



## ADRENAL FATIGUE

The adrenal glands are known as the stress glands located on top of each kidney. They produce many hormones, including the flight or fight hormones that are produced when under stress. Our bodies are not made to withstand excessive production of these hormones: adrenaline and cortisol. Unfortunately, so many people today are exposed to chronic, non-stop stress that the overproduction of these hormones over time causes the adrenals to either begin overproducing stress hormones or under-producing them, leading to multiple symptoms that can affect the entire body. The body can help heal itself with a specific plan aimed at down-regulating stress, especially emotional stress. Making serious diet, sleep, supplements, and lifestyle changes can significantly improve how you feel. Testing is also available for this.

### Common Symptoms:

Fatigue or exhaustion, frequent illnesses, anxiety, muscle aches, depression, reduced memory, difficulty concentrating, insomnia or wakefulness, inability to lose weight, low sex drive, skin problems, food cravings, lightheaded, dry skin, hair loss, heart palpitations, anxiety, irritability, digestive problems, over-reaction to stress, and nervousness.

### Causes:

Chronic stress is the number one cause of adrenal fatigue. This stress can be caused by social issues, like financial pressure or marital and familial expectations. Emotional issues, like loneliness and anger, also contribute to stress. On top of these, there are physical and dietary issues, like a lack of sleep or chronic insomnia, chronic illness or infection, chronic pain depression, poor diet, including excessive sugar, alcohol, or caffeine, gluten intolerance or other digestive problems, use of multiple prescription drugs, including a history of recreational drug use.

### Treatment:

**Testing & Optimization:** Have all hormones, ovaries/testes and adrenals tested and optimized.

**Remove Stressors:** Take the time each day to identify emotional or situational stressors that you can eliminate.

**Stress Relief:** Laughter, time with supportive friends, deep breathing, rest breaks. Take 10-30 minutes once or twice daily to lie down and close your eyes, and/or practice deep breathing – breathing helps lower stress hormones!

**Sleep:** Get at least eight hours of uninterrupted sleep per night. It is important to go to sleep by 10 p.m. because our adrenals do most of their work to repair the body between 10 p.m. and 1 a.m. Avoid caffeine which may interrupt sleep patterns. And if you are photosensitive, avoid computers and TV after 8 p.m.

**Exercise:** 20–30 minutes per day. Include aerobic (cardiovascular), anaerobic (weights and resistance), and flexibility (stretching or yoga). Do not overdo it; do not overstress your body with excessive exercise.

**Diet:** Consider visiting with a OnePeak Medical Fitness & Nutrition Adviser for an eating plan that helps heal the stress glands, promotes fat loss, and improves energy quickly. This plan is covered by most insurances



**Supplements: Available at all OnePeak locations & online at [OnePeakMedical.com](https://www.onepeakmedical.com)**

**AM STRESS:** Increases energy, focus and stamina. Take 1-2 in the morning and 1-2 again in the afternoon.

**PM STRESS:** Lowers Cortisol to “turn off brain” for sleep and restoration. Take 2 every night.

**Pregnenolone:** 25-50mg taken at night for sleep, memory, and restfulness. Vitamin C: 2000-4000mg daily with meals. Available in caps or powder for immunity, adrenals & energy.

**High Potency B-Complex:** drops/capsules; taken daily with breakfast for brain and nervous system support.

**DHEA:** 10-50mg (10-25mg for women/day and 50mg-100mg for men/day}. Adrenal/immune support, energy, endurance & sex drive.

**Magnesium:** 400-800mg/day for stress, relaxation, muscles, and gut health.

**Adrenal Cortex:** Bovine adrenal extract + adaptogens for additional adrenal support.