



Are you suffering from Adrenal Fatigue? – November 2013

If you find that you can answer **YES** to 3 or more of the following questions then the chances are that your body is on constant alert the **'fight & flight'** mechanism and long-term stressors can cause loss of energy, tiredness, fatigue, thyroid problems. Digestive problems, sleeping problems, anxiety, depression and weight gain.

Adrenal Fatigue - Take the test below!

- Are you always exhausted, feeling run down and stressed?
- Are you living on coffee or fizzy drinks to keep you going?
- Do you have cravings of sweet snacks
- Are you having trouble sleeping?
- Are you having digestive problems?
- Are you experiencing a decrease in your sex drive?
- Are you struggling to keep up with life's daily demands?

Do some of these questions resonate with you?

Would you like to find out how you can improve your energy?

This health article will address the causes, symptoms, offer testing, nutritional advice, supplements and herbs to help support the adrenal glands, creating an abundance of energy and enabling you to cope with life's daily demands.

What is Adrenal Fatigue?

In this age of fast living where we are struggling to juggle being a parent and holding down a full or part-time job. Mix in the social media: answering emails, tweeting and being constantly connected to the internet, then add in the unhealthy eating, lack of exercise and daily consumption of alcohol and we have a recipe for Adrenal fatigue. We have become so good at multi-tasking that we are afraid to stop for a moment and allow our bodies to switch off and relax in case we are missing out on something! It is no wonder our minds and bodies have little time to rest and recover.

What are your Stressors?



To what effect is this having on our adrenal glands and why do we need to start making some changes in our lives?

Why are the Adrenal glands so important?

The adrenal glands are part of the endocrine system, which regulates all our hormones in the body. This particular gland produces hormones that influence or regulate salt & water balance in the body, the body's response to stress, our metabolism, the immune system and our sexual development and function. It also converts fats and protein into energy and utilizes carbohydrates and fats. It normalizes blood sugar regulation, cardiovascular function and gastrointestinal function.

What happens when we abuse our adrenal glands?

Our adrenal glands adapt to stress by the 'fight and flight' mechanism, preparing us to either stand and fight or run from danger. Unfortunately with our modern lifestyle we are constantly being over stimulated and this mechanism remains switched on creating the 3 stages of adrenal fatigue.

The 3 stages of Adrenal Fatigue

Stage 1

When our bodies are in the initial stages of adrenal fatigue we feel '**wired**' and over-energized all day by the high levels of stress hormones (DHEA & Cortisol) that the body produces to keep you alert and focused. But as our bodies are stressed over and over again, day after day by our lifestyles, high intake of caffeine, alcohol, workload, emotional stressors and the type of food we eat, the destruction of our adrenal health is almost inevitable.

Stage 2

This damage doesn't happen overnight and if the stress continues over a long period the adrenal glands become **overloaded** and start to produce symptoms:

Weight gain

Digestive problems

Thyroid problems

Blood pressure irregularities

Irritability, anxiety, stress

PMS

Problems with sleeping which can leave you tired and drained

Stage 3

Eventually if you continue on this cycle the stress hormone levels become so depleted that your symptoms become chronic, you feel exhausted, tired, fatigued and find it a struggle to cope with life's daily demands leading to Chronic Fatigue.

So you see how this very important gland, if mistreated, can have a major affect on your health, and the other systems in your body.

A few tips to reduce your stress load on the adrenal glands:

A simple **saliva test - Adrenal stress profile** at <http://www.gdx.net/uk/> will give you a good indication of how your adrenal gland are functioning.

- Avoid caffeine
- Avoid alcohol
- Reduce refined sugar intake
- Eat lots of fresh vegetables and go easy on the fruit (avoid the morning) – always choose organic produce
- Eat regular meals – breakfast, lunch, dinner and healthy snacks to help balance blood sugar.
- Good quality protein from meat, fish, poultry, eggs, dairy and plant sources (legumes, soy, nuts, seeds)
- Avoid refined, processed foods
- Regular exercise and deep breathing techniques
- Reduce your stress levels by dealing with what is causing the stress – look at my therapies on NLP, TLT and Hypnotherapy
- Take a good adrenal supplement - Nutri Adrenal Extra or Biocare Ad 206. Plus Omega 3 fish oils (Eskimo 3) – all available online.