

ADRENAL FATIGUE: The 21st Century Syndrome

WHAT IS ADRENAL FATIGUE?

Adrenal Fatigue is when your adrenal glands no longer function properly often due to prolonged stress or illness.

When the body is stressed or panicked, the adrenal glands create cortisol to calm us down.

But constant stress or acute infections can cause the adrenal glands to wear out and become less efficient.

This means the body is no longer able to properly react to further stress or illness.

This silent syndrome can creep up on you beginning with subtle tiredness even after waking and progress to debilitating exhaustion.

ARE YOU AT RISK?

People who have high levels of stress are at greater risk of developing Adrenal Fatigue. Some common situations include:

- Highly ambitious people who are all work and little play
- People who are constantly "on-the-go" and rarely truly relax (i.e. always have a mobile phone or computer nearby, addicted to social media, etc)
- Full time university students particularly those who also work to support themselves, or burn the candle at both ends.
- Parents with little support particularly single parents
- Career mothers who try to "do it all" and rarely have time for themselves
- People stressed by unhappy relationships.
- Employees in extremely unhappy and stressful work conditions
- Self-employed people with new or struggling businesses
- Drug or alcohol abusers
- Shift workers on alternating schedule that requires sleep pattern to be frequently adjusted

SIGNS & SYMPTOMS

You may be suffering from Adrenal Fatigue if you regularly notice one or more of the following:

- You feel tired for no reason.
- You have trouble getting up in the morning, even when you go to bed at a reasonable hour.
- You are feeling rundown or overwhelmed.
- You have difficulty bouncing back from stress or illness.
- You crave salty and sweet snacks.
- You experience an afternoon low between 2pm and 5 pm
- You feel more awake, alert and energetic after 6PM than you do all day.
- You get a second wind at 11pm.



TESTING

Testing for Adrenal Fatigue can be conducted by a simple saliva test. The Cortisol/DHEAS Saliva Test measures the levels of the stress hormones DHEAS and cortisol and provides an evaluation of how cortisol levels differ throughout the day. Speak to your health care practitioner about these tests or [click here](#) to find an A5M practitioner near you.

About A5M

The AustralAsian Academy of Anti-Ageing Medicine (A5M) is dedicated to preventative healthcare including educating health professional and their patients on ways to live a healthier, longer life.

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TAKE THE ADRENAL FATIGUE TEST

- Do you have difficulty getting up in the morning
- Could you easily sleep in
- Do you still feel tired and fatigue even after sleep
- Are you not really fully awake until after 9.00am
- Do you have an energy drop between 2 to 5pm
- Do you feel better after your evening meal and get a 'second-wind' late from 10-11pm.
- Is it common for you to stay up to 1 am or beyond
- Do you feel less enjoyment or happiness in life and constant lethargy
- Does everything seems like a chore.
- Do you feel fuzzy mentally and often lose track of thought, short-term memories?
- Have you been diagnosed with depression, panic attacks, anxiety, poor sex drive.
- Do you feel anxious about things that never previously bothered you
- Are you more irritable with your partner, children or co-workers lately
- Is it taking you longer to recover from an illness, injury or trauma (i.e. the cough you got two months ago is still lingering on)
- Do you suffer recurrent colds, flu, sore throats, skin infections, etc.
- Have you been prescribed antibiotics several times in the past few yrs.
- Do you have recurrent asthma, hay fever, pneumonia or bronchitis.
- Have you suffered increased PMS (i.e. bloating, tiredness, irritability, craving chocolate)

If you answered yes to 3 or more of these questions you may be at risk of developing Adrenal Fatigue.

STRESS-FREE LIFE TIPS

See The Signs - Don't allow yourself to get over tired. Recognise your signs of fatigue and allow yourself some time every day to relax.

Social Media Moderation – limit computer, phone and social media use to avoid burn-out.

Schedule Relaxation – try to three sessions of 20 minute relaxation weekly (preferably between 2-4pm). Massage, reflexology or a session of meditation are great.

Schedule Bed - try to be in bed BEFORE 10pm. DON'T stay up past 11pm

Sleep In - Sleep in until 9am whenever possible.

Schedule Exercise - try to three sessions of 20 minute easy exercise weekly

Stay Positive - Don't feel sorry for yourself, or be harsh or negative with yourself and avoid pushing yourself.

Spice Up Social Interaction – spend more time with the people you love doing the things you love!

DIET TIPS

WHEN TO EAT

Breakfast - eat before 10am to replenish the waning stored blood sugar supply after the previous night's energy needs.

Lunch - eat lunch before noon - between 11 & 11:30 am is best.

Afternoon Tea - eat a nutritious snack between 2 and 3 pm to sustain yourself for the cortisol dip that typically occurs between 3 and 4 pm.

Evening Meal - between 5 and 6 pm.

Night Snack - a high quality snack before bed can help get through sleep disturbances.

WHAT TO EAT

1. Eat a wide variety of whole, natural foods
2. Combine a healthy fat, protein and carbohydrate source with every meal
3. Eat lots of vegetables, especially the brightly colored ones
4. Salt your food to a pleasant taste
5. Eat mainly whole grains as your source of carbohydrate
6. Combine grains with legumes (beans), or legumes with seeds or nuts to form a complete protein
7. Avoid fruit in the morning
8. Mix 1-2 tablespoons of fresh essential oils (cold pressed olive, grape seed, safflower, flax, etc.) into grains, vegetables and meats daily
9. Eat high quality food; it becomes you.
10. Reduce Allergens – If you suspect you may be allergic to some foods limit or cut them completely from your diet. Allergies cause an inflammatory response in your body which creates extra pressure on the adrenals.