

Charles Turner, M.D.

Adrenal Fatigue

Mainstream health care providers recognize an adrenal problem only when the adrenals have shut down. This is called Addison's Disease. So, for a mainstream doctor, the adrenals either work or they don't work. Common sense should tell you that the adrenals weaken prior to failure.

Adrenals respond to stress by putting out various hormones. Eventually, they become exhausted to some degree and are less capable of putting out an adequate amount of hormone. As the adrenals weaken a person experiences some of the symptoms mentioned in the questionnaire on the other side of this page. Which symptoms any given person experiences is related to the severity of their problem, their genetics, and likely many other related factors. No one is going to have all of the symptoms, but if you have a handful of these symptoms, you may guess that your adrenals have seen better days.

Luckily, the adrenals have a good capacity to recover. Recovery is helped by lifestyle and supplements.

Lifestyle:

- 1) Your adrenals were ruined by stress. So, anything you can do to reduce the stress in your life would be helpful. Realistically, this is impossible for most of us.
- 2) A high carb diet is hard on the adrenals. A low carb diet may help.
- 3) Poor sleep does not give a chance for the adrenals to re cooperate. It is typically easy to get a good night sleep with a little help. This can be done naturally in many people, but some need prescription medication. Taking medication to sleep is far better than laying there tossing and turning.

Supplements:

There are many supplements that can help the adrenals recover. If you took all of them they could cost a few hundred dollars a month. However, we have an Adrenal Formula available in the office. It is dosed at 2 capsules every morning. The Adrenal Formula contains the main components needed for recovery at \$12.50 per month. The one major component missing from the Adrenal Formula is vitamin C. The amount of vitamin C needed for recovery is up to several grams per day. This is not sold at the clinic. Any brand will do. You should take at least 1-2 grams twice a day.

A few people will notice benefit from treatment early on, however, a majority of people will not notice any benefit what so ever as adrenal recovery is slow. As a person gradually recovers, they are unlikely to notice these small improvements. But, complete recovery of adrenal function is possible for some folks within 6-18 months. You can check back to your symptom scores every few weeks to see the symptoms that have improved.

The best book I know of that explains this problem is actually a book on thyroid. But, the author does a fantastic job of explaining the adrenal malfunction as well as thyroid problems. I can't recommend this book enough. It is called **Stop The Thyroid Madness** by Janie Bowthorpe. I suggest you try *Amazon.com*, **under used books.**



****Rank Your symptoms by placing a mark in the appropriate box****

SYMPTOMS	NOT AT ALL	SOMETIMES	MODERATELY	FREQUENTLY	ALL THE TIME
Shaky hands					
Feeling shaky inside					
Jittery or hyper feeling					
Palpitations					
Feeling of doom or panic					
Irritable bowel symptoms					
Feeling Weak					
Fatigue					
Difficulty handling stress					
Difficulty handling interactions with others					
Poor ability to focus					
Feeling mentally dull, foggy thinking					
Confusion					
Clumsy					
Sudden rage or anger outbursts					
Emotionally hypersensitive					
Over reacting					
Highly defensive/ Paranoid					
Exaggerated reactions to daily stress					
Taking days to recover from a stressful event					
Hypoglycemia					
Flu like symptoms or body aches					
Easily irritated					
Headaches					
Thyroid replacement not helping at all or not as much as it should					
Jumpiness or exaggerated startle reflex					
Dizziness					
Light headedness					
Motion sickness					
Coffee or other stimulants (T3 medications) putting a patient to sleep					
Coffee needed to wake up in the morning					
Nausea with movement					
Nausea from stress					
Feeling like passing out when rising from a sitting position					
Dark circles under the eyes					
Waking up in middle of the night and difficulty getting back to sleep					
Feeling better after 6p.m.					
Difficulty falling asleep at night					
Waking up frequently at night					
Difficulty getting out of bed in the morning					
Waking up tired like you have not slept very well					
Bright lights bother you more than they should					
Salt cravings					
Abnormal sweating, like while you are eating					
Feel shaky, sweaty, or nausea when hungry					