



## Could It Be Adrenal Fatigue?

Living in these fast-paced days of uncertainty causes much stress which is not easy on the adrenal glands. The adrenals are two tiny glands that sit above your kidneys. They are no bigger than the size of a grape, and they are responsible for your life force and all your energy.

When the adrenals are tired, the body may experience a significant number of different symptoms. Western medicine does not recognize adrenal fatigue, only Addison's Disease, which is when the adrenals are no longer functioning at all. However, if we can assess the level of their functioning and bring them back up to an optimal level, your life can be renewed, energy restored, and you can feel completely transformed.

### The most common symptoms caused by tired or worn out adrenal glands are:

- Excessive sweating or perspiration with little activity
- Lower back pain and/or knee weakness or pain, especially on the side
- Dark circles under the eyes
- Dizziness
- Muscle twitches
- Low blood sugar
- Heart palpitations
- Sensitivity to light and/or difficulty seeing at night
- Craving for salt
- Low stamina for stress and easy irritability
- Chronic infections (bacterial, viral, fungal, yeast)
- Low blood pressure
- Light-headedness upon standing up
- Tired but wired feeling
- Poor sleep
- Exhausted all day and then come alive with energy at night
- Cravings for sweets/carbs
- Intolerance to alcohol
- Premature aging
- Dry, unhealthy skin with excess pigmentation
- Lack of libido

- Cystic breasts
- Tendency to startle easily
- Negative response to thyroid hormone

If you suspect you might have tired and worn out adrenals, we recommend getting a saliva test and addressing it right away. Adrenal glands are vital to your immune function, and they also help the thyroid to function properly.

### Natural Ways to Support Your Adrenals

- Get some sleep. You must rest up if you are going to help your adrenals get stronger. That means going to bed every night by 10:00 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. Your adrenal glands help to regulate your blood sugar levels and eating too much refined sugar can cause bloating and water retention.
- Eat clean animal protein, organic fruits and vegetables, nuts, legumes, beans, and grains.
- Quit the coffee habit and drink plenty of fresh filtered water daily.
- Eat a breakfast that contains protein and healthy fat within one hour of waking every day.
- Take adaptogenic, calming herbs.
- Work on building cellular energy, by eating frequently during the day and taking desiccated liver pills.
- Read [Adrenal Fatigue: The 21st Century Stress Syndrome](#) by James Wilson.

Excerpt from <http://www.nutri-meds.com>



## Recommended Supplements

**Desiccated Liver:** 3-4 capsules with breakfast

**For Stress and Anxiety:**

**Rhodiola Rosea:** 1-2 capsules in divided doses, between meals

**Ashwagandha:** 2 capsules twice daily with food

**For Difficulty Sleeping:**

**PS 100 (phosphatidylserine):** 2 capsules after dinner

**For Cellular Repair:**

**Liposomal Glutathione:** Take as directed on bottle, once daily between meals.

We also recommend watching our video, [Stop Using and Start Building](#) and blog, [The Adrenal Healing Creamsicle](#).