

Adrenal Fatigue 101: The Top 12 Signs

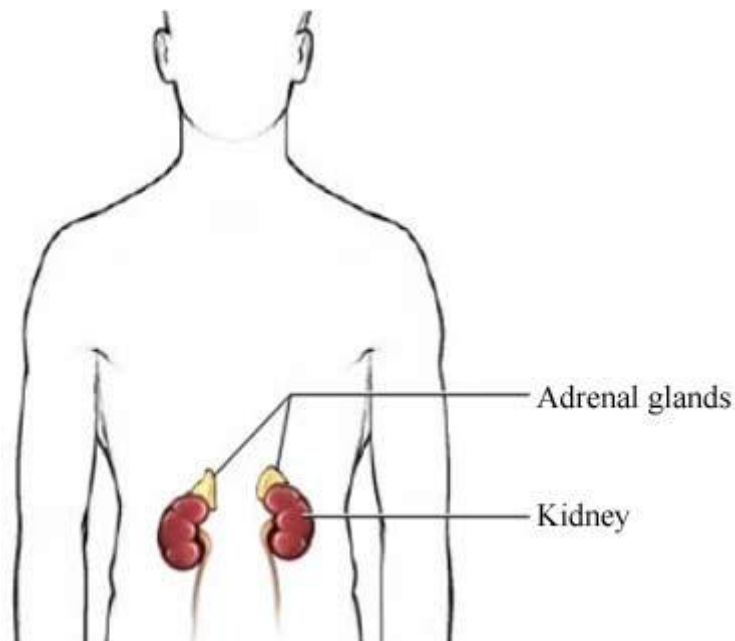
By Ingo Loge' FDN, CN, PES, NLC

Tired, worn out, just can't regain your normal energy no matter what you do or how many doctors visits you've had? You'll hear multiple reasons explaining why your training, dieting, counseling and exercise failed, but nothing explains how mentally and physically exhausted you are.

We often fail to realize one basic physiological truth: Our adrenal glands influence all of the major physiological processes in our body. That's an undeniable truth. Our adrenal glands control everything that happens and affects us in training. In fact, controlling adrenal fatigue could help you achieve that physique transformation you've been striving for.

The What Glands?

Leading adrenal gland authority, Dr. James L. Wilson, has estimated that **80% of the world's population will experience adrenal fatigue at one point.** I've even seen current estimates which state that 96% of the world is currently suffering from it.



The adrenal glands sit on top of the kidneys close to the spine and just underneath the last rib. **They're about the size of grapes.** Their location is very strategic since their purpose is to allow for a rapid response to hormonal messages. Everything we do, from drinking coffee to training, causes a hormonal rise in our body. The hormones signaled by the adrenal glands strongly affect the utilization of carbohydrates and fats, the conversion of fat and protein into energy, the distribution of stored fat (in particular around the waist and face), blood sugar peaks and valleys, and healthy cardiovascular and gastrointestinal function.

If that's not enough, the adrenal glands control the anti-inflammatory and anti-oxidant hormones to reduce allergic reactions to alcohol, drugs, medication, supplements, food, and environmental allergens. Once you enter the age group of about 35 to 50 and beyond, the adrenal glands eventually become the major source of sex hormones that circulate in the body in both men and women.

Every little stressor, unless properly managed, reduces healthy adrenal function. Changes occur in protein, carb, and fat metabolism. In addition, fluid and electrolyte balance, heart function, and sex drive all experience modifications at the biochemical and cellular levels.

To hammer home the point, adrenal fatigue often lays the groundwork for respiratory infections, allergies, rhinitis, asthma, frequent colds, fibromyalgia, chronic fatigue syndrome, hypoglycemia, type II diabetes, autoimmune disease, and even alcoholism. To sum it up, the ability to have sex, and add lean metabolism boosting muscle so you can burn your fat and live a healthy life... are acutely affected by the adrenals.

That's deep, right?

Here Are The 12 Signs of Adrenal Fatigue:

More or less every negative thing that happens to you contributes to adrenal fatigue. It could be a death, loss of a job, or some other major happening. The main issue, however, lies with the simple everyday things that get us really annoyed: a toothache, a strained romantic relationship, an ass for a boss, a chronic cold, and even training. **When these little things go from acute to chronic, the accumulation starts to quickly matter.** Any time we burn the candle at both ends we cause an over-stress to our body. I've seen test results of people who seem happy, yet they have elevated cortisol levels of 200-300%. Yeah, they're storing some pretty stubborn lower ab fat!



Adrenal testing is the first thing I do with clients. I do this before a movement evaluation or anything else. I want to see how healthy their adrenals are since the results are going to dictate everything from their program design to specific nutritional recommendations. Here are some of the more accurate signs of adrenal fatigue:

1. **Difficulty getting up in the morning.** It doesn't matter the time, you just don't feel awake enough to get your head off the pillow.
2. **Continuing fatigue not relieved by sleep.** Despite getting a good night in the hay, you still feel tired when you wake up. Refreshed is a foreign word to people with adrenal fatigue.
3. **Continuous cravings for salt or salty foods.** You find yourself eating the whole bag of chips or adding salt to already salty food. You always need more salt than you're getting.
4. **Increased effort to do everyday tasks.** You love to exercise, but now it seems like everything from your warm-up to the exercises requires ten times the effort as it should.
5. **Decreased sex drive.** It just isn't happening baby. Enough said.

6. **Mild Depression.** Why bother making the effort, it all seems so pointless anyway.
7. **Decreased ability to manage and handle stress.** The littlest things that never seemed to bug you seem to set you off. Road rage, constant anxiety, yelling at the kid or spouse, compulsive eating, your adrenals are shot!
8. **Increased recovery time.** Any cuts you have take longer to heal, swelling stays around, that cough you've had in December is still there In January. Two years after a loved one died you are still incapacitated by grief.
9. **Light-headedness from standing too quickly.** You feel like you're going to pass out and you see bright images when you stand up.
10. **Less overall life happiness.** Nothing makes you happy: you don't want to work out your job is a ball and chain, and the weekends are not a whole lot of fun either. Matter of fact you never do anything just for fun.
11. **Increased symptoms with skipped meals.** You're always hungry, every hour. If you miss a meal, you're craving something and every meal becomes an opportunity to go to your favorite golden building on any major corner USA/the world, and eat a Mc Goodness meal.
12. **Less productivity.** Overall, you just can't get things done, you're distracted easily, and you can't work as efficiently or as quickly.

The Exercise Impact

All of the above stuff doesn't mean much unless it's relevant to getting back into shape and feeling and looking your best, so here's why it matters. We've all heard of that **nasty thing called cortisol** that eats up muscle tissue, right? One of the main functions of the adrenal glands is to regulate cortisol secretion and not allow too much to be released. Unfortunately for most of us, under both acute and **chronic stress situations we over-secrete cortisol since our adrenal glands are too fatigued to perform properly.** Any little increase in cortisol will cause fat to be stored preferentially around our waist — say good-bye to your 6 pack and hello to a belly that jiggles.



As if that isn't bad enough, adrenal fatigue also has an effect on our blood sugar levels. If cortisol helps to keep our blood sugar at appropriate levels to meet our energy demands, then once cortisol drops due to adrenal fatigue, our body can't maintain adequate blood sugar levels. A quick drop in blood sugar then affects our ability to store nutrients where we'd like and creates a state of insulin resistance in the muscle cell. **Now we're storing nutrients as fat,** and since we have a rapid state of hypoglycemia, we're more likely to cheat on our diet and eat whatever we crave. To throw more fuel on the fire, 80% of individuals suffering from adrenal issues also suffer from some type of decreased thyroid function. **Most people who have a low thyroid are unresponsive to thyroid medications,** and in order to get better the adrenals have to be supported. We'll also see a sudden increase in allergies and joint pain since cortisol is the

most powerful anti-inflammatory in the body. Cortisol drops and our response is an inflammatory reaction that increases the severity of our allergies and joint pain.

Remember that one of the signs of adrenal fatigue is a craving for salt. Well, we're more than likely going to resort to some type of salty food to curb the craving. It's worth repeating again that insulin controls everything and all of our other hormones follow insulin's lead. You'll often see advice from armchair experts telling us to just eat unrefined carbs, but it's not that easy. We literally can't eat that food because our body doesn't allow it. I'm not trying to make adrenal fatigue a scapegoat for the laziness in the failed diets out there, but we need to treat the underlining issue.

Adrenal Smack down

Now that we have a clear understanding of what adrenal fatigue is and how it affects us, we need to know what to do about it. I won't make any outlandish claims, but if we take the right steps in handling adrenal insufficiency, the changes will come easier and quicker. Honestly, there's no overnight fix; no step-by-step process exists. I have multiple protocols that I use with my clients on a regular basis, but fixing adrenal fatigue is a consistent, sustained effort.

1) Lifestyle

It's not the sexiest choice, but until a serious attempt at de-stressing our lives takes place, we're not going to recover, no matter how much we modify our nutrition and training. Simply put, we need to do something every day to relax ourselves.



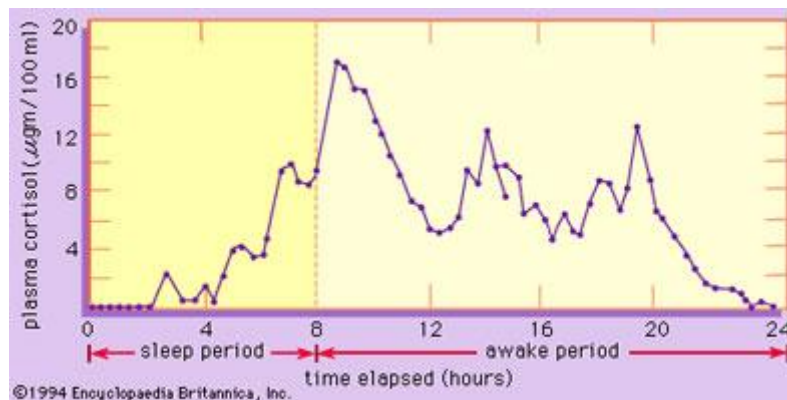
Adrenal fatigue is a result of continued stress that we experience in our daily life. Most of us just get frustrated and try to deal with it as best we can. There are things we can't change, but we can control our reaction to them.

Having daily activities that relieve us of stress is a must. If you have people around you that zap you of your positive energy, you need to get away from them. Generally speaking, most people are negative and they don't like to see others get ahead and are quick to call you irrational. So just try to spend five minutes doing something you like every day.



2) Meal Timing

In this situation, meal timing is as important as what you eat. Your circadian rhythm is your internal body clock that regulates cortisol values over a 24 hour period. Our peak cortisol times come when we wake up (since cortisol is low-grade adrenaline that rises to tell you to wake up), at 10:00 AM, 3:00 PM, and at the beginning of our sleep cycle.



Having adrenal fatigue will cause higher than normal cortisol peaks during these times, so it's necessary that we find ourselves consuming the proper nutrients then. Have you ever noticed how you get tired at 10:00 AM and 3:00 PM? Most of us will attribute it to the blood sugar crashes from the common American diet. While that might be true, again there's an underlining issue.

3) Macronutrients

When dealing with adrenal fatigue, it's not as easy as upping protein, upping fat, and dropping carbs. We have to look into each nutrient further.

Protein

The main issue with protein in people suffering from adrenal fatigue is that they also have lower levels of the hydrochloric acid (HCL) that's needed to break down the protein. As a result, typical high protein meals that are consumed when attempting to add size or drop body fat will typically leave you bloated, gassy, or increase the feeling of heaviness in your stomach. Most of us then turn to more carbohydrates, since they're protein sparing and further aggravate the adrenal fatigue. We want to keep the protein high, but we must increase our HCL intake.

Carbohydrates

We need to make sure our carbohydrates come from fibrous sources. Our first step is to limit sugars and include fruits. Whether it's glucose or fructose, our body doesn't handle sugar as well during times of adrenal insufficiency. The majority of our carbs should actually come from rice and vegetables in the beginning stages. Note that oatmeal and yams are fibrous carbs, but they tend to be very hyper allergenic to some of us. After about four to six weeks, I'll slowly begin to add oatmeal and yams into the diet. The most important thing to remember is to eliminate all sugar from your diet if you suffer from this.



Fats and Oils

Fats and oils should be heavily relied on during adrenal recovery periods. Our total Testosterone is lower and our free Testosterone is bound up in cases of adrenal fatigue, so we'll need fats to increase Testosterone production.

Our first choice is going to be an omega-3 supplement. I prefer **Carlson's Lemon Flavor Cod-liver Oil**, since the combination of omega-3's and CLA has been shown to increase insulin sensitivity.

Talk to me about having your adrenals tested today it is relatively inexpensive...and remember your life really depends on those little glands working properly

I can have the test Fed Exed to you in 24 hours.

Here is how it works: You will collect saliva into 4 separate tubes between 6 am and 10 pm the directions are specific and come with the stress profile. Here is a link to read why saliva is the best form of [measuring adrenal health](#). The protocol for testing and healing the glands come from [Bio Health Diagnostics](#) here in Southern California, please feel free to browse their site you and you'll see why **chronic stress is the # 1 cause of illness and fatigue**. *Chronic stress can cause the breakdown of the body's hormone, immune, digestive and detoxification metabolic systems. The key to discovering the cause of illness is an accurate diagnosis of the sources and impact of chronic stress*

The Good News Is: You Can Reverse the Effects of Adrenal Exhaustion and Start To Heal in As Little As 4- 6 weeks

We Just Need To See What Stage of Exhaustion Your Glands Are At (*there are 3 stages*)

Here is an explanation from the Lab company I use (BIO HEALTH) on how we'll measure your adrenal function.

Remember, I can Fed-Ex the self test anywhere in the world and have your results and your results session scheduled within 2 short weeks!

The Test Includes

Functional Adrenal Stress Profile plus V, #205

- Turnaround: 10-14 days
- 4 Cortisol, 2 averaged DHEA-S, 1 Estradiol, 1 Estriol, 1 Testosterone (AM), 1 Melatonin (bedtime), 1 Progesterone (bedtime)
- **Also available with ESTRONE added (ask for BHD #205E)**

This profile is clinically indicated to evaluate an individual's ability to adapt to environmental, mental, emotional, and physiological stressors; to determine the efficacy of DHEA therapy; to assess rest and recovery relative to morning and bedtime Cortisol; and bedtime levels of Melatonin and Progesterone.

The Functional Adrenal Stress Profile plus V provides an adrenal rhythm and a DHEA-S -to-Cortisol ratio. Abnormal adrenal rhythm can negatively influence energy production; immune system health; skin regeneration; muscle and joint function; bone health; sleep quality; and liver, pancreas and thyroid function.

Adrenal dysfunction may be associated with the following symptoms: excessive fatigue; chronic stress and related health problems; dizziness upon standing; weakness; hypoglycemia; nervousness; irritability; depression; inability to concentrate; confusion; poor memory; low blood pressure; insomnia; premenstrual tension; sweet cravings; headaches; alcohol intolerance; excessive hunger; alternating diarrhea and constipation; sternocleidomastoid/trapezius pain and spasms; epigastric discomfort; poor resistance to infection; food and/or inhalant allergies; dyspepsia; tenderness in adrenal area; migraine headaches; low body temperature; and diminished sex drive.

Estrogens and Testosterone are included in this profile to further evaluate the efficacy of DHEA therapy. Since DHEA can convert to Estrogens and/or Testosterone, the use of DHEA may be contraindicated if Estrogens and/or Testosterone levels are elevated. Conversely, if Estrogens and/or Testosterone levels are depressed, DHEA and/or other therapeutic measures may be indicated. Bedtime Cortisol, Melatonin, and Progesterone levels are indicators for rest and recovery and are indicated for anyone with sleep disorders.

SUMMARY: Evaluating the Cortisol circadian (24-hour) rhythm along with DHEA-S provides an accurate assessment of adrenal function and can reveal maladaptation to stressors. Salivary (free fraction) hormone testing determines the bioactive values at the cellular level, thereby providing a functional assessment of the effects of environmental and physiological stressors.

Whether you want to lose weight, change your body shape, overcome a health challenge or optimize an already healthy lifestyle, my programs will teach you how to reach your full potential

*Remember, you are unique! The way we respond to food, exercise and stress varies from person to person just like our fingerprints. My **Nutrition by Design** programs will **IDENTIFY YOUR** individual needs and teach you how to address issues that may be preventing you from looking and feeling your best.*

It's Your Life... You Are Responsible For Your Results

Ingo G. Loge [The Wellness-CSI](#)