

Do you have Adrenal Fatigue?

By: Dr. Pamela

Adrenal fatigue is one of the most common problems that I see in patients. Many chronic symptoms that people experience on a day to day basis are in part due to their overtaxed adrenal glands.

Individuals experience continuous stress from emotional stressors and physical stressors (e.g. sleep deprivation, caffeine consumption, pain, extreme exercise) without adequate recovery. Chronic exposure to these stressors often causes elevations in adrenal hormone levels, leading to disorders ranging from anxiety to infertility. While many individuals are able to cope, the adrenal glands may over time start to have an impaired response to stressors, which reduces adrenal hormone output. The resulting adrenal insufficiency, also known as "adrenal burnout" or "adrenal fatigue," presents with a variety of symptoms such as chronic fatigue, low libido, and allergies. This is of particular significance for women in midlife, as the adrenal glands become the main source of hormone production after menopause.

While everyone is potentially at risk, the problem is more prevalent among people with high-stress professions (e.g. medical professionals, police officers, executives and teachers).

Symptoms of adrenal imbalance

- Allergies/ asthma
- Arthritis

- Bone loss
- Chemical sensitivities/ allergies
- Morning/evening fatigue
- Fatigue/burned out feeling
- Increased abdominal fat
- Memory lapses
- Insomnia
- Sugar cravings/ unstable blood sugar
- Increased susceptibility to infection
- Poor recovery from exercise
- Low sex drive

The best way to assess adrenal function is a salivary cortisol test because it measures the free bioavailable hormone levels. Contact Dr. Langenderfer if you are interested in assessing your adrenal function with a salivary cortisol test.

The following are some books and websites that explain in more detail the significance of adrenal fatigue.

- James L. Wilson. Adrenal Fatigue: The 21st Century Stress Syndrome. Smart Publications; 2001. www.adrenalfatigue.org
 - Shawn M. Talbott. The Cortisol Connection: Why Stress Makes You Fat And Ruins Your Health - And What You Can Do About It. Hunter House Inc.; 2002.
 - Cherie Carter-Scott. If Life Is A Game, These Are The Rules. Broadway Books; 1998.
- Richard Shames, Karilee Shames. Feeling Fat, Fuzzy or Frazzled? A 3-Step Program to: Beat Hormone Havoc, Restore Thyroid,

Adrenal, and Reproductive Balance, and Feel Better Fast! Hudson
Street Press; 2005. www.feelingfff.com