

There's **something** about Mary...

Could it be **Adrenal Fatigue?**

Picture a camel whose job it is to carry heavy

loads. As he kneels down for one more item to add to the already overwhelming pile, the camel suddenly finds he cannot get back up.

The last item? A straw!

Ah, the old proverb of a straw that broke the camel's back! **Adrenal fatigue often happens in the same way.**

We burden ourselves with so much until – overwhelmed by one straw – drop everything.

The classic picture of adrenal fatigue can be illustrated with someone we'll call Mary. Mary has trouble getting up in the morning. Caffeine cannot wake her brain or clear her "cloudy" thinking. She's tired before noon and wants to take a nap at 3:00. After dinner, however, she seems to get a surge of energy which continues to escalate. She can be up until the wee hours of the morning and in fact, it's when she gets most things done! Mary often suffers from allergies and frequent infections from the flu to bronchitis. Sudden movement from sitting to standing makes her dizzy. She's hypersensitive to noises, startles easily and sometimes is overly anxious when nothing seems to be wrong.

But the sad part is that Mary has lost her zest for life, even the little things that she enjoys seem to require too much effort. She wonders if she's depressed because how could she be this tired? The irony is that like fibromyalgia (FMS) and chronic fatigue syndrome (ME/CFS), the myriad of symptoms could point to almost anything, when adrenal fatigue may be the real suspect. In fact, many people with FMS, ME/CFS, thyroid and other endocrine abnormalities have underlying adrenal fatigue hindering their improvement.

While we can understand what happened to our poor camel, what about Mary? Perhaps today's multi-tasking mentality is the culprit. Although it's been said that computers are great for doing many things simultaneously, our brains were not programmed quite that way. We like to focus on one thing at a time. Blame it on a macroworld moving at microwave speed. Too much information, busy schedules, fast foods, media – in short, our entire lifestyles – moving way too fast. Or have environmental toxins finally overtaken our ability to survive? No matter what the reason, our adrenals need help.

The primary mission of the adrenal glands is to keep you powered up to handle stressors that come your way on the physical, emotional or mental front in a moment's notice. That pretty much covers anything you come into contact with on a daily basis! Taking charge, the adrenals pump out hormones, messenger chemicals (particularly cortisol) to step up your blood pressure and heart rate, slow down digestion to redirect

energy to your muscles and quicken your senses so you're able to face, fight or flee whatever the stressor might be.

Once the "stress" is over, the body systems return to normal functioning. However, if the stress continues or another stressor comes along before your adrenals recover, the sparks of system failure may not be noticeable until you reach what's called full exhaustion or "burn out".

Since blood pressure, cardiovascular function, insulin regulation, inflammatory modulators and metabolism of carbohydrates, fats and protein are influenced by cortisol, there's something definitely amiss about Mary.

If Mary's doctor has determined that she does not have adrenal disease (see last paragraph), then there are several things Mary can do to help herself and her exhausted adrenals recover. The most fundamental is lifestyle and dietary



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Adrenal Fatigue

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intervention. People with adrenal fatigue often suffer from hypotension (low blood pressure) and hypoglycemia (low blood sugar) because the adrenals help regulate both. Decrease sugar and simple carbs. Increase water intake to maintain hydration for blood pressure. Watch caffeine which is a diuretic and stimulant. Eat breakfast!

Since cortisol peaks at certain times of the day, eat mini-meals beforehand (at 10 a.m., noon, 3 p.m.) to provide energy and nutrients that the adrenals need to make its hormones. Get to bed around 9, so as to be asleep before 11 p.m. Learn to deep breathe. Incorporate a stretching or relaxation time to calm down muscles and mind. Excessive exercising can tax adrenals headed for exhaustion. Slow it down for a while. Finally, limit as many toxic elements as possible (environmental *and* people).

Nutritional Support

Adrenals affect the body system-wide. Mary may need several nutrients in the beginning and then decrease them gradually as recovery allows. A *Get with the Program™* for the adrenals offers a nutritional guideline.

Antioxidants. The highest concentration of vitamin C is in Mary's adrenals to help with hormone production, counteract stress and fortify the adrenals themselves. The beta form of vitamin E in mixed tocopherols helps, too. Alpha lipoic acid (ALA) backs up both antioxidants and supports the liver in detoxifying efforts. ALA offers blood sugar support as well. CoQ10 is both an antioxidant and boosts energy, particularly when taken with magnesium. Note: Vitamin C can actually be taken to bowel

tolerance. Vitamin C is adrenal specific; the more severe the fatigue, the higher the need for C.

B Vitamins. Several B vitamins contribute to the adrenal cascade for hormone production and a B complex or multiple containing B's ensures a balance. Mary needs amounts of 50-100 mg for B6, 25-50 mg for Niacin. B5 is especially critical since it converts to CoA, the primary energy for the adrenals. A suggested dose is 500 mg 2-3 times daily.

Minerals. Another vital nutrient is magnesium (400 mg) to complete the energy metabolism and numerous cellular enzymes. Calcium and several trace minerals (chromium, copper, manganese, molybdenum) are calming to Mary's muscles and nerves.

Amino Acids. Mary needs amino acids for protein to support muscles and as building blocks of neurochemicals, such as acetylcholine (alertness) and dopamine (joy, mood). L-tyrosine supports the thyroid and adrenals. L-tryptophan is a precursor to serotonin and melatonin. Phosphatidyl serine blunts the release of cortisol. An easy way to get a full spectrum of amino acids is through whey protein.

Multiple. Mary can get most of the above nutrients in a high premium multi-vitamin and mineral formula that includes a high level of B complex vitamins.

GI Helpers. Digestive disturbances sometimes accompany adrenal fatigue. Mary may want to use the Pre-Program to detoxify and take digestive enzymes to improve food breakdown (carbs, fats, proteins) for energy.

Herbs. Many herbs are tonics which help balance stress, specifically Eleuthero (Siberian ginseng), plus offer antioxidant benefits. Green Tea contains the calming amino acid L-theanine (300-400 mg) while Aswagandha root bolsters immunity. Olive leaf extract supports immunity and "cleans house" as well.

Get with the Program™ Adrenal Support

Multi-Gold™
Alpha Lipoic Acid 100-250 mg
Fibro-Care™
CoEnzyme Q10 100 mg
Pantothenic Acid (B5) 1500 mg
Buffered C 3000 mg
Vitamin E 400-800 IU
Fibro-Whey™

For best results, take in equal, divided doses throughout the day.

Adrenal Disease

Prolonged fatigue can indicate serious adrenal conditions like Addison's (too little cortisol) or Cushing's (too much cortisol). Do not self diagnose or self treat. Seek professional medical help. Blood, plasma or urine tests to measure hydrocortisone, aldosterone, epinephrine and ACTH may be needed. An ACTH challenge assesses the response of the adrenals under "simulated stress". X-rays, MRI or CT scans help rule out pathology (tumors, etc). You may also need tests for other hormonal imbalances (estrogen, progesterone, testosterone, thyroid) and DHEA, a hormone precursor.

It may take time, a program and health care professional but with a little help, Mary will be "powered up" again!

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