salty and sweet snacks
- You feel tired for no reason
- You repeatedly wake up tired even if you had a good night's sleep
- You feel rundown and/or overwhelmed
- You have difficulty recovering from stress or illness
- Fatigue

- You feel more awake, alert and energetic after 6 p.m. than you do all day.

Now let's look at the longer list, which in addition to the above includes:

- Oversensitivity to bright sunlight – sodium-potassium imbalance
- Muscle weakness
- Bald patches on your arms or legs
- Hollow cheeks
- Pale lips
- Vertical lines in the skin on the fingertips
- Inability to recover effectively from exercise (20-30 minute recovery time)
- headaches with physical or mental stress
- weak immune system and allergies
- slow to start in the morning
- gastric ulcers
- afternoon headaches
- feeling full or bloated
- craving sweets, caffeine or cigarettes
- blurred vision
- unstable behavior
- becoming shaky or light-headed if meals are missed or delayed
- cannot stay asleep or cannot fall asleep
- dizziness when moving from sitting to standing or lying to standing
- transient spells of dizziness
- asthma
- hemorrhoids, varicose veins



Now you can learn all about the different causes of Adrenal Fatigue and what you can do about it to bring you back into health.

If you have more questions and want to contact Dr. Holly directly, email her at holly@choicesunlimited.ca.