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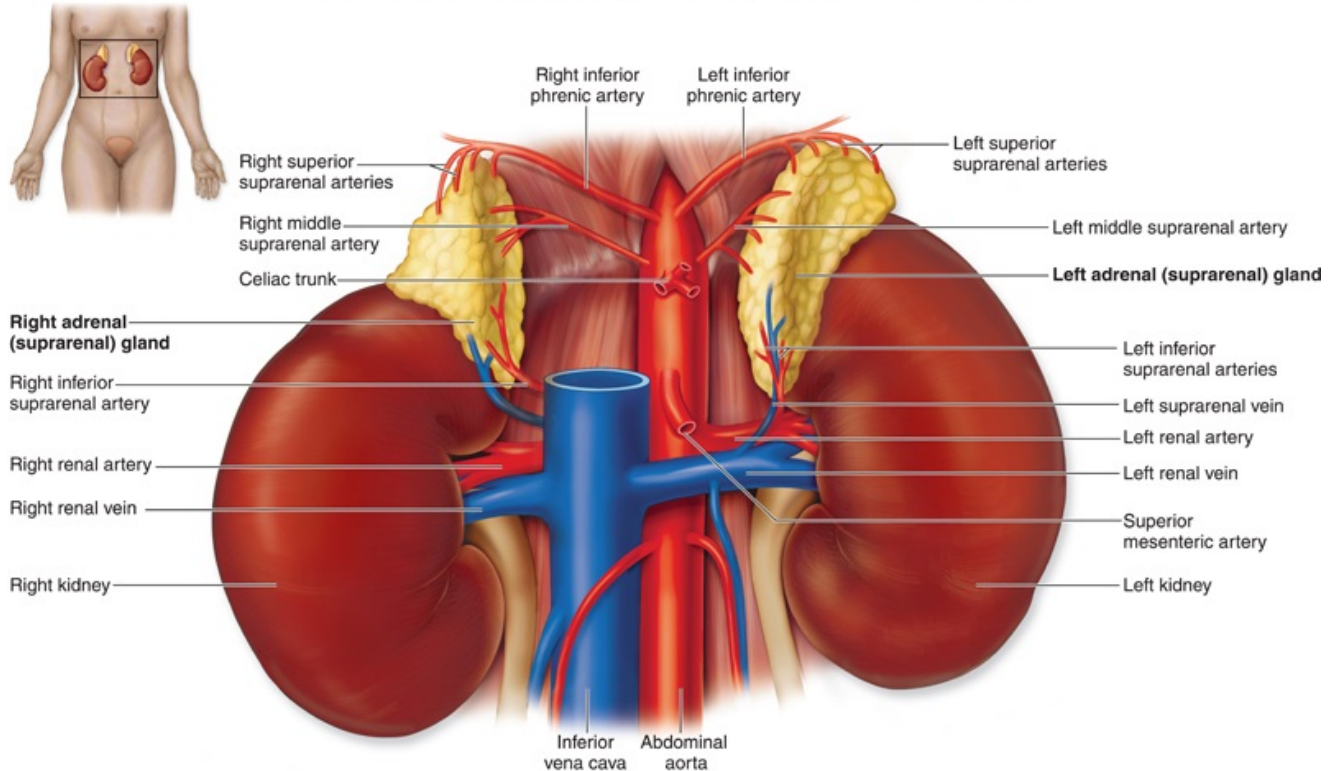
Founder/CEO: Institute for Wholistic Rejuvenation

Post-graduate/CE courses for Certification as Wholistic Rejuvenist (TeleClasses and Onsite Worldwide)

Adrenal Fatigue Syndrome, Adrenal Insufficiency or **Adrenal Burn-out** are terms used often to explain chronic fatigue and other symptoms that may be caused by an over-burdened adrenal gland in people who are under mental, emotional, or physical stress. Conventional medicine doesn't usually recognize this specific condition yet because of recent research, clinical commonalities, and more disorders fitting the criteria, they are now beginning to at least accept it as a possibility. Natural and integrative health professionals agree it's a real condition and one in which living in our high-stress fast-paced world is now a common dysfunction that plays havoc with the individuals' overall health and quality of life. Your adrenal glands produce hormones, therefore, an imbalance or defective operating system brings on other symptoms and disorders associated with hormone dysfunction.

Common yet Under-diagnosed...

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Adrenal dysfunction is common but under-diagnosed. If you've been extremely tired lately for no other known medical condition, the chances are you suffer from the symptoms of adrenal fatigue syndrome.

Adrenal fatigue occurs as a direct result of an adrenal gland malfunction – so common that around 80% of the world's population will experience it, sooner or later, to some degree.

Although adrenal fatigue can prevent you from focusing on your job or doing basic household tasks, the good news is...you can overcome it.

The first and most important step is having it diagnosed, and in order to do that you must acknowledge the signs and symptoms that are commonly linked to adrenal fatigue...

The Most Common Signs of Adrenal Fatigue

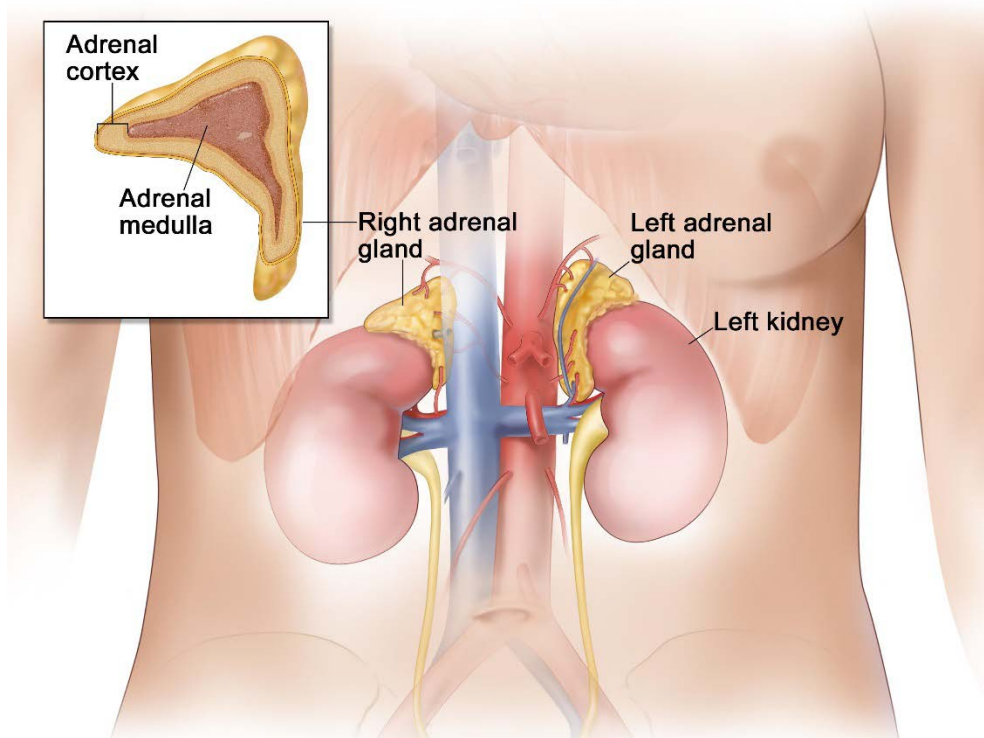
- If you get seven to eight hours of sleep per night, yet wake up even more tired than you were the night before, your adrenals are probably the culprit. [This is actually the first thing people with adrenal fatigue start to notice about themselves – sleep is no longer restorative.](#)

While it's true some people need as much as nine hours of night's sleep in order to fully recharge their batteries, many people do just fine with only six or seven. However, if

you constantly wake up tired, then you should not overlook that your adrenals are under-performing!

- The second most obvious symptom of adrenal fatigue is anxiety. If you feel extremely overwhelmed by everything that takes place around you, then there are two potential explanations for that:
 - 1) You either suffer from adrenal fatigue, or you suffer from what is known as the “burnout syndrome” – when you work too much and don’t get enough rest (emotionally and physically). It often happens that adrenal fatigue-induced anxiety is accompanied by several other signs, such as poor memory or the lack of focus and concentration (brain-fog).
 - 2) At the same time, the inability to burn fat and lose weight is usually an indication of adrenal insufficiency, especially if you have lowered your daily calorie intake and you also workout regularly, even if simple aerobic exercise 3-4 times a day in short “bursts” like just 15 consistent minute intervals (walking, rebounding, stair-climbing, bicycling, etc.). If you burn more calories than you ingest, then you should have no problem getting rid of the excess weight. However, if you hit the infamous “plateau” for more than two weeks, then this might be attributed to adrenal fatigue.
- The third symptom that is not usually recognized is that deep bruised-feeling pain in the lower or mid back that often feels like someone punched you in the kidney (s). Since the adrenals sit directly on top of each kidney, the pain is often *mis*-diagnosed and/or treated as kidney inflammation or worse. Review the graphics in this educational piece and know where your adrenals are located. Usually if warm MOIST heat is applied the pain will significantly reduce or resolve, if it does, it’s usually your adrenals. Remember the key word here is “moist” heat like those bags you put in the microwave dry and they come out damp, or hot towels, etc. **NOT** a heating pad as that will create more inflammation/swelling. **Damp heat reduces inflammation; dry heat accelerates inflammation!**

Anatomy of the Adrenal Gland



What You Can Do to Overcome Adrenal Fatigue

If you experience the signs and symptoms mentioned above and you suspect you might suffer from adrenal fatigue, then the first measure you need to take is modifying your diet...**"You ARE What YOU Eat!"**

- Take out all stimulants and irritants from your diet, starting with caffeine which increases alertness and which is also the main cause of insomnia. Also, be sure you only drink organic water-processed DECAF if that's your choice because otherwise you're ingesting all the chemicals to remove the caffeine. I, for one, love my organic morning cup of java and don't intend on giving it up...that said, I can only do so early morning or I'm awake all night, as are most of my clients.
- Cut out or significantly reduce sugar. It's not only what puts on those extra pounds, it induces inflammation and depresses immune functions – sugar delivers **nothing** but empty calories and has **no** nutritional value including **no** essential minerals and vitamins. It has devastating effects on your physical health that are well-documented, including studies that directly link it to causal factors of cancers and the acceleration of cancer growth. Sugar slowly damages your adrenal glands, and so does fast and processed food!
- The next step is giving your body the right fuel, which includes a series of minerals and vitamins, starting with **magnesium** and a **full balanced formula** of the **B-vitamins**, **NOT a complex** but rather a B-50 or B-100 – this indicates that there is 50 or 100 mg of EACH B-

vitamin in one serving along with the proper amount of folic acid for full absorption. A B-complex is simply a blend of the vitamins with each having a different milligram and, therefore, is not a balanced formula.

These two essential nutrients are known to stimulate your adrenal glands and balance your blood sugar levels which, in turn, will prevent you from binging on food (sweets in particular).

Aside from magnesium and Vitamin B12, you should also increase your daily intake of healthy amino acids, be sure to include Omegas. For stress or for inflammation, it is recommended you take 8,000 – 10,000 mg. daily in divided doses with meals.

A good natural source of high-quality amino acids is olive oil, which you can easily add to your salads or drizzle on vegetables or pasta but remember **DO NOT** over-heat because it then can become a carcinogen when it's hot enough to fry an egg. The better rule of thumb is to use it only on food, not cook with it. A healthy alternative for cooking is coconut oil.

Ideally, you should combine a pure Omega 3-6 complex supplement like 1440 Omegas, a proprietary complex available only through the professional supplier, Natural Rejuvenation Solutions at www.naturalrejuvenation.solutions, and also add extra virgin olive oil and dark leafy greens in your diet, such as:

- Chard
- Kale
- Spinach
- Sea vegetables like Dulse & Kelp – especially rich in minerals and nature's iodine to fuel thyroid function. You can sprinkle on food or add to your smoothie, don't cook with them. There are several sources in health stores that have both sea vegetables in one powder.

Life-style Modifications...

Eliminating sugar and caffeine from your diet is not enough to prevent or reverse adrenal fatigue – you must adopt some long-term dietary changes.

There are numerous natural supplements available on the market that are specifically created to help you fight adrenal fatigue. That said, you should have the guidance of a nutritionally-aware practitioner because some herbs can be contraindicated with other supplements, prescriptions, etc.

The following herbal extracts, roots and natural plants contain various adaptogenic properties, they include: such as:

- Ginseng (I find the liquid concentrate works best)

- Rhodiola
- Ashwagandha (can have contra-indications, get guidance)
- Holy basil

As efficient as these supplements can be, there is only so much they can do, this is why you should consider taking them in conjunction with the supplements and dietary modifications previously outlined.

Other Considerations...

Our bodies can naturally produce Vitamin D when exposed to direct sunlight, but we have a hard time satisfying our body's Vitamin D needs during the winter. This is why supplementation is essential.

Vitamin D works best when used with selenium and magnesium, which are shown to improve function of your adrenal gland. The combination also helps you relieve stress (mental and muscular) and to get a better, deeper and more refreshing night's sleep. I like clients to first begin by eating 2-4 Brazil Nuts daily or add them to their green drink/smoothie because they are a highly concentrated source of selenium and easily absorbed and utilized versus a supplement. If you're allergic to this nut then supplementation is your next option.

Speaking of stress, if you've decided to fight off your adrenal fatigue, then you should consider eliminating all the stress factors that are within your control (most) from your life.

Ultimately, it is pointless to eat healthy foods and to exercise regularly, if you constantly feel stressed and pressured at the end of the day – only spend time with those who support you and your efforts because “emotional vampires” literally “suck” the life out of us with their negativity.

Work-related stress is the most common. If you cannot do anything about it, then you should consider some relaxing, stress-relieving activities, such as yoga or breathing exercises, along with melotherapy or aromatherapy. Keep in mind that studies prove just having music that you enjoy playing softly in the background helps relieve stress!

Stress is extremely dangerous, both for your mental and physical health – you **MUST** learn how to manage it effectively. Jogging, swimming, hiking or simply walking for half an hour a day can help you take your mind off of the daily worries and let-off all the steam that has been building up inside you throughout the day. Dancing is one of the best stress relievers because your mind is strictly on dancing rather than the constant brain chatter **AND...**the exercise benefits make it the perfect activity at ANY age.

To RE-CAP...

Follow these steps to support and help repair your adrenal insufficiency and prevent adrenal fatigue from wreaking havoc on your personal and professional life.

- Get rid of caffeine or have that great cup of organic coffee early in the morning, no later!
- Eat more fruits and dark leafy green vegetables;
- Stay hydrated – at least half your body weight in ounces' daily;
- Cut out or significantly reduce sugar and empty calories;
- Remove fast and processed food from your diet;
- Make sure to exercise to relax and unwind at the end of the day, not a competitive sport that stresses you in a different way;

Work at what you love, Love what you work at!