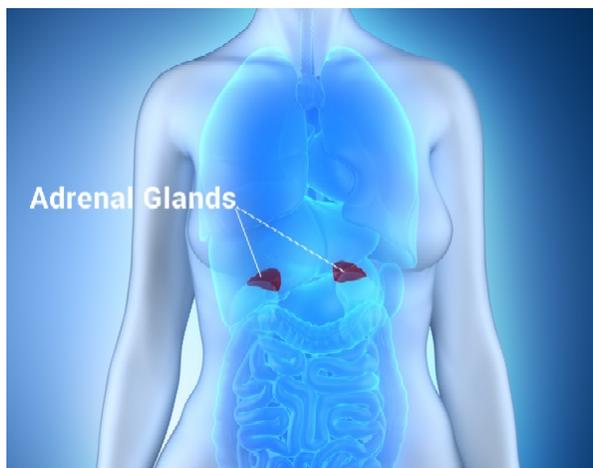




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Adrenal Fatigue

Almost every health problem has stress as a component. The connection between stress and high blood pressure, heart disease and many digestive problems is well-established in the medical literature. Stress makes hormonal changes, blood sugar changes, causes the body to excrete nutrients and adversely affects the immune system. Conditions that are associated with this adrenal stress response are: • Stress Intolerance • Accelerated Aging • Depression • Anxiety • Chronic Fatigue • Poor Immune Function • Insomnia • Obesity • Allergies • Fibromyalgia • Osteoporosis • Glucose Intolerance • Hypothyroidism • Yeast Overgrowth • PMS (Premenstrual Syndrome) -- The adrenal gland is directly affected by stress. It is responsible for the "fight or flight" response.

4 Stages of Adrenal Fatigue:

Hans Selye, MD, conducted some experiments creating stress in rats. Dr. Selye took the rats at various stages of their ordeal and dissected out their adrenal glands. He found that the adrenal glands responded to stress in **three distinct stages**. In the initial stage (Stage 1: **Alarm Reaction stage**), the adrenal glands enlarge and the blood supply to them increases. As the stress continues, (Stage 2: **Resistance Response stage**) the adrenal glands begin to shrink. Eventually, if the stress continues, the adrenal glands reach the third stage, which is the Stage 3: **Adrenal Exhaustion stage**. There is a fourth stage (**Adrenal Failure**; Addison's disease) which is severe and most individuals at this stage are almost bedridden.

When primitive man walked through the forests and saw a wild animal, his heart rate would increase, his pupils would dilate, his blood would go out of his digestive system and into his arms and legs, his blood clotting ability would improve, he would become more aware and his blood pressure would rise. At that point he'd either pick up a stick and try to fight the animal or run away. The physiological changes brought on by the adrenal glands would make the body more efficient at either one of those activities. It is called the fight or flight response.

If he survived the ordeal, chances are it would be a while before such a strain was put on the adrenal glands and the rest of his body. His adrenal glands would have a chance to recover.

Many people in modern society do not have the luxury of a recovery period for their overworked adrenal glands. The changes caused by the overproduction of adrenal hormones stay with them. The stimulation of the adrenal glands causes a decrease in the immune system function, so an individual under constant stress will tend to catch colds and have other immune system problems, including allergies. Blood flow to the digestive tract is decreased. Stress causes many digestive problems such as indigestion, colitis and irritable bowel. Adrenal hormones cause an increase in the blood clotting ability, so prolonged stress can lead to formation of arterial plaque and heart disease.

Selye described the progression of stress on the adrenal glands as the general adaptation syndrome. The **first stage is called the alarm reaction**. This is when someone (with healthy adrenal glands) can perform amazingly well when the need arises. The primitive man, seeing the wild animal, was able to run faster than he ever dreamed possible during the alarm reaction. If the stress continues, the body moves into the **resistance stage (Stage 2)**, during which the adrenals become enlarged. The individual is responding to the stress and handling it. He or she may feel keyed up. The person may have cold, clammy hands, rapid pulse or reduced appetite, but hasn't begun to feel any of the more serious symptoms of the next stage, **During the Exhaustion Stage (Stage 3)** the adrenal glands begin to fail to meet the demands placed upon them. During this stage, the individual begins to have a variety of symptoms including fatigue, digestive problems (IBS, IBD, etc.), obesity, depression, dizziness, fainting, allergies, joints ache, dry skin, low body temp, heart palpitations, unexplained hair loss, pain in upper back and neck, difficulty getting out of bed in morning, trouble getting to sleep or staying asleep and many other problems.

The overall symptoms caused by adrenal fatigue are numerous and varied. The following are some of the more common ones:

- Anxiety
- Panic attacks
- Diarrhea , constipation, IBS, poor digestion, gas, gallbladder dsfx
- Frequent urination
- Thyroid issues
- Salt cravings
- Sugar cravings
- Insomnia – trouble going to sleep
- Waking tired
- Needing caffeine to 'get going' in the morning
- Caffeine can almost put you to sleep
- Feeling stressed
- Inability to handle stress
- Overthinking (having a brain that won't turn off)
- Dizziness when rising from seated or lying position; nausea for no apparent reason
- Fluid retention in feet and ankles
- Low blood pressure
- Feel weak all over, sometimes cold
- Lymph nodes in neck swollen
- Afternoon crash between 3 and 5pm
- Arthritis, aches and pains
- Allergies worsened (asthma, hay fever, sinus conditions, rashes)
- Bruise easily, tenderness in back
- Swollen eyes in the morning

THOUGHT HAS POWER:

Situations are not always controllable, but stress is. Stress is cumulative. Emotional stress, structural stress and chemical stress all affect the body the same way. The adrenal glands do not know the difference between an IRS

audit, treading water or excessive sugar consumption. Excess sugar consumption will add to the stress of the IRS audit.

By reducing the stress that can be controlled, stressful situations will not have as much of a physical effect. For instance, eating frequent meals and avoiding sugar will reduce stress on the adrenal glands. Mental focus is important; so the client must be told to not think about problems unless it is to directly do something to solve them.

Hanging on to anxiety over past situations is stressful. **Thought has power.** Worry produces all of the physiologic responses of Selye's rats or the caveman facing the wild animal. It is a waste of energy and it undermines health.

The adrenal glands simply don't know the difference between imagined danger and real danger. Think about it; if you hear a noise at night and think it's the wind, you can go back to sleep. If you think it's an intruder, you can't get back to sleep even after you get up to investigate. The thought of facing an intruder made the adrenal glands start producing their hormones.

Meditation and biofeedback have been of such value in controlling stress. They do nothing to control the source of the stress, only the response to it. Physicians are beginning to find that laughter helps the prognosis of cancer patients. They even have clients watch sitcoms in the hospital: "Mr. Smith, it's time for your chemotherapy and 'Lucy' reruns." Minimizing chemical stress is also important. We have plenty of chemical stress today. Environmental pollution, food additives, sugar, alcohol, and caffeine contribute stress to the adrenal glands.

Finding Problems with Stress and the Adrenal Glands

Laboratory Tests: You can test cortisol/dehydroepiandrosterone (DHEA) ratios and get a very accurate representation of how much adrenal hormones are being produced and how much stress is affecting the body. **This is best done with saliva hormone testing. (we offer this as a kit in our office or online!)** History: Feeling dizzy when getting up suddenly, craving salt, worsening allergies, fatigue, un-even body temp, and medial knee pain may indicate need for adrenal support. We also offer an exact protocol to heal the adrenal glands (supplementation and dietary & natural hormones). We will gladly work with you and your medical doctor to help you achieve energy, happiness and health!

Strategies to Reduce Stress

Meditation / Energy Work: Meditation, yoga, Tai Chi or simple deep breathing exercises can help you bring stress under control. The damage done by stress on health is not due to any external factors, but rather how the mind interprets those factors. Meditation and other techniques help reduce the harm of stress by quieting the mind. Doing energy work on the body will also help tremendously. **We refer clients to Sue Heldenbrand locally in Lafayette <http://www.synergisticcenter.com/> 337-232-4799.** *Energy work* is used as a general term to describe different modalities that help to balance the energy in the body. Discordant or disharmonious energy patterns can be identified at the point of origin, hidden in the mind at varying levels of consciousness. From there, the energy patterns that create our dysfunctional mind-body connections (or mind-mental, mind-emotional, mind-relational, even mind-situational connections) can be corrected to improve one's overall well-being and life experiences. Our bodies are not just physical structures made of molecules; like everything in the universe, bodies are also composed of energy fields. The world of energy is becoming part of our vernacular. We use the language of energy to explain certain experiences, for example, "bad vibes" or "the energy there was great." We give more credence to meeting someone and instantly liking or disliking him without knowing anything about him. We can "feel" when someone is staring at us. A negative exchange with a person can make us feel "kicked in the gut," "stabbed in the heart" or maybe covered in thick molasses. When we experience a loss of some sort we literally feel like a part of us is missing – we feel empty inside. When we have extreme anxiety or worry, we may literally be "beside ourselves." These feelings are absolutely accurate, energetically speaking. On the other hand, we may get exciting news that makes us feel like we are "on fire" and can conquer the world. All of these experiences have reality in the fields of energy that surround and penetrate our being. Science has developed instruments that detect and measure these

fields. More and more mainstream media programs and personalities report on and acknowledge the practical and profound implications of energy medicine and energy psychology on the mind-body connection. For example, Dr. Mehmet Oz of network TV's *The Dr. Oz Show*, often touts the benefits of energy work and reported on CNN that "...energy and the use of energy for healing will be the biggest frontier in medicine over the next decade."

Sports and Hobbies: Meditation and yoga may be a little "New Age" for some people, for whom hobbies are a good solution. Most hobbies are relaxing; the mind has to focus on a simple task rather than on sources of stress. I usually tell clients to create something they love: painting, gardening, drawing, knitting, writing, etc. Create, Create, Create!

Diet: There are many types of stress. Chemical, physical, thermal, and mental stresses can all cause harm to the body. Stress is cumulative. A stressful job situation is compounded by a poor diet. Eat small, frequent meals, avoid chemical additives, hydrogenated oil and sugar and eat plenty of vegetables. At mealtime relax and focus on enjoying your food; don't eat on the run. Truly be mindful of every bite you take. Follow mostly a Paleo or Grain Free diet plan. Sugar is your enemy! You must also remove any foods you have a sensitivity to. An incorrect diet can create more stress on the adrenals! Getting a blood test to determine intolerances is vital:

<http://www.mariepace.com/shop/index.php/alcat.html>

Exercise: walking outside (not on a treadmill) is almost a cure-all. But must be done for at least 30 minute daily. Walking helps to extrovert a person, massages all internal organs which helps with digestion, and gets you breathing fresh air! Most people find that when walking they start seeing solutions instead of problems. Strongly suggest HIIT training as well.

Read: reading self help books that focus of the positive is very helpful. My favorites are: THE SECRET, THE MAGIC, THE FOUR AGREEMENTS and THE BIOLOGY OF BELIEF. All available on Amazon.com . I strongly suggest to my clients to avoid all "news" stories. Truly avoid all negativity on the news or on Facebook!. Remove "negative" people and situations from your life.

Supplementation: yes, you are going to need to repair and literally rebuild your adrenal glands if they are in stage 2, 3 or 4. We may suggest a protocol of supplements to assist your body in getting chemically and nutritionally balanced. It will be imperative for you to follow those guidelines as closely as possible. Individuals with health challenges may have a greater need for certain nutrients than the normal requirements for a healthy individual. If you're experiencing a chronic imbalance, illness or disease in the body, it will usually require increasing your nutrients 7 to 10 fold during the healing time (6 months to 2 years) to compensate. Please read the last chapter in my book DISCOVER HEALTH for a full understanding on healing time!

Eat more salt

Adrenal glands *love* salt. Buy a good quality, unprocessed salt, such as Celtic sea salt or Himalayan salt, and use it liberally.

ADRENAL COCKTAIL (upon rising to give you energy in the AM and/or midday)

½ cup orange juice (organic pure) (may substitute apple juice)

½ teaspoon cream of tartar (potassium)

½ teaspoon of Celtic sea salt

Mix and drink