



Adrenal Health

Adrenal Fatigue, a condition that can affect us whether we realize it or not. Chronic, physical, emotional or added stress due to extra commitments, late nights, lack of sleep and dietary deficiencies along with any hormonal imbalances we may already be experiencing, are related and can be directly tied to the state of our adrenal health.

So what exactly are the adrenals? The adrenals are two, small glands that sit on top of our kidneys and they're little powerhouses when it comes to the way our bodies cope with stress. The adrenals are responsible for the production of a number of hormones, including cortisol or the "stress hormone." When we are in a constant state of over exhaustion and excess stress, our adrenals produce cortisol in response, to manage the burden this stress plays on our bodies. Too much stress for too long, results in adrenal glands that literally become fatigued from having to manufacture all this cortisol. If left unaddressed and unsupported, adrenal burnout can occur. This means these little glands stop producing the amount of cortisol they should be. Crashed adrenals are definitely bad news and will result in extreme implications for our health.

As we all know, stress in our lives isn't avoidable but the way we deal with it and support the wellness of our minds and bodies, can have a positive impact on the overwhelm we place on our adrenal glands to cope with the hectic lives we lead.

Adrenal Health Action Steps

1. **BALANCE BLOOD SUGAR**

Excess refined carbohydrates and sugars and not enough healthy proteins and fats lead to blood sugar imbalances and an increase in cortisol. This means the adrenals have to work hard to bring blood sugar levels back into balance. Opt for healthy fats like coconut oil, avocados, extra virgin olive oil, grass fed butter or ghee and quality sources of protein like organic and hormone free meats and plant based proteins like lentils, nuts and seeds in your diet. Replace white breads, rice and pastas with quality carbohydrates like sweet potatoes, quinoa, legumes, black rice and sprouted grains.

2. **EAT AN ANTI-INFLAMMATORY DIET**

Inflammation is a physical form of stress on the body, this means the adrenals need to produce cortisol to deal with it. Aim for a variety of anti-inflammatory foods like dark leafy greens, healthy fiber, fermented foods, Omega-3 containing fatty fish like wild caught salmon and antioxidant rich foods like berries. Avoid foods and beverages that contain sugar, fried foods, processed foods and meats and inflammatory fats like margarine, shortening and lard.

3. **RELAX!**

Lifestyle factors play a huge role in our response to stress. Mindful practices like meditation, Yoga, or Tai Chi can be hugely beneficial in reducing the effects of stress. Take the time to slow down, go for a walk, take a warm bath with essential oils, read a book. Whatever stress management looks like to you, be sure to find time to make it a priority!

Possible Symptoms & Signs of Adrenal Fatigue

- Persistent and unexplained fatigue / feeling "wired & tired"
- Muscle weakness
- Loss of appetite and / or weight loss
- Digestive problems
- Cravings for salt or sugar
- Mood changes / mild depression
- Low blood pressure / dizziness / fainting
- Low blood sugar
- Insomnia
- Menstrual irregularities / PMS / difficult perimenopause symptoms
- Headaches
- Reduced libido
- Difficulty dealing with daily stress and emotions
- Feelings of anxiety and overwhelm
- Weak immune system (frequent infections)
- Brain fog / inability to focus
- Unexplained hair loss