Adrenal Fatigue / Adrenal Confusion

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Almost every health problem has stress as a component. In every stressful situation there is an immediate adrenal gland response… It is responsible for the “fight or flight” response.

Over 80% of us will experience adrenal fatigue multiple times over our lives. Symptoms can include weakness, lack of energy, trouble concentrating, becoming easily confused, forgetfulness, trouble completing basic tasks you could once handle easily, hoarse voice, poor digestion, constipation, depression, insomnia, not feeling rested after waking from sleep, and relying on naps during the day.

4 Stages of Adrenal Fatigue:

Hans Selye, MD, a pioneer endocrinologist, developed the first workable “theory of stress”. Selye theorized that all individuals respond to all types of threatening situations in the same manner. He found that the adrenal glands responded to stress in three distinct stages.

In the initial stage (Stage 1: Alarm Reaction stage), the adrenal glands enlarge and the blood supply to them increases. Cortisol usually rises or becomes erratic.
As the stress continues, (Stage 2: **Resistance Response stage**) the adrenal glands begin to shrink. Cortisol is now decreasing.

Eventually, if the stress continues, the adrenal glands reach the third stage, which is the Stage 3: **Adrenal Exhaustion stage**. Cortisol is at this stage very low and/or below the normal ranges.

There is a fourth stage (**Adrenal Failure**; Addison’s disease) which is severe and most individuals at this stage are almost bedridden and in a tremendous amount of pain. Cortisol is below the ranges throughout the entire day. DHEA and Testosterone, estradiol and progesterone and pregnenolone are all below their ranges.

When primitive man walked through the forests and saw a wild animal, his heart rate would increase, his pupils would dilate, his blood would go out of his digestive system and into his arms and legs, his blood clotting ability would improve, he would become more aware and his blood pressure would rise. At that point he would do 1 of 2 things: pick up a stick and try to fight the animal or run away. The physiological changes brought on by the adrenal glands would make the body more efficient so that he could flee or stay and fight. It is called the fight or flight response.

If he survived the ordeal, chances are it would be a while before such a strain was put on the adrenal glands and the rest of his body again. His adrenal glands would have a chance to recover.

Most people don’t have the luxury of a recovery period for their overworked adrenal glands. The changes caused by the overproduction of adrenal hormones stay with them. The stimulation of the adrenal glands causes a decrease in the immune system function, so an individual under constant stress will tend to catch colds and have other immune system problems, including allergies. Blood flow to the digestive tract is decreased. Stress causes many digestive problems such as indigestion, colitis and irritable bowel. Adrenal hormones cause an increase in the blood clotting ability; so prolonged stress can lead to formation of arterial plaque and heart disease. The adrenal glands literally become confused and might become erratic with their production of hormones… some go up and some go down and some are ok.

The **first stage of adrenal fatigue is called the alarm reaction stage**. This is when someone (with healthy adrenal glands) can perform amazingly well when the need arises. The primitive man, seeing the wild animal, was able to run faster than he ever dreamed possible during the alarm reaction. In this stage many other bodily functions are “turned off”. A person going through the alarm stage might feel their stomach “turning over” (actually shutting off – you certainly don’t need to eat and digest food if you’re being chased by a wild animal). If the stress continues, the body moves into the **resistance stage (Stage 2)**, during which the adrenals become enlarged. The individual is responding to the stress and handling it. He or she may feel keyed up and anxious. The person may have cold, clammy hands, rapid pulse or reduced appetite and the digestive systems being turned off, but hasn’t begun to feel any of the more serious symptoms of the next stage. During the **Exhaustion Stage (Stage 3)** the adrenal glands begin to fail to meet the demands placed upon them. During this stage, the individual begins to have a variety of symptoms including fatigue, digestive problems (IBS, IBD, etc.), obesity, depression, dizziness, fainting, allergies, joints ache, dry skin, low body temp, heart palpitations, unexplained hair loss, pain in upper back and neck, difficulty getting out of bed in morning, trouble getting to sleep or staying asleep and many other problems.
SIGNS & SYMPTOMS OF ADRENAL FATIGUE SYNDROME

- Inability to remember things
- Unexplained hair loss
- Pain in the upper back or neck with no clear reason
- High frequency of getting the flu and other respiratory diseases
- Tendency to gain weight and unable to lose it, especially around the waist
- Lightheaded when rising from a horizontal position
- Palpitation
- Dry and thin skin
- Dyspepsia
- Alternating constipation and diarrhea
- Lethargy and lack of energy
- Hypoglycemia
- Low body temperature
- Infections that tend to last longer than usual
- Mild depression
- Reduced sex drive

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The overall symptoms caused by adrenal fatigue are numerous and varied. The following are some of the more common ones:

- Anxiety
- Panic attacks
- Diarrhea, constipation, IBS, poor digestion, gas, gallbladder dsfx
- Frequent urination
- Thyroid issues
- Salt cravings
- Sugar cravings, low blood sugar
- Insomnia – trouble going to sleep
- Waking tired
- Needing caffeine to 'get going' in the morning
- Caffeine can almost put you to sleep
- Feeling stressed
- Inability to handle stress
- Overthinking (having a brain that won't turn off)
- Dizziness when rising from seated or lying position; nausea for no apparent reason
- Fluid retention in feet and ankles. Foot pains.
- Low blood pressure
- Feel weak all over, sometimes cold
- Lymph nodes in neck swollen
- Afternoon crash between 3 and 5 pm
- Arthritis, aches and pains
- Allergies worsened (asthma, hay fever, sinus conditions, rashes)
- Groin pain (possibly shooting from the front of your pelvis to the inside of your knee)
- Bruise easily, tenderness in back
- Changes in skin color (dark patches)
- Swollen eyes in the morning
- Late at night feeling panicky and like you’re going to die, negative thoughts
- Unexplained hair loss
- Overreacting

Most people have heard the TV commercial repeating over and over again that “cortisol causes belly fat!”. That may be true but only if your cortisol levels are HIGH. If they are low and you take some herbal product to lower your cortisol levels you will feel worse and be even more tired than you are now! So please be careful and don’t take herbal products without first testing your cortisol accurately with a saliva hormone test.
But What About HIGH Cortisol Levels?

Symptoms of HIGH CORTISOL LEVELS

- WEIGHT GAIN (ESPECIALLY AROUND THE ABDOMEN/STOMACH)
- HIGHER SUSCEPTIBILITY TO INFECTIONS
- A PUFFY, FLUSHED FACE
- HIGH BLOOD PRESSURE
- MOOD SWINGS
- ACNE OR OTHER CHANGES IN THE SKIN
- INCREASED ANXIETY
- HIGHER RISK FOR BONE FRACTURES & OSTEOPOROSIS
- FATIGUE/POOR SLEEP (INCLUDING FEELING "TIRED BUT WIRED")
- MUSCLE ACHES AND PAINS
- INCREASED URINATION
- CHANGES IN LIBIDO
- IRREGULAR PERIODS & FERTILITY PROBLEMS
- EXCESSIVE THIRST

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We know that cortisol is an important hormone in the body, secreted by the adrenal glands and involved in the following functions and more:

- Proper glucose metabolism
- Regulation of blood pressure
- Insulin release for blood sugar maintenance
- Immune function
- Inflammatory response

Normally, it's present in the body at higher levels in the morning, and at its lowest at night. Although stress isn't the only reason that cortisol is secreted into the bloodstream, it has been termed “the stress hormone” because it's also secreted in higher levels during the body's fight or flight response to stress, and is responsible for several stress-related changes in the body. Small increases of cortisol have some positive effects:

- A quick burst of energy for survival reasons
- Heightened memory functions
- A burst of increased immunity
- Lower sensitivity to pain
- Helps maintain homeostasis in the body

While cortisol is an important and helpful part of the body's response to stress, it's important that the body's relaxation response to be activated so the body’s functions can return to normal following a stressful event.

Unfortunately, in our current high-stress culture, the body’s stress response is activated so often that the body doesn't always have a chance to return to normal, resulting in a state of chronic stress.

Higher and more prolonged levels of cortisol in the bloodstream (like those associated with chronic stress) have been shown to have negative effects, such as:

- Impaired cognitive performance
- Suppressed thyroid function
- Blood sugar imbalances such as hyperglycemia
- Decreased bone density
- Decrease in muscle tissue
- Higher blood pressure
- Lowered immunity and inflammatory responses in the body, slowed wound healing, and other health consequences
- Increased abdominal fat, which is associated with a greater amount of health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are heart attacks, strokes, the development of higher levels of “bad” cholesterol (LDL) and lower levels of “good” cholesterol (HDL), which can lead to other health problems!
- Interrupts estrogen and progesterone and thyroid hormones and stops them from working optimally even when they are in range
- When cortisol is high the brain also is less sensitive to estrogens. That’s why you can have a postmenopausal woman with reasonable amounts of estrogen, but when you put her under a stressor and her cortisol rises, she’ll get hot flashes, which are a symptom of estrogen deficiency. She really doesn’t have an estrogen deficiency, the brain sensors have just been altered. If you then drive the estrogen levels up with supplementation to treat the hot flashes, she’ll start getting symptoms of estrogen dominance like weight gain in the hips, water retention, and moodiness. And the hot flashes usually don’t go away.
- This is why you often can't effectively treat someone with hormonal imbalance symptoms such as hot flashes by simply adding what seems to be the missing hormone, be it thyroid, progesterone, estrogen or testosterone. If your cortisol is chronically high you’ll have overall resistance to your hormones.
- Too much cortisol, again caused by the adrenal glands’ response to excessive stressors, causes the tissues to no longer respond to the thyroid hormone signal. It creates a condition of thyroid resistance, meaning that thyroid hormone levels can be normal, but tissues fail to respond as efficiently to the thyroid signal. This resistance to the thyroid hormone signal caused by high cortisol is not just restricted to thyroid hormone but applies to all other hormones such as insulin, progesterone, estrogens, testosterone, and even cortisol itself.
When cortisol gets too high, you start getting resistance from the hormone receptors, and it requires more hormones to create the same effect. That’s why chronic stress, which elevates cortisol levels, makes you feel so rotten—none of the hormones are allowed to work at optimal levels.

- Insulin resistance is a classic example. It takes more insulin to drive glucose into the cells when cortisol is high. High cortisol and high insulin, resulting in insulin resistance, are going to cause you to gain weight around the waist because your body will store fat there rather than burn it.

As we mentioned earlier, Cortisol is often called the primary “stress hormone” because it’s one of the main hormones we release when we’re under any sort of pressure and our evolutionary-based “fight or flight response” kicks into gear. Although most think of cortisol as a bad thing — such as contributing to acne, weight gain or high blood pressure — there’s actually a lot more to cortisol levels than just our stress response and its unwanted symptoms. We need it to live.

While producing cortisol is a necessity for life and helps keep us motivated, awake and responsive to our environment, maintaining abnormally high circulating cortisol levels can become dangerous and contribute to long-term problems. Long-term use of corticosteroids and chronic stress are two of the biggest contributors to high cortisol. Chronic, high cortisol production is tied to symptoms and ailments including weight gain, anxiety, sleep disorders, hormonal imbalances and fertility problems, in addition to many other problems.

The good news is there are many natural ways to get your cortisol levels in check: meditation, walking, balancing estrogens and progesterone, our MOOD product (helps to calm the whole body and lower’s cortisol naturally), exercise regularly, Lavender essential oil.

### LOW BLOOD SUGAR / HYPOGLYCEMIA  & Adrenal Fatigue

**Hypoglycemia**, or low blood sugar, is related to the action (or lack thereof) of the adrenal hormones cortisol, epinephrine, and norepinephrine. These hormones are called the counter-regulatory hormones because they can cause a rise in blood glucose levels.

Both stress and adrenal fatigue can contribute to hypoglycemia (low blood sugar) because of the key roles the adrenal hormones epinephrine, norepinephrine and cortisol play in blood sugar regulation. Stress (and the anticipation of stress) signals the body to raise blood sugar (glucose) levels in order to generate energy to respond to the stress. If the body cannot meet this higher demand for blood glucose, hypoglycemia can result.

Stress may also provoke blood sugar swings that can have a cumulative effect on the body’s ability to maintain blood sugar balance, and aggravate hypoglycemic symptoms. In fact, some of the symptoms of hypoglycemia, such as irritability and nervousness, may sometimes be the effects of high levels of stress hormones rather than of the low blood sugar itself.
Hypoglycemia can also happen while you are sleeping.

Symptoms of mild low blood sugar usually occur when blood sugar falls below 83 mg/dL and may include:

- Nausea.
- Extreme hunger.
- Feeling nervous or jittery.
- Cold, clammy, wet skin and/or excessive sweating not caused by exercise.
- A rapid heartbeat (tachycardia).
- Numbness or tingling of the fingertips or lips.
- Trembling.

If blood sugar continues to fall (< 78), the nervous system will be affected.

- Mood changes, such as irritability, anxiety, restlessness, or anger.
- Confusion, difficulty in thinking, or inability to concentrate.
- Blurred vision, dizziness, or headache.
- Weakness, lack of energy.
- Poor coordination.
- Difficulty walking or talking, such as staggering or slurred speech.
- Fatigue, lethargy, or drowsiness.
- Seizures or convulsions.
- Loss of consciousness, coma.
- Low body temperature (hypothermia).

During adrenal fatigue, when adrenal hormone levels are lower, it becomes harder to maintain blood sugar balance, especially in response the increased demand from stress.* It has been known for almost a century that people who are chronically hypoglycemic are often also experiencing adrenal fatigue, and that people going through adrenal fatigue almost always have some form of irregular blood sugar pattern. Hypoglycemia is the most common of these.

Hypoglycemia commonly occurs during adrenal fatigue when low epinephrine, norepinephrine and cortisol are combined with the high insulin levels of stress. The low levels of adrenal hormones that can occur during adrenal fatigue may fail to raise blood glucose enough to meet the increased demand. As a result, the cells do not get the glucose and other nutrients they require, and the person may crave sugar as well as feel tired, shaky and weak.

Circulating epinephrine, norepinephrine and cortisol help the liver convert glycogen (stored glucose) into active blood glucose, which is necessary for energy production. Their presence also facilitates the conversion of fats, proteins and carbohydrates into glucose (gluconeogenesis). These reserve energy pools largely controlled by adrenal hormones are critical to achieving and maintaining normal blood sugar levels, and thus energy levels, especially during stress. Without adequate adrenal activity to prompt the conversion of glycogen, fats, proteins and carbohydrates into new glucose supplies, this increased demand for higher blood glucose levels is difficult or impossible to meet.

People with adrenal fatigue are in a real bind because when they are under stress (even a mild stress such as a math exam or an argument at home), demand for blood glucose increases, but their fatigued adrenals have difficulty producing enough of the necessary hormones to generate higher glucose levels from reserves. Further complicating this matter is that during stress, insulin levels are increased because the demand for energy in the cells is greater.

Insulin opens the cell wall membranes so the cells can take in more glucose for fuel to generate energy. Cortisol
normally helps create insulin resistance in the cell membrane to slow the flow of glucose from the blood into the cell. This helps protect the cells from detrimental effects of too much glucose and the body from too rapid a decline in blood sugar. When cortisol is low, as it can be during adrenal fatigue, there is less inhibition of this process, further reducing immediately available energy supplies (blood glucose).

The brain also requires increased energy during times of stress and is especially affected by a lack of glucose (its main fuel). In fact, most of the mechanisms involved in regulating blood sugar are designed to ensure that the brain always has adequate glucose with which to function. Many of the symptoms of adrenal fatigue and most of the symptoms of hypoglycemia are the result of insufficient glucose available to brain tissues.

Hypoglycemia, without proper snack and meal placement, also encourages overeating when food is available. This overeating can result in unwanted weight gain because the increased levels of insulin circulating in the blood usher that excess energy (glucose) from the extra food into the fat cells where it is stored as fat. Even though the effects (weight gain) of this process may be undesirable, this is a beautiful and savvy compensatory mechanism that has helped us survive. Much of human history is a story of feast or famine; excess calories are a luxury in evolutionary terms.

Therefore, after coming out of a situation of temporary famine (hypoglycemia) into a situation of excess calories (fat and sugary junk food), our evolutionary history urges us unconsciously to overeat. Our bodies are designed to store that energy while it is available. In this way, hypoglycemia creates a tendency to put on weight. To avoid gaining weight, those low blood sugar dips that increase hunger and also create a tendency to store energy as fat must be avoided.

This means regular exercise and eating the kinds of meals and foods that control hypoglycemia. It also means eating regular meals and not eating those sugary foods and caffeine that send blood glucose levels on a roller coaster ride and possibly worsen adrenal fatigue and hypoglycemia. Hypoglycemia often has a food sensitivity or food allergy component. Consuming something that the body is sensitive or allergic to can set off a hypoglycemic reaction or make blood sugar levels more erratic.

Blood sugar balance is a very complex process in which all of these factors and more can combine to produce low blood sugar (hypoglycemia) during stress and/or adrenal fatigue. In turn, hypoglycemia and the behaviors and problems that may accompany it can further stress the adrenal glands and contribute to adrenal fatigue.
THOUGHT HAS POWER:

Situations are not always controllable, but stress is. Stress is cumulative. Emotional stress, structural stress and chemical stress all affect the body the same way. The adrenal glands do not know the difference between an IRS audit, running and lifting weights or excessive sugar consumption. Excess sugar consumption will add to the stress of the IRS audit.

By reducing the stress that can be controlled, stressful situations will not have as much of a physical effect. For instance, eating frequent meals and avoiding sugar will reduce stress on the adrenal glands. Mental focus is important; so the client must be told to not think about problems unless it is to directly do something to solve them.

Hanging on to anxiety over past situations is stressful. Thought has power. Worry produces all of the physiologic responses of Selye’s rats or the caveman facing the wild animal. It is a waste of energy and it undermines health.

The adrenal glands simply don’t know the difference between imagined danger and real danger. Think about it; if you hear a noise at night and think it’s the wind, you can go back to sleep. If you think it’s an intruder, you can’t get back to sleep even after you get up to investigate. The thought of facing an intruder made the adrenal glands start producing their hormones.

Meditation and biofeedback have been of such value in controlling stress. They do nothing to control the source of the stress, only the response to it. Physicians are beginning to find that laughter helps the prognosis of cancer patients. They even have clients watch sitcoms in the hospital: "Mr. Smith, it’s time for your chemotherapy and ‘Lucy’ reruns." Minimizing chemical stress is also important. We have plenty of chemical stress today. Environmental pollution, food additives, sugar, alcohol, and caffeine contribute stress to the adrenal glands.

Finding Problems with Stress and the Adrenal Glands

Laboratory Tests: You can test cortisol/dehydroepiandrosterone (DHEA) ratios and get a very accurate representation of how much adrenal hormones are being produced and how much stress is affecting the body. This is best done with saliva hormone testing. (we offer this as a kit in our office or online!) History: Feeling dizzy when getting up suddenly, craving salt, worsening allergies, fatigue, un-even body temp, and medial knee pain may indicate need for adrenal support. We also offer an exact protocol to heal the adrenal glands (supplementation and dietary & natural hormones). We will gladly work with you and your medical doctor to help you achieve energy, happiness and health!
Meditation / Energy Work: Meditation, yoga, Tai Chi or simple deep breathing exercises can help you bring stress under control. The damage done by stress on health is not due to any external factors, but rather how the mind interprets those factors. Meditation and other techniques help reduce the harm of stress by quieting the mind. Doing energy work (Faith Healing, Reiki, etc.) on the body will also help tremendously. Energy work is used as a general term to describe different modalities that help to balance the energy in the body. Discordant or disharmonious energy patterns can be identified at the point of origin, hidden in the mind at varying levels of consciousness. From there, the energy patterns that create our dysfunctional mind-body connections (or mind-mental, mind-emotional, mind-relational, even mind-situational connections) can be corrected to improve one’s overall well-being and life experiences. Our bodies are not just physical structures made of molecules; like everything in the universe, bodies are also composed of energy fields. The world of energy is becoming part of our vernacular. We use the language of energy to explain certain experiences, for example, “bad vibes” or “the energy there was great.” We give more credence to meeting someone and instantly liking or disliking him without knowing anything about him. We can “feel” when someone is staring at us. A negative exchange with a person can make us feel “kicked in the gut,” “stabbed in the heart” or maybe covered in thick molasses. When we experience a loss of some sort we literally feel like a part of us is missing – we feel empty inside. When we have extreme anxiety or worry, we may literally be “beside ourselves.” These feelings are absolutely accurate, energetically speaking. On the other hand, we may get exciting news that makes us feel like we are “on fire” and can conquer the world. All of these experiences have reality in the fields of energy that surround and penetrate our being. Science has developed instruments that detect and measure these fields. More and more mainstream media programs and personalities report on and acknowledge the practical and profound implications of energy medicine and energy psychology on the mind-body connection. For example, Dr. Mehmet Oz of network TV’s The Dr. Oz Show, often touts the benefits of energy work and reported on CNN that “…energy and the use of energy for healing will be the biggest frontier in medicine over the next decade.”

Sports and Hobbies: Meditation and yoga may be a little "New Age" for some people, for whom hobbies are a good solution. Most hobbies are relaxing; the mind has to focus on a simple task rather than on sources of stress. I usually tell clients to create something they love: painting, gardening, drawing, knitting, writing, etc. Create, Create, Create!

Diet: There are many types of stress. Chemical, physical, thermal, and mental stresses can all cause harm to the body. Stress is cumulative. A stressful job situation is compounded by a poor diet. Eat small, frequent meals, avoid chemical additives, hydrogenated oil and sugar and eat plenty of vegetables. At mealtime relax and focus on enjoying your food; don’t eat on the run. Truly be mindful of every bite you take. Follow mostly a Paleo or Grain Free diet plan or better yet go Vegan (whole food plant based) for 3 months to cleanse the body of all animal stress and fat. Sugar and FAT are your enemies! You must also remove any foods you have sensitivity to. An incorrect diet can create more stress on the adrenals! Getting a proper blood test to determine allergies is vital. We can do a simple blood spot test (finger prick) on just about any age individual to check 94 different foods.
The best way to support your adrenals and help recover your health is to eat a light, balanced meal every 90 minutes to two hours. This grazing technique works because the frequent meals keep your blood sugar steady throughout the day; and as long as your glucose isn’t dropping, your adrenal glands don’t have to interfere. Giving your adrenal glands lots of rest allows them to devote energy to healing and restoring themselves.

Each of your meals should ideally contain a balance of potassium, sodium, and natural sugar (from fruit). Below are a few perfect snacks you can graze on (all you need are a few bites!) to help recover your adrenal health. The combination of these foods is KEY:

* Apple, celery, and dates (all 3 together)
* Orange, avocado, and spinach (all 3 together)
* Sweet potato, kale, and lemon juice (all 3 together)
* Cucumber, avocado, and lime juice (all 3 together)
* Banana, dates, and romaine lettuce (all 3 together)
* Coconut water, dried apricots and celery (all 3 together)
* Coconut water, banana, and spinach (all 3 together)
* Mango, figs, and celery (all 3 together)
* Oranges, cilantro, and butter lettuce (all 3 together)
* Raspberries, tangerines, and green leaf lettuce (all 3 together)
* Berries, raw honey, and cucumber (all 3 together)
* Apple, dates, and collard greens (all 3 together)
* Banana, grape, and red leaf lettuce (all 3 together)
* Apple, cauliflower, and cucumber (all 3 together)
* Watermelon with lime juice, and celery juice (all 3 together)

**Exercise:** walking outside (not on a treadmill) is almost a cure-all. But must be done for at least 30 minute daily. Walking helps to extrovert a person, massages all internal organs that helps with digestion, and gets you breathing fresh air! Most people find that when walking they start seeing solutions instead of problems. Strongly suggest HIIT training as well.
**Read:** reading self-help books that focus of the positive is very helpful. My favorites are: THE SECRET, THE MAGIC, HOW TO HEAL YOUR LIFE and THE FOUR AGREEMENTS. Download and listen or read books by Wayne Dyer (one of my favorites). All are available on Amazon.com. I strongly suggest to my clients to avoid all “news” stories. Truly avoid all negativity on the news or on Facebook! Remove “negative” and toxic people and situations from your life.

**Supplementation:** yes, you are going to need to repair and literally rebuild your adrenal glands if they are in stage 2, 3 or 4. We may suggest a protocol of supplements to assist your body in getting chemically and nutritionally balanced. It will be imperative for you to follow those guidelines as closely as possible. Individuals with health challenges may have a greater need for certain nutrients than the normal requirements for a healthy individual. If you’re experiencing a chronic imbalance, illness or disease in the body, it will usually require increasing your nutrients 7 to 10 fold during the healing time (6 months to 2 years) to compensate. Please read the last chapter in my book DISCOVER HEALTH for a full understanding on healing time!

**Eat more salt**
Adrenal glands *love* salt. Not all salt is good for you though. Buy a good quality, unprocessed salt that is high in mineral content, such as Celtic sea salt or Himalayan salt, and use it liberally.

**ADRENAL COCKTAIL** (upon rising to give you energy in the AM and/or midday)

½ cup orange juice (organic pure) (may substitute apple juice) +

½ teaspoon cream of tartar (potassium) +

½ teaspoon of Celtic sea salt. Then Mix and drink
HOW LONG WILL IT TAKE TO HEAL THE ADRENAL GLANDS

That's a loaded question.

Typically, recovery will take somewhere between 6 and 18 months, but there is a very wide variation between individuals. Some may take less than 6 months, but others may take two years before they can really claim to have returned to normal.

If you are in Stage 1 or the beginning of Stage 2 adrenal fatigue… recovery and improvements will typically occur in a few weeks to months.

If you are deep into Stage 2 entering into Stage 3, your recover period will take longer. You will certainly feel better along the way but will still have ups and downs with energy. It truly depends on your diet, supplementation and removal of stress.

If you have reached Stage 3, your recovery period will take much longer. At this Stage there is much more to fix than just your adrenal glands. The crash of hormones at this stage has created a domino effect of ill health in your body. Your digestion is impaired, your body's ability to repair during sleep is hindered, your thyroid is going to be sluggish, emotions will be all over the place, etc.

As with most illnesses, much depends on the client and their actions or inactions. No matter how good the advice offered by their healthcare professional, if this advice were not followed then the person would not see an optimal outcome.

For example, if an individual suffering from Adrenal Fatigue continues to eat junk food, doesn't exercise properly (or over-exercises) and does not take the appropriate supplements / hormones, his/her recovery time will inevitably be longer. On the other hand, an individual who follows all the recommendations of his healthcare professional can expect a much faster and better outcome.

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