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## Adrenal Exhaustion

**Are you suffering with unexplained exhaustion and having trouble resting? Think “flight or fight” and your adrenal alarm clock may be going off at unexpected times, such as 3 a.m.**

Your problems could originate in the adrenals. The adrenal glands are two small glands that sit directly above the each kidney (ad – renal gland). They are a part of the HPA Axis (hypothalamus, pituitary, adrenal axis) and are quite small for such a big job: approximately 2.5 inches long and 1 inch wide, and they have a yellowish color.

They have a strong influence on your kidney function and secrete aldosterone. The word ‘adrenal’ actually comes from the Latin ‘ad renes’, meaning near the kidney.

“Adrenal Fatigue is produced when your Adrenal glands cannot adequately meet the demands of stress. Whether it's physical, emotional or psychological, the adrenals regulate stress through hormones that regulate energy production and storage, heart rate, muscle tone, and other processes that enable you to cope with the stress. Regardless of being 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. If they don't, or if their response is inadequate, you will experience some degree of Adrenal Fatigue.

“In Adrenal Fatigue your Adrenal glands function, but not enough to maintain your normal, healthy homeostasis. Their output of regulatory hormones has been diminished by over-stimulation. This over-stimulation can be caused either by a very intense single stress or by chronic or repeated stresses that have a cumulative effect.” *Adrenal Fatigue: The 21st Century Stress Syndrome*, by Dr. James L. Wilson. Smart Publications, 2001.

They produce numerous hormones essential to life functions such as:

- regulation of blood sugar levels
- controlling blood pressure
- helping to provide resistance to stress
- fighting the blood vessel enlargement, swelling and fever associated with inflammation. Hormones produced by the adrenals are the body's natural anti-inflammatory compounds (cortisone).
- producing both male and female hormones in everyone, regardless of sex

Hypoadrenia (low adrenals) occurs when the glands are not quite capable of meeting all of the demands on them. In the **Toxic Stress Cycle**, the endocrine system, of which the adrenals are a major player, is the last to be affected.

### **Order of the Toxic Stress Cycle:**

1. The cycle begins with the Digestive system being stressed by the intake of: deficient food, improper food combinations, toxins or pollutants in food, preservatives, improper chewing, or an unhealthy attitude.
2. The Colon becomes affected by toxic, undigested food.
3. Colon toxicity then affects the Liver and Gallbladder.
4. Liver dysfunction then affects the Kidneys and Bladder.
5. The lungs become codified by the Kidney condition.
6. Circulation & Blood are affected by the impaired lungs.
7. Affected blood disturbs the Heart & Spleen.
8. The Circulation then impairs Muscles and Soft-tissues.
9. Afflicted Soft-tissue causes conditions in the Spine.
10. The spine affects the Brain & Central Nervous System.
11. The CNS then disturbs the Endocrine System.

In accordance with Herring's Law of Cure, the body can only heal itself in the reverse order of how these symptoms appear, beginning with the Endocrine and Nervous systems and working backwards through the cycle to the Digestive system.

If you have low blood sugar and get faint between meals, your adrenals will be affected along with it because of the weakness of the pancreas, another player in the endocrine system.

When blood sugar levels drop (usually from the roller coaster effect of eating refined sugar), the adrenals must work overtime by producing hormones that tell the liver to convert proteins to glucose to raise the blood sugar levels back to normal.

### **Symptoms include:**

- dizziness (especially when standing)
- constant fatigue
- hemorrhoids
- varicose veins
- swelling in the ankles, feet or hands
- shakiness
- depression
- nervousness
- impotency
- chest pains
- allergies
- irritability

## **Hypoadrenia self-test**

This issue is hard to diagnose in medical lab tests, but try this if you can:

1. As you lie on your back, have someone record your blood pressure.
2. Quickly sit upright and have your blood pressure taken again.
3. After standing up, take your blood pressure again.

Normally, with the help of your adrenal glands, your blood pressure will rise between 4 and 10 points (mm/Hg) when going from the lying to standing position. If your blood pressure drops, it may be an indication of hypoadrenia.

## **Naturally replenishing adrenal glands**

to strengthen your adrenal glands, several areas need to be addressed. Along with exercise and eliminating sugar from your diet, include the following nutritional support:

- Vitamin C: 2,000 to 5,000 mg daily
- Vitamin B-complex: 1 B50 or B100 high-potency tablet daily
- Pantothenic acid: 250 to 2,000 mg daily
- Malic acid and magnesium are two components that have been found to aid in converting fat and sugar into energy.

A formula specifically for the adrenals (Adrenal Support, Nature's Sunshine), ginger and licorice and adaptogens such as Schisandra and Ashwaganda, plus support for another endocrine gland such as the thyroid or pancreas.