

Adrenal Exhaustion

The Invisible Epidemic

The effects of adrenal exhaustion can be profound: fatigue and weakness; suppression of the immune system; muscle and bone loss; moodiness or depression; hormonal imbalance; skin problems, autoimmune disorders; and dozens of other symptoms.



The Doctor says I'm not sick but I know I'm not well. Have you every thought this statement to yourself? Your body aches all over and it is hard to get anything done. You feel anxious or depressed over simple life events. Your ability to concentrate at work and at home is diminished. You have to drag yourself out of bed each morning. On the weekends you sleep till noon but still feel tired. Your weight has become unmanageable. You seem to catch every virus you are exposed to while others never get sick. You have become allergic to everything. Your stomach stays in knots and you are easily overwhelmed. You feel like you have lost your edge and are no longer in control. Do these symptoms describe you?

Approximately 85 percent of all American adults are walking around with burn-out adrenals, and they deal with it with Prozac and coffee!

SYMPTOMS:

- Constant fatigue, especially in the mornings
- Muscle weakness
- Low blood pressure
- Allergies and/or asthma
- Low reserves for coping with stress
- Irregular menstrual cycles, fibrocystic breasts, infertility
- Difficulty resisting infectious illness like flu and upper respiratory infection
- Depression caused by constant Fatigue

What should you know about Adrenal Exhaustion?

The original lifesaving role of the adrenals. Think primitive for a moment. The basic task of your adrenal glands is to rush all your body's resources into "fight or flight." When healthy, your adrenals can instantly increase your heart rate and blood pressure, release your energy sources for immediate use, slow your digestion and other secondary functions, and sharpen your senses.

Let's emphasize two points about this healthy stress response. First, it takes priority over all other metabolic functions. Second, it wasn't designed to last very long.

Now for the life we live today. Every challenge to the mind and body create a demand on the adrenal glands. The list of challenges is endless: lack of sleep, a demanding boss, the threat of losing your job, financial pressures, personality conflicts, yo-yo dieting, relationship turmoil, death or illness of a loved one, skipping meals, reliance on stimulants like caffeine and carbs, unresolved issues from our past or present.

Healing The Adrenals

In most cases you can restore healthy adrenal function. In our experience most women with mild to moderate cases of adrenal exhaustion can see significant improvement through these steps:

- Dietary changes to enrich your nutrition and reduce carbohydrates and stimulants.
- Take adrenal—supporting herbal formula.
- Take a good multivitamin/mineral supplement daily that includes the B complex vitamins, magnesium, vitamin C, vitamin E, and an extra vitamin B6.
- Stress reduction, including moderate exercise and taking more time for yourself.
- Use natural progesterone cream to support adrenal hormone production.
- Get more rest. Your body needs time to heal.

What To Avoid

- Chronic Stress
- Stimulating herbs such as caffeine and ephedra
- Sugar and refined carbohydrates
- Dairy products
- Feed-lot meats (eat only range fed, organic meats that are free of drugs and pesticide residues)

At Ward Drug we use the steps outlined above. We personalize the therapy to each woman's symptoms and in some cases saliva testing might be required. Upon reviewing your symptoms, history, diet and lifestyle, recommendations will be made.

In its normal function cortisol helps us to meet those challenges by converting proteins into energy, releasing glycogen and counteracting inflammation. For a short time, that's ok. But at sustained high levels, cortisol gradually tears your body down.

Sustained high cortisol destroys healthy muscle and bone; slows down healing and normal cell replacement; impairs digestion, metabolism and mental function

Why adrenal exhaustion is seldom detected. Conventional medicine is truly a wonder at treating disease-state conditions. Unfortunately its focus on drugs also tends to suppress early-stage symptoms rather than treat their underlying causes. This can have an effect of delaying treatment until the disease has developed. Conventional medicine will detect only the extremes of conditions, when damage to the adrenals has already occurred (Cushings Disease or Addisons Disease). Within those extremes, you can feel miserable and still be told your adrenals are normal. But by responding to early-stage symptoms, we can reverse the developing dysfunction.



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