

Adrenal Fatigue Epidemic

Over 80% of us will experience adrenal fatigue multiple times over our lives. It's an epidemic that most people have no idea exists. The few that are aware don't fully understand its root cause or how to heal from it.

Adrenal Fatigue Symptoms

- *becoming easily confused*
- *constipation*
- *“crashing” mid-morning or mid-afternoon*
- *depression*
- *feeling exhausted at night but not being able to fall asleep*
- *feeling tired all day but more energetic in the evening*
- *forgetfulness*
- *hoarse voice*
- *insomnia*
- *lack of energy*
- *not feeling rested after waking from sleep*
- *poor digestion*
- *postpartum fatigue*
- *relying on naps to get through the day*
- *trouble completing basic tasks you once found easy*
- *trouble concentrating*
- *weakness*

Fatigued adrenals can affect other glands and organs including the brain, central nervous system, heart, liver and pancreas. If you are experiencing severe adrenal fatigue symptoms you could have *neurological fatigue*, which is caused by the swelling of the central nervous system as a result of such viruses as Epstein-Barr and shingles.

The Cause of Adrenal Fatigue

The adrenal glands are two little lumps of tissue in your endocrine system located on top of your kidneys. The adrenal glands are in charge of producing hormones essential for your health, such as adrenaline and cortisol and they also produce female reproductive hormones, including estrogen, progesterone and testosterone. This means that adrenal health has a direct impact on a woman's libido and ability to conceive.

The function of the adrenals varies with emotional stress, environmental factors and existing health issues. Because of this variability, the adrenals can swing between producing too much or too little hormone. It's this fluctuating behavior that characterizes adrenal fatigue.

One adrenal gland is usually weaker, stronger or more burdened than the other, which prolongs the healing process. Each adrenal gland has its own intelligence and is responsible for producing hormone blends specific to the situations it manages. The left adrenal is primarily responsible for producing the hormones needed when someone has a stomach flu or food poisoning. The right

adrenal is primarily responsible for producing the hormones needed when someone is feeling obsessed with a hobby or interest in their life. For some situations, like handling a crisis or falling in love, both adrenals produce the necessary hormones.

The Stress Response

The innate intelligence of your body means that the adrenals know to produce higher amounts of critical hormones like adrenaline when you are under stress or having highly charged emotional experiences. These hormones give you the ability to get through the challenges you face as a short-lived survival mechanism. However, if the stress is sustained for a longer period, the adrenal glands will eventually become damaged and start behaving erratically. Unfortunately, in this modern era there are greater demands on you than ever before in history. Extended periods of stress are the norm rather than the exception and you are paying for it with your health.

It's not just the adrenal glands that are fatigued by frequent or constant stress. The adrenaline that pours out from the adrenal glands, while necessary for survival, is highly acidic and corrosive in its nature. An occasional release of the hormone is no problem for the body to handle when it's truly in a fight or flight situation, but when adrenaline is repeatedly flooding the system due to frequent or continued stress, it quickly becomes damaging to your brain, pancreas, liver and more.

The Many Blends of Adrenaline

There are many different blends of adrenaline that are produced and change in response to different everyday emotions and situations, including arguing, debating, dreaming, exercising, falling in love, having a car accident, listening, showering and singing. When a car is idling it requires a different amount of fuel than when you're stepping on your body requires different types and amounts of adrenaline for the activities it's performing and challenges it's facing. Your adrenals have the wisdom to release any of the many different hormone blends to power you through your immediate needs.

The Adrenal Stress Epidemic

We're all familiar with the potentially devastating effects of drug and alcohol addiction but the original addiction we faced as humankind was to adrenaline itself. Adrenaline is as addictive as a Schedule 1 drug. While it was rare hundreds of years ago, in the fast-paced, high-stress modern era we live in today, many of us are now addicted to the adrenaline hormone. It's our number one drug of choice.

Just like any addiction, the more we act on it, the more numb to it we become. Over time, we require more of the drug to satisfy the addiction. This doesn't just apply to the people who love adrenaline sports like rock climbing, bungee jumping or base jumping. It's also true for millions of us who are juggling the demands of a job, children, partner, running the household and caring for parents, other family members and friends. To keep up with the breakneck speed of life, many of us are in a permanent state of fight or flight and corrosive adrenaline is constantly pouring through the body.

Without knowing it, a mother can become addicted to the rush of adrenaline that's allowing her to keep up with her exhausting schedule and continues to rely on this precious resource over and

over again. The busy executive can come to rely on adrenaline to fuel him/her through day after day of early meetings, skipping lunches and late nights of work. However, each time the adrenaline high that carries you through an activity passes there is always an inevitable low, along with the damage the adrenaline leaves in its wake. With your to-do lists constantly refilling, it's easy to choose to keep engaging in the behavior that will bring the next adrenaline high so you can carry on at the same pace. Or when you do try to relax, the letdown of the adrenaline high may lead us keeping ourselves overly busy so we are still releasing adrenaline and being stimulated. You can begin to forget what a healthy level of adrenaline feels like and get so used to the sensation of the hormone coursing through your veins that you become addicted to it.

Recovering From Adrenal Fatigue

Thankfully, it is possible to heal from adrenal fatigue and protect yourself from having to rely on adrenaline once you have the right information. Here are important steps for improving adrenal health.

The Grazing Technique

There are some trends today that suggest we shouldn't snack or that skipping meals is helpful for our health. These misconceptions result in even more stress being placed on the adrenals. When we go more than one and a half to two hours without eating, our blood sugar will drop and our adrenals will be forced to pump out adrenaline and cortisol to fill in for the lack of sugar in the bloodstream. With the corrosive nature of adrenaline and cortisol's negative effects, the adrenal glands can soon become strained, resulting in fatigue, weight gain, sluggish liver, and more. The best eating strategy we can employ for prevention and healing is to graze every one to two hours, depending on the severity of your adrenal fatigue symptoms. If you are bedridden with fatigue, you may need to graze every hour. If you are functional but have symptoms you struggle with, eating every hour and a half to two hours is ideal.

The best foods to graze on include a balance of natural glucose, sodium and potassium-rich foods. You can still enjoy your regular meals, but it's important to not compromise on snacking every one and a half to two hours.

Glucose Saturation

Glucose saturation, like grazing, is another key piece of adrenal recovery. Our bodies run primarily on glucose, along with mineral salts. If we wait more than one and a half to two hours to eat, and we don't have enough glucose reserves in our liver, we set ourselves up for blood sugar crashes resulting in hypoglycemia and the beginning of insulin resistance, plus the adrenaline and cortisol responses I described above. To give ourselves the best safeguard against adrenal fatigue and other conditions and illnesses, we need to ensure we are eating plenty of glucose from fruits and carbohydrate-rich vegetables, along with leafy greens for mineral salts. A health secret is to drink up to 16 oz of undiluted celery juice daily on an empty stomach. This simple juice along with grazing on fruits and greens is the most powerful way to help bring the adrenals back to health.

Hope For Healing

The challenges of life today mean that stress is a real and often unavoidable part of our lives. We have more stress and demands on us than ever, but that doesn't mean we can't heal adrenal fatigue or other stress-activated symptoms and conditions. We simply need to know the true cause of our symptoms and the correct steps to facilitate healing.

The truth is your body wants to heal. It loves you unconditionally and is working hard for you every day. All you need to do is give it the tools and resources it needs to begin the healing process.

Drenatrophin PMG® if your Hair Mineral Analysis calcium is normal or low, or Drenamin® if it is high, is a great adrenal support (www.biri.org). Knowing Your MemGram® (www.my3words.com) is the best way to identify your stress and develop an immunity to it.

Hair Mineral Analysis (HMA):

Metal toxicity is often the hidden cause behind a "mysterious illness". The easiest way to determine if metal toxicity is behind your symptoms is to do a Hair Mineral Analysis (HMA).

Order the HMA specimen kit and return it with a hair specimen. Mineral levels in your body are an all-important factor for establishing overall wellness of the body. Everything comes from minerals. Minerals are the basic building blocks of the body. So go your minerals, so goes your body -- often ending up in a disease state when in reality it all started with improper mineral ratios that should have been noticed and corrected years earlier. Minerals are the FIRST domino. Most symptoms later in life are the result of unbalanced mineral ratios earlier in life. If your mineral ratios are out of balance, no amount of right anything is going to have a lasting effect until you fix those ratios.

You cannot get this info from blood, urine or saliva. For example, the body will "rob Peter to pay Paul" for years to keep the blood normal. Blood is your lifeline. The body will rob from less critical areas to provide what the blood needs to remain normal. This may create symptoms, like the ones you are reporting, but they won't be life-threatening symptoms like it would be if your blood falls out of normal ranges. This is why you can feel terrible and still have a blood test that is "normal." More info at: <http://hma.biri.org>

You may order the specimen kit from BIRI, or from Healthy Habits. The report is separate from the consultation, which is optional. I encourage you to save \$20 by ordering the pre-paid consultation at the same time as you order the specimen kit.

<https://www.healthyhabits.com/product/hair-mineral-analysis-kit/>

If you have questions, please call my assistant, Lisa, 888-221-4116. She is a walking encyclopedia.

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