

Natural Roots Medicine

Naturopathic Wellness Center For Health

15-minute Free Consult

Stress and Adrenal Fatigue

Everyone has some degree of stress. Whether your stress comes from work, children, lifestyle or illness the effect and response of your body is the same. What differs is everyone's degree of response and the ability to bounce back from acute and sometimes chronic stresses.

Your adrenals manage:

- The sympathetic "flight or fight" nervous system (epinephrine and norepinephrine)
- Steroid hormone production
- Aldosterone important for water control via potassium and sodium regulation

Cortisol is secreted by the adrenals and is an essential response to illness and stress. It manages blood glucose, fat and protein metabolism, and inflammation and lymphatic function.

Adrenal Testing and Treatments

Cortisol salivary testing is a convenient way to assess cortisol circadian rhythm. A healthy cortisol circadian rhythm rises in the morning and slowly declines throughout the day.

Various abnormalities can lead to variations in this normal cycle. Some people may present with low levels throughout the day, high levels throughout the day, or spikes in the evening preventing natural sleep cycles.

Nutrition plays an important role in health and adrenal function. Vitamin C and B's, and calcium are some nutrients necessary for proper adrenal function. A deficiency in B vitamins necessary for proper adrenal function can present, as symptoms like:

- Leg cramps
- Paresthesias
- Insomnia
- Depression
- Fatigue

Symptoms of an imbalance of cortisol can present as:

- Low body temp
- Weight changes
- Hair loss
- Excess hunger
- Poor blood pressure regulation
- Irritability and mood swings
- Frequent illness
- And other symptoms

For more information see:

<http://www.sav.sk/journals/endo/full/er0201f.pdf>

<http://articles.mercola.com/sites/articles/archive/2000/08/27/adrenals.aspx>

Six ways to improve adrenal function:

- Proper nutrition and deficiency replacement
- Avoid foods that weaken the adrenals like refined sugars, high carbohydrate diet and caffeine
- Keep a healthy body by removing food allergens and optimizing good gut health
- Biannual cleansing programs
- Sleep at the same time per night, and get at least 8 hours sleep
- Light exercise programs with bursts of interval training

**Seeking naturopathic care can provide testing for your adrenal function and treatments to get adrenal function normalized.

Natural Roots
Medicine

2769 W Broadway

Eagle Rock, CA 90041

Dr's Voicemail 818-484-5185

We're on the Web!

See us at:

www.naturalrootsmedicine.com

IMPORTANT NOTICE

Micaela Finlayson is a Naturopathic Doctor with experience in the fields of natural healing, preventive and Naturopathic medicine. Information on this site represent the opinions of Dr. Finlayson based upon her knowledge, experience and training and have not been evaluated by the U.S. Food and Drug Administration. Any information on this site is not intended to diagnose, treat, cure or prevent any disease. The material provided on this site is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a competent medical professional regarding the applicability of any recommendations with regard to your condition. Some products, herbs and supplements may conflict with prescribed medications and should not be taken without consulting with your doctor.

It is important that you do not reduce, change, or discontinue any medication or treatment without consulting your physician first.