

## Adrenal Fatigue

### Symptoms of Adrenal Fatigue

The symptoms of adrenal fatigue are simple to notice. For example:

- Morning fatigue -- You don't really seem to "wake up" until 10 a.m., even if you've been awake since 7 a.m.
- Afternoon "low" (feelings of sleepiness or clouded thinking) from 2 to 4 p.m.
- Burst of energy at 6 p.m. -- You finally feel better from your afternoon lull.
- Sleepiness at 9 to 10 p.m. -- However, you resist going to sleep.
- "Second wind" at 11 p.m. that lasts until about 1 a.m., when you finally go to sleep.
- Cravings for foods high in salt and fat
- Increased PMS or menopausal symptoms
- Mild depression
- Lack of energy
- Decreased ability to handle stress
- Muscular weakness
- Increased allergies
- Light-headedness when getting up from a sitting or laying down position
- Decreased sex drive
- Fat around the abdomen, often referred to as the cortisol tyre
- Reduced immunity resulting in persistent infections.
- Knowing you're not at your best.

### What is Adrenal Fatigue?

Adrenal fatigue is a collection of signs and symptoms, known as a syndrome, which results when the adrenal glands function below the necessary level. Most commonly associated with intense or prolonged stress, it can also arise during or after acute or chronic infections, especially respiratory infections. Divorce, bereavement or just responding to the daily demands of life can bring about adrenal fatigue.

### How does this happen?

Adrenal fatigue is produced when your adrenal glands cannot adequately meet the demands of stress. The adrenal glands mobilize your body's responses to every kind of stress (whether it's physical, emotional, or psychological) through hormones that regulate energy production and storage, immune function, heart rate, muscle tone, and other processes that enable you to cope

with the stress. Whether you have an emotional crisis such as the death of a loved one, a physical crisis such as major surgery, or any type of severe repeated or constant stress in your life, your adrenals have to respond to the stress and maintain homeostasis. If their response is inadequate, you are likely to experience some degree of adrenal fatigue.