

Are You Always Feeling Stressed and Exhausted? It Could Be Your Adrenal Glands.

Stress is a very common complaint these days. What with having deal with deadlines, long hours, lack of sleep, let alone environmental and water pollutions, no wonder we feel exhausted and depleted of energy every day of the week. Unfortunately, if we don't pay attention to our bodies, and learn to start managing our level of stress, we can create some very devastating effects to our bodies namely, adrenal exhaustion.

Adrenal exhaustion is a collection of signs and symptoms, known as a "syndrome", that results when the adrenal glands function below the necessary level. Most commonly associated with intense or prolonged stress. It can also arise during or after acute or chronic infections, especially digestive and respiratory infections such as H. Pylori, influenza, bronchitis or pneumonia. As the name suggests, its paramount symptom is fatigue or exhaustion that is not relieved by sleep but it is not a readily identifiable entity like measles or a growth on the end of your finger. You may look and act relatively normal with Adrenal Exhaustion and may not have any obvious signs of physical illness, yet you live with a general sense of sickness, tiredness or "gray" feelings. People suffering from Adrenal Exhaustion often have to use coffee, colas and other stimulants to get going in the morning and to prop themselves up during the day.

This syndrome has been known by many other names throughout the past century, such as non-Addison's hypoadrenia, sub-clinical hypoadrenia, neurasthenia, adrenal neurasthenia, adrenal apathy and adrenal fatigue. Although it affects millions of people in the U.S. and around the world, conventional medicine does not yet recognize it as a distinct syndrome.

Adrenal Exhaustion can wreak havoc with your life. In more serious cases, the activity of the adrenal glands is so diminished that you may have difficulty getting out of bed for more than a few hours per day. With each reduction in adrenal function, every organ and system in your body is more profoundly affected. Changes occur in your carbohydrate, protein and fat metabolism, fluid and electrolyte balance, heart and cardiovascular system, and even sex drive. Many other alterations take place at the biochemical and cellular levels in response to and to compensate for the decrease in adrenal hormones that occurs with Adrenal Exhaustion. Your body does its best to make up for under-functioning adrenal glands, but it does so at a price.

What causes Adrenal Exhaustion?

Adrenal Exhaustion is produced when your adrenal glands cannot adequately meet the demands of stress. The adrenal glands mobilize your body's response to every kind of stress (whether it's physical, emotional or psychological) through hormones that regulate energy production and storage, heart rate, muscle tone, and other processes that enable you to cope with the stress. Whether you have an emotional crisis such as the death of a loved one, a physical crisis such as major surgery, or any type of severe repeated or constant stress in your life, your

adrenals have to respond. If they don't, or if their response is inadequate, you will experience some degree of Adrenal Exhaustion.

Causes Of Adrenal Exhaustion Include:

- **Allergies**
- **Anger**
- **Anxiety**
- **Chronic fatigue**
- **Chronic illness**
- **Chronic pain**
- **Depression**
- **Excessive exercise**
- **Fear**
- **Guilt**
- **Lack of exercise**
- **Late hours**
- **Low blood sugar**
- **Mal-absorption**
- **Mal-digestion**
- **Nutritional deficiencies**
- **Pollution**
- **Sleep deprivation**
- **Temperature extremes**
- **Toxic exposure**
- **Trauma or injury**

In Adrenal Exhaustion your adrenal glands function, but not enough to maintain your normal, healthy homeostasis. Their output of regulatory hormones has been diminished by over-stimulation. This over-stimulation can be caused either by a very intense single stress or by chronic or repeated stresses that have a cumulative effect.

Who gets Adrenal Exhaustion?

Anyone can suffer from Adrenal Exhaustion at some time in his or her life. An illness, a life crisis, or a continuing difficult situation can drain the adrenal resources of even the healthiest person. However there are factors that can make you more prone to Adrenal Exhaustion. These include certain lifestyles (poor diet, substance abuse, too little sleep and rest, or too many pressures), a chronic illness or repeated infections such as bronchitis or pneumonia, or a mother who suffered from Adrenal Exhaustion around the time of your birth.

How can you tell if you have Adrenal Exhaustion?

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

- **Allergies and sinus problems**
- **Depression**

- **Digestive disorders**
- **Dry and thin skin**
- **Excessive hunger or cravings for sugar**
- **Fatigue**
- **Food and inhalant allergies**
- **Hair loss**
- **Headaches**
- **Allergies and sinus problems**
- **Depression**
- **Digestive disorders**
- **Dry and thin skin**
- **Excessive hunger or cravings for sugar**
- **Fatigue**
- **Food and inhalant allergies**
- **Hair loss**
- **Headaches**

To find out for sure if you are suffering the effects of Adrenal Exhaustion, you can perform a very simple saliva test at home. The testing can show how severe your adrenals and associated glands may be depleted of essential hormones such as Cortisol, DHEA, Testosterone, Melatonin, Estrogen, and Progesterone

To find out more, or to get started on your Adrenal Stress profile, contact Dr. Steven Ross at 858-481-1131 or e-mail him at info@drstevenross.com.

Dr. Steven Ross is a Doctor of Chiropractic with over 23 years experience in Chiropractic, Nutrition and Functional medicine. He is a Diplomate of The American Academy of Pain Medicine, a Certified Affiliate Physician of The Chopra Center, Author of Healing From Within, A Guide to the Treatment of Chronic Pain, Fibromyalgia and Chronic Fatigue and a frequent lecture on Health and Healing.

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