



Adrenal Dysfunction

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When it comes to women's health, we often hear "have your thyroid checked." And while it's true that thyroid function is vital, other vital glands such as the adrenal, pituitary or hypothalamus are overlooked, and many times misunderstood. We live in an overstimulated society. People live with sustained emotional, physical and mental pressures.

I listen close to conversations wherever I go. People are talking about being overwhelmed, exhausted, stretched to their limits, pushed at work, and relationships are strained. Emotional stress, the same as chemical stress, mechanical stress or thermal stress has a powerful effect on hormones.



Over time, the cycle of stress can cause vital glands to become fatigued. That's when symptoms begin and you know something's wrong.

For instance, take a look at the vast range of symptoms you can experience when your adrenal glands are out of balance: lightheadedness, low body temperature, unexplained hair loss, dizziness that

occurs upon standing, need for sunglasses even without bright sunshine, salt cravings, nervousness, irritability, depression, difficulty losing weight or building muscle mass, inability to concentrate, excessive hunger, mental confusion, physical weakness, feelings of frustration, alternating diarrhea and constipation, heart palpitations, low or high blood pressure, insomnia, and headaches.

What's interesting is the type of symptoms you are experiencing can tell a trained wellness clinician whether your adrenal glands are in trouble and certain symptoms can help identify the type of dysfunction.

Your body has two adrenal glands located just above each of your kidneys. As part of your endocrine system, your adrenal glands secrete more than 50 hormones, many of which are essential for life. When your adrenal glands

If your adrenal glands are out of balance, they can be underactive or overactive. An underactive adrenal gland is called adrenal hypofunction while an overactive adrenal gland is called adrenal hyperfunction.



become depleted, it leads to a decrease in certain hormone levels, particularly cortisol. The deficiencies in certain adrenal hormones will vary with each case, ranging from mild to severe.

I remember the story of a patient who was experiencing panic attacks, even severe paranoia. She was on an airplane one day and became so overwhelmed she could hardly breathe. She became claustrophobic, and even told the flight attendant she was having trouble. When she finally got off the plane as she was driving home, she said that her car felt cramped, uncomfortable and, as crazy as it sounds, she said, "even the sky seemed too low."

You may be experiencing symptoms, from "I feel weak or irritable" to "I feel like I'm losing it." Before you head to a therapist, or get a prescription for antidepressant drugs, contact the wellness clinician on this page. There are in office tests and questionnaires, along with inexpensive lab tests, that can help evaluate vital glands and hormones. You will be amazed at how your body responds to natural therapies.

Was it a mental breakdown? No, it was her adrenal glands! She began to work with a wellness clinician. With supplementation, right away, she noticed a dramatic difference. Over several months of care, she was not only feeling normal, she was feeling better than she had in years.

Instead of tricking your body with drugs, we can feed it and nourish it and help restore natural function. If you identify with any of the symptoms related to adrenal glands and have concerns, make an appointment. Yes, life may be stressful. But at any age... you CAN feel good.