

# Adrenal Fatigue



Tests that attempt to do so include any combination of salivary cortisol tests, DHEA-Sulfate serum test, thyroid hormone tests and a non-validated survey.

## ► Diet Therapy for Adrenal fatigue ◀

Some interventions for adrenal fatigue include:

- moderate exercise
- A balanced diet that supports proper blood sugar regulation
- Adequate sleep
- Stress relief and management techniques

The doctors may recommend supplements:

- B-vitamins
- Vitamin C
- Magnesium
- Coenzyme Q10
- Ashwagandha
- Rhodiola
- Licorice Root
- Dehydroepiandrosterone (DHEA)

The adrenals are dramatically affected by sugar and salt intake. The doctors strongly advise their patients with adrenal fatigue to follow a low sugar or low-glycemic diet. This does mean limiting or avoiding entirely processed carbohydrates, especially bread and pasta.

Eating lower carb diet for too long can put stress on the adrenals and cause hormonal imbalance.



So it's important to get good, healthy carbs into your diet each day such as: potatoes, root vegetables, peas, properly prepared legumes or gluten-free grains, apples, pears, berries, and beets.

Some steps to heal adrenal fatigue:

- As soon as you wake up, drink a glass of water along with 1/4 teaspoon of Celtic sea salt.
- Eat breakfast within one hour of waking.
- Eat regular meals throughout the day and include some protein, complex carbohydrates and healthy fat in each meal.
- Sit down to eat each meal and eat slowly.
- Diffuse essential oils throughout the day to help you feel more relaxed.
- Avoid intermittent fasting or a super low-carb diet right now.
- Eliminate all caffeine.

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- cognitive issues or “brain fog”
- increased energy levels in the evenings
- cravings for salty and sweet foods
- overuse of caffeine and other stimulants
- a compromised immune system
- nervousness



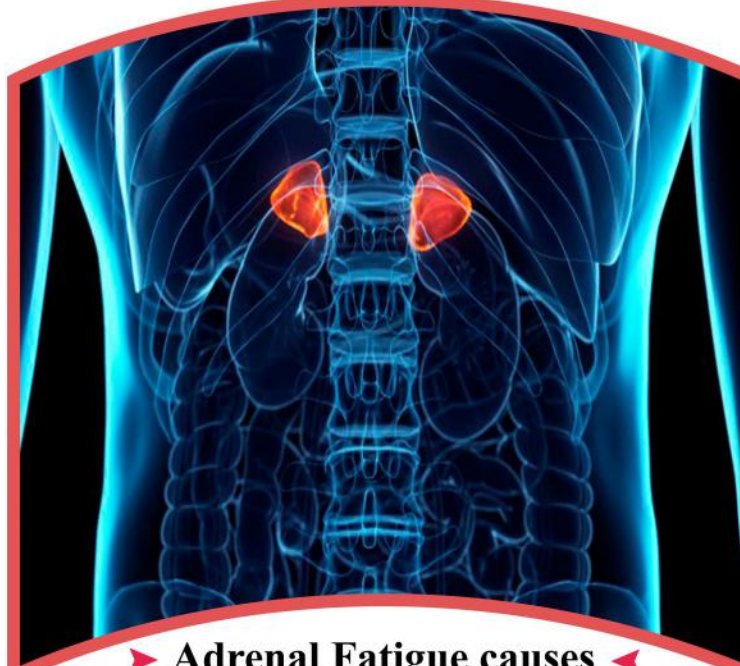
## ➤ Adrenal Fatigue Definition ◀

The adrenals are two small glands that sit on top of the kidneys and produce several hormones, among them, cortisol. Under stress, we produce and release short bursts of cortisol into the bloodstream. The adrenal fatigue theory suggests that prolonged exposure to stress could drain the adrenals leading to a low cortisol state. No scientific proof exists to support adrenal fatigue as a true medical condition.

## ➤ Adrenal Fatigue Symptoms ◀

Common symptoms of adrenal fatigue are thought to include:

- Fatigue
- Body aches
- poor stress response and mood regulation



## ➤ Adrenal Fatigue causes ◀

Any kind of excess stress causes the adrenals to increase cortisol production.

Adrenal fatigue is thought to occur when the adrenals have been overworked to a degree that they can no longer secrete levels of cortisol that are adequate for optimal function. Potential stressors include environmental and dietary influences, as well as anxiety and emotional stresses. Experiences such as grief, trauma, and autoimmune conditions are considered to have a possible chronic negative impact on adrenal function.

## ➤ Adrenal Fatigue Diagnosis ◀

However, there are no scientifically validated tests to assess whether a patient is experiencing altered hormone levels that could indicate subclinical adrenal dysfunction.