

Could It Be Adrenal Fatigue?

Have you ever felt like you've completely burnt the candle from both ends, or have stretched yourself out way too thin? It's a common thing that many of us do to ourselves, and it's in no way, shape or form a healthy habit. There is a Dunkin Donuts, Starbucks or some other coffee shop on practically every other corner in America, with a line of people waiting to get their daily dose of caffeine and sugar. Right there alone is a sign that adrenal problems are at epidemic proportions in our modern culture. A large portion of our population is feeling exhausted and stressed out, unfortunately suffering from adrenal fatigue.

Our adrenal glands are these two cute, walnut sized glands that sit atop of our kidneys. How well you live and how good you feel depends heavily on your adrenal glands and if they're functioning properly. They help prevent illness, overcome illness and are a major source of sex hormones. Adrenals are also known as 'stress' glands because they enable us to deal with all kinds of stress including internal imbalances, not just 'work or family stress'. Adrenals are important because they influence every organ, tissue and process in our bodies, determining the breakdown of carbs and the conversion of fats. They also regulate our blood sugar and are in charge of the health of our gastro-intestinal system along with many other essential areas in our bodies. When the adrenals are tired, the body may experience a number of different symptoms.

The most common symptoms caused by tired or worn-out adrenal glands are mentioned below. Check off all that apply:

- | | |
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| <input type="checkbox"/> Morning fatigue | <input type="checkbox"/> Vertical lines on the skin of your fingertips |
| <input type="checkbox"/> Afternoon "low" (sleepiness from 2-4pm) | <input type="checkbox"/> Lack of energy |
| <input type="checkbox"/> Excessive sweating from little activity | <input type="checkbox"/> Light-headedness on standing up |
| <input type="checkbox"/> Dark circles under the eyes | <input type="checkbox"/> Tired but wired feeling, poor sleep |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Unexplained back or knee pain/weakness |
| <input type="checkbox"/> Muscle twitches or muscular weakness | <input type="checkbox"/> Pale lips |
| <input type="checkbox"/> Low blood sugar | <input type="checkbox"/> Cravings for sweets & carbs |
| <input type="checkbox"/> Oversensitivity of the eyes to bright sunlight | <input type="checkbox"/> Intolerance to alcohol |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Premature aging |
| <input type="checkbox"/> Hollow cheeks | <input type="checkbox"/> Frequent sighing |
| <input type="checkbox"/> Sensitivity to light, or difficulty seeing at night | <input type="checkbox"/> Balding lower legs (particularly in men) |
| <input type="checkbox"/> A craving for salt | <input type="checkbox"/> Increased allergies |
| <input type="checkbox"/> Mild depression | <input type="checkbox"/> Dry, unhealthy skin with excess pigmentation |
| <input type="checkbox"/> Low stamina for stress, and easily irritated | <input type="checkbox"/> Lack of libido |
| <input type="checkbox"/> Excessive mood responses after eating carbohydrates (such as pasta, breads and sugar) | <input type="checkbox"/> Cystic breasts |
| <input type="checkbox"/> Chronic infections (bacterial, viral, fungal, yeast) | <input type="checkbox"/> Tendency to startle easily |
| <input type="checkbox"/> Low blood pressure | <input type="checkbox"/> Negative response to thyroid hormone |
| | <input type="checkbox"/> Feeling overwhelmed most of the time |

If you suspect you might have tired adrenals, address it right away with a trusted doctor. Adrenal glands are extremely important to a healthy immune system. They are necessary for proper thyroid function. The great news is, adrenal fatigue can be reversed and you can turn your life around to feel great, again!

Natural Ways to Support Your Adrenals

- Get some sleep. You must rest if you are going to help your adrenals get stronger. That means going to bed every night by 10 p.m. Make this a priority and stick with it. Your adrenals need their beauty sleep!
- Eliminate sugar and processed carbs. Sugar and simple carbs (junk!) put stress on the adrenals. This includes white flour and other processed grains. Adrenal glands help to regulate blood sugar levels.
- Eat clean animal protein foods, organic vegetables, fruits, nuts, legumes, beans and grains. Be sure to nourish your body and soul through good, healthy foods.
- Eat fatty fish or take [high quality fish oils](#).
- Replace toxic chemicals that you use around the house with [non-toxic alternatives](#).
- Laugh more often and be sure to plan something fun into your daily routine.
- Exercise, do yoga, dance around the house or get outside to take walks.
- Say "NO" more often. Right now is a time that you need to heal, so refusing to commit to obligations may help to free up your time and allow you some to focus on resting and relaxing.
- Consider adding a high strength B-complex supplement and 2-5k milligrams of vitamin C each day.
- Quit the coffee habit and drink plenty of fresh filtered water every day. Sorry, coffee lovers. Switch to an herbal tea, or give [Teecino](#) a try!
- Help yourself wind down by taking a bath, a nap, going for a massage, etc. R & R should be a huge priority right now.
- Exhale completely. Whenever you think of it during your day, focus on your breath, but more importantly your out-breath. Inhale deeply, but exhale slowly and fully, feeling your muscles throughout your body completely go limp.
- Spend some time in the sun each day (at least 15 minutes of unprotected direct sunlight).

Kindly remember that this information is not intended to be medical advice. Everyone is different, so do what feels right for you and more importantly work with your M.D. to help you along the way. Most adrenal issues are found with accurate, personalized testing and working with specialized doctors who run alternative testing – not just the regular blood work that your general doctor does. Unfortunately, most doctors often don't diagnose this problem, or if they do, will try to correct it with drugs (NOT the answer). Your doctor should address the causes and stimulate healthy glandular function with carefully selected supplements and lifestyle suggestions like the ones mentioned above. Have faith, be patient and give those precious glands loads of love!



Yoga, food, harmony & health.

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