

## **Feeling Lazy, Neurotic or Depressed? You May Have an Adrenal Deficiency!**

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***I'm just SO TIRED...***

***I'm SO depressed...***

***I NEVER have energy...***

These three sentences are some of the most common in the healthcare field. In fact, fatigue and depression are a huge contributing factor to the success of the pharmaceutical industry. Not to mention the recent boom of energy drinks on the market. While many factors can come into play when discussing these symptoms a large part of the population is actually experiencing adrenal fatigue. In fact up to 90% of the population has some level of adrenal fatigue. So what is this condition and what can you do about it? What are the adrenal glands? They are 2 small endocrine glands, the size of a walnut, that sit on top of each kidney. What do the Adrenal Glands do?

They are the “stress handling” glands. They produce a variety of hormones that help you handle all types of stress – physical, mental or emotional. They seek to keep your body functioning in a dynamic balance (homeostasis) amidst whatever external changes or challenges you meet. They help mobilize you for “fight of flight” in a dangerous situation.

### **They control:**

1. fluid balance
2. blood sugar balance in between meals
3. inflammatory and anti-inflammatory responses to injury or invasion
4. immune system response and strength

### **They produce the steroid hormones which:**

1. are the vitality hormones that determine overall strength, energy and stamina
2. provide a sense of well-being and maintain healthy mood and emotion

3. are on the backup system for sex hormones, and so are vital for everything from healthy pregnancy to healthy menopause, potency and fertility
4. when functioning in healthy levels and proportions, provide protection against all forms of dis-ease.
5. How well you live depends to a large degree upon how well your adrenal glands function!

### **Adrenal Fatigue**

1. Adrenal Fatigue is not recognized by conventional medicine. Only the extremes of Addison's disease or Cushing's disease are recognized.
2. Probably 90% of the population is in some degree of adrenal stress or fatigue.
3. Weak adrenal function sets the stage for a host of other conditions to appear and progress, including digestive problems, allergies, chronic fatigue, hypothyroidism, immune system weakness, diabetes, degenerative diseases and cancer.
4. Traditional blood tests are almost always normal even though the patient is clearly not well and presents with a host of signs and symptoms. These patients have often been told, "There's nothing wrong, it's all in your head," or have been branded as a hypochondriac, lazy, neurotic or a difficult patient.

**How do you "fix" adrenal fatigue?** The best thing to do is to contact your trusted acupuncturist, chiropractor or holistic nutritionist to discuss your options. Whole food and herbal supplements are usually used to treat this condition but first you should undergo a simple saliva test to see if you are truly experiencing this condition. Some supplemental suggestions may include Rhodiola & Ginseng, Rehmannia and Ashwaganda, Cataplex B, or Drenamin. High Grade Licorice is also recommended in many cases. The herbs/whole food supplements prescribed to you should be done by a professional and on a specific case by case basis after that professional has reviewed your test and your chart. Monthly follow-ups should be done to re-assess your dosages for the most effective results.