Onset of Adrenal Fatigue

- After a long period of stress or one severe stressful event (mental, physical, emotional)
- After someone has driven themselves to exhaustion
- After extended or severe respiratory infections - flu, pneumonia, bronchitis, tuberculosis
- Overwork with little play or relaxation for extended periods
Adrenal Fatigue: Key Signs & Symptoms

- Morning fatigue
- Difficulty getting going without coffee, colas
- Craves salty and/or sweets
- Needs coffee, colas or other stimulants to keep going.
- Becomes moody or irritable if meals are missed
- Low blood pressure
Adrenal Fatigue: Key Signs & Symptoms (cont’d)

- Decreased ability to handle stress and pressure
- Less productive at work
- Decreased ability to think clearly
- Lightheadedness when rising rapidly from a sitting or lying position
- Chronically tired
- Decreased sex drive
Adrenal Fatigue:
Key Signs & Symptoms (cont’d)

- Often becomes hypoglycemic under stress
- Needs to lie down or rest after sessions of psychological or emotional pressure/stress
- May complain of muscular weakness
- Becomes allergic or has increased frequency/severity of histamine-type allergic reactions.
Adrenal Fatigue: Key Signs & Symptoms (cont’d)

- Intolerance to high potassium foods (beans, veal, molasses, bananas, dried fruit)
- History of a “nervous break-down”
- Hyperventilation or frequent sighing, gasping-type breath.
Health States Frequently Associated With Adrenal Fatigue

- Chronic coughs
- Frequent or recurring bronchitis, asthma, colds and other respiratory involvements
- Allergic states (skin conditions, rash, dermatitis, etc.)
- Chronic Illnesses (Rheumatoid arthritis, chronic fatigue syndrome, fibromyalgia)
The adrenal glands are the first to fail under various conditions of stress.
Adrenal Fatigue Energy Patterns

- Difficulty waking early in the morning (doesn’t really wake up until approximately 10:00AM)
- Usually feels much better and fully awake after noon meal
- Afternoon low 4-6 PM
- Usually feels great after 6:00 PM
Adrenal Fatigue Energy Patterns

- Often tired at 9-10 PM but resists going to bed
- If does not go to bed by 11:00 PM gets a second burst of energy at approximately 11:00 PM, often lasting until 1:00 - 2:00 AM
- Wants to sleep late the next morning
- Best, most refreshing sleep often comes between 7:00 - 9:00 AM
- Often does his/her best work late at night (early in the morning)
Adrenal Fatigue Food Patterns

- Often craves food high in fat, feels better with high fat diet and uses high fat foods to drive self.
- Often uses high fat with caffeine diet to drive self.
- Often does not handle carbohydrates well without fats or protein.
- Craves salt and foods high in salt.
Adrenal Fatigue Aggravating Factors

- Constant life or work stress
- Poor dietary habits
- Unhappy relationships (work/home)
- Lack of exercise
- Insufficient enjoyable activities
- No control over how they spend their time
Adrenal Fatigue Relieving Factors

- Alleviation of stressful situation will often have almost immediate effect
- Regular meals decreases severity of symptoms
- Often better after spending a night with friends
Tests you can do yourself

- Blood pressure - drops by 10 mm hg upon rising from a sitting/lying position
- Pupil contraction - iris cannot hold contraction when light is shone into eye for more than 2 minutes
Lab Tests for Adrenal Fatigue -

- **Urine** - 24 hr Cortisol collection
- **Saliva** - Multiple cortisol tests during the day* (differs for age, sex & lab)
- **Plasma** - ACTH / Cortisol challenge test.

* This test can be done without a doctor’s order.
Treatment of Adrenal fatigue
Eating for Adrenal Fatigue

- Eat by 10:00AM and again before noon
- Eat regular meals
- Combine unrefined carbohydrates (whole grains) with good quality protein and oils (nuts and seeds) at most meals
- Avoid junk food (white sugar & flour products)
- Especially avoid hydrogenated fats and caffeine
- Use cold pressed oils - olive, walnut, filbert, flax
Nutritional Supplements to Heal the Adrenals

- A multiglandular formula designed to actually repair and rebuild adrenal tissue.
- A supplement to provide the nutrients needed to make the adrenal hormones.
- A vitamin C designed for the adrenals & people under stress.
- Liquid Herbal Formulas to act as adaptogens for the HPA axis & adrenals
Multiglandular Formulas

- Designed to actually repair and rebuild damaged adrenals.
- Helps optimize hypothalamus, sex glands, and pituitary repair & function.
- Best results when taken with other supplements to provide optimal nutrients for the adrenals.
Specific Nutrients for the Adrenals

- Provides the nutrients in the proportion needed to make the adrenal hormones
- Nutrients in the formula work in synchrony with each other for optimum benefit
- Works best in conjunction with:
Specific Vitamin C for Stress

- vitamin C designed for the adrenals
- Sustained release provides steady level of Vit C
- Ph balanced to prevent over-acidity
- Provides minerals to help calm nerves
- Provides proper ratio of bioflavinoids to Vit C
- Works best when taken with glandular extract, herbal adaptogens and specific nutrients for stress & adrenal function
Herbal Remedies

- **Licorice Root** (candy or powdered herb)- a specific to keep cortisol levels from falling. Can also increase blood pressure.
- **Ashwagandha Root** – Helps normalize the body’s response to stress.
- **Siberian Ginseng Root** – helps support adrenal function and increase resistance to stress.
Lifestyle Changes Needed to Correct Adrenal Fatigue

- Regular meals - chewing food well*
- Regular Exercise (20-30 minutes 4-5 times weekly - avoid highly competitive events
- Early to bed 9-9:30 PM; sleep in when possible
Lifestyle Changes Needed to Correct Adrenal Fatigue

- Lie down during work breaks
  - brief rest (15-30 minute) at 10:00AM &
  - between 3-5:00 PM
- Laughter – an important ingredient for recovering from adrenal fatigue
Lifestyle (how you live your life) is an important part of the cause and the solution in almost every person suffering from adrenal fatigue.

Failure to change your lifestyle will greatly limit your chances of recovery.
Adrenal Hormone Precursors

- **DHEA**
  - Male dosage 25-200 mgs/day divided into 2-4 doses
  - Female dosage 5-25 mgs/day divided into 2 doses

- **Signs of excess DHEA**
  - females - acne & facial hair usually the first signs of excess. Weight gain
  - males - increased aggressiveness, hostility, mood swings, irritability
Adrenal Hormone Precursors:

- Pregnenolone
  - 10 -50 mg bid male & female
  - Signs of excess - acne & facial hair usually first signs of excess

- Progesterone transdermal (female) –
  - 1/4 -1/2 tsp (5-50 mg) morning and evening
Body Burdens Often Depressing Adrenal Function (how to detect)

- Heavy metal build-up (hair analysis)
- Bowel imbalances or bad germs in intestines (stool analysis by specialty lab)
- Tooth and/or gum decay (careful dental exam)
- Subclinical root canal infection (history of onset of symptoms within 6 months of root canal)
Other Body Burdens Often Depressing Adrenal Function

- Depressed immune function, e.g. chronic sinusitis, chronic tonsillitis
- Low thyroid function
- Food or environmental allergies
These conditions are additive and cumulative in their effect on your adrenals
Recovery From Adrenal Fatigue

- Most people can fully recover from Adrenal Fatigue
- It usually requires lifestyle changes and taking dietary supplements.
- Be patient and be grateful
- Laugh a lot and be patient
- If improvement is not seen within 3 months, look for a possible body burden
Contact Information

Dr. James Wilson

drjameswilson@yahoo.com

1-888-ADRENAL (1-888- 237- 3635)