



## SIGNS OF EXHAUSTED ADRENAL & HOW TO SUPPORT THEM

[www.KetoLifestyleForWomen.com](http://www.KetoLifestyleForWomen.com)

You have 2 adrenal glands that sit on top of your kidneys. The function of the adrenal glands is to buffer stress and does this by making several hormones. In addition to buffering stress the adrenal glands have other functions like:

- Balance fluid & salt levels
- Control potassium
- Anti-inflammatory properties
- Heart rate
- Sleep & wake cycles
- Act as the back up gland for the ovaries when in menopause

We hear about adrenal fatigue which is not typically recognized as a “real condition”, however the best term would be **Hypothalamus Pituitary Adrenal (HPA) axis dysfunction**, now that is a mouthful. There is a communication issue between the hypothalamus in the brain and the endocrine gland, the adrenal glands. The symptoms of this dysfunction are diverse and vary from mild to moderate symptoms. Either way this can be considered to be a HPA axis dysfunction. The longer you’ve been suffering with these symptoms the longer it may take to get them balanced and in harmony. In addition to nourishing the adrenal glands, other glands and systems must be addressed as well otherwise there will be a vicious cycle.

### **Adrenal type symptoms:**

- ☐ Pendulous abdomen (sagging and hanging)
- ☐ Midsection weight
- ☐ Buffalo hump (fat pad) at the upper back lower neck area
- ☐ Thinner legs and arms
- ☐ Weakness
- ☐ Fatigue
- ☐ Lethargy
- ☐ Depression
- ☐ Sleepiness
- ☐ Insomnia
- ☐ Difficulty getting out of bed in the morning
- ☐ Need for midafternoon naps
- ☐ Nervousness
- ☐ Anxiety (worry); frequent feelings of stress
- ☐ Can’t tolerate stress
- ☐ Thinning skin
- ☐ Acne or poor skin

- ☐ May have white or discolored patches on skin
- ☐ Reddish purple stretch marks on the stomach, buttocks, arms, and breasts
- ☐ Red cheeks
- ☐ Round or moon face
- ☐ Puffy face and eyes
- ☐ Dark circles around eyes
- ☐ Double chin
- ☐ Facial hair (women)
- ☐ Full eyebrows
- ☐ Receding hairline
- ☐ Deeper voice (more than noticeable in women)
- ☐ Sparse hair on forearms and lower legs
- ☐ Atrophy of breasts
- ☐ Tightness in chest or chest pains
- ☐ High blood pressure
- ☐ Lax ligaments—weak ankles and knees
- ☐ Weak or brittle bones (due to a loss of calcium and protein)
- ☐ Difficulty in absorbing calcium
- ☐ Needs coffee to wake up
- ☐ Salt, cheese, chocolate and sugar cravings, late afternoon and evening
- ☐ Inflammation or pain in joints, back, and neck
- ☐ Heel spurs
- ☐ Over reactive immune system—allergies, chemical sensitivities
- ☐ Autoimmune conditions
- ☐ Fibromyalgia
- ☐ Asthma
- ☐ Increased susceptibility to viruses
- ☐ Dehydrated (intracellular) despite amount of water intake
- ☐ Fluid retention in between cells
- ☐ Pitting edema (especially in ankles)
- ☐ Gets out of breath when climbing stairs
- ☐ Legs feel heavy, especially when exercising
- ☐ Moodiness and irritability
- ☐ Brain fog of dullness
- ☐ Ringing in ears
- ☐ Low sex drive

### **How do you know if you have adrenal dysfunction**

Symptoms can give you a clue of adrenal dysfunction however when adrenal testing is done via salivary or the new cutting edge method urine via Dry Urine Testing for Comprehensive Hormones, you will have a snapshot of what is really going on. Before you venture off to a new territory with your health you should know what the terrain looks like before you start, so that you know what is down the road. Test and don't guess about your health.

## How to support HPA axis dysfunction

The best strategies for correcting HPA axis dysfunction are lifestyle changes (diet, proper sleep, stress management, optimal digestion). There is no one strategy that will correct this and requires a lifestyle change not short term strategies.

**Diet-** Keto, Paleo and anti-inflammatory eating plans

**Sleep-** quality restorative sleep

**Stress management** – prayer, meditation, yoga, walking, painting, coloring, gardening, outdoor activities, mindfulness, family time, church, community activities, laugh more!!!! **Stress is connected to hot flashes!**

**Digestion** – remove gut infections and parasites, fix intestinal permeability and SIBO; the gut plays an important role in immunity and metabolizing estrogens

**Support adrenals with nutraceuticals – 6 month protocol which should only be done with the guidance of a qualified health practitioner**

BIOMATRIX Dhea & Pregnenolone should only be dosed by a qualified health practitioner

INTEGRATIVE THERAPEUTICS HPA adapt 2 caps @BID breakfast and lunch

ALLERGY RESEARCH GROUP Adrenal 1@BID breakfast and lunch

BIOMATRIX Licorice Root Extract –10 drops @ Breakfast and lunch OR once per day prior to low point on test results

DESIGNS FOR HEALTH Stellar C 1 cap @TID

KLAIRE LABS multi vitamin complex 1 cap/day

*Note: Take all supplements with food*

## Summary

The key to correcting adrenal dysfunction is a lifelong journey that will include all the above and there is NOT one thing that will correct dysfunction. How we handle stress and correct the underlying cause will be the key for healthy adrenal function.