

ADRENAL FATIGUE

What is Adrenal Fatigue?

Adrenal Fatigue 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 physical and/or emotional stress, it can also result from chronic allergies and chronic infections, especially respiratory infections such as influenza, bronchitis or pneumonia. As the name suggests, its paramount symptom is fatigue that is not relieved by sleep but 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 Fatigue and may not have any obvious signs of physical illness, yet you live with a general sense of unwellness, tiredness, or “gray feelings”. People suffering from Adrenal Fatigue often have to use coffee, colas and other stimulants to get going in the morning and to energize themselves for the day.

This syndrome has been known by many other names throughout the past century such as non-Addisons 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.

This syndrome can wreak havoc with your life. The 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 increment of 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 Fatigue. Your body does its best to make up for under-functioning adrenal glands, but it does so at a price.

If you have any further questions about Adrenal Fatigue, you can go to www.adrenalfatigue.org/whatis.php