

Adrenal Health

How does your body handle stress and fatigue?



What are Adrenal Glands?

Adrenal glands, also known as suprarenal glands, are small, triangular-shaped glands located on top of both kidneys. The role of the adrenal glands in your body is to release certain hormones directly into the bloodstream. Many of these hormones have to do with how the body responds to stress, and some are vital to existence. Both parts of the adrenal glands — the adrenal cortex and the adrenal medulla — perform distinct and separate functions. Some produce hormones that help regulate your metabolism, immune system, blood pressure, response to stress and other essential functions.

When adrenal glands don't produce enough hormones, this can lead to adrenal insufficiency or 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 stress, it can also arise during or after acute or 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 it is not a readily identifiable entity like measles or a growth on the end of your finger.



When your adrenals work the way they should, you become more resilient, and you have a much easier time taking on life's challenges.

synergiee

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Relationship to Disease

Adrenal glands may develop nodules that can be benign or malignant, which can potentially produce excessive amounts of certain hormones leading to various health issues. There are many dysfunctions and diseases associated with the adrenal gland.

One of them is the growth of tumors on the glands. These tumors can be benign or cancerous and can throw off the proper production of hormones. A tumor that causes the gland to create too much hormone is called a functioning tumor, while a tumor that causes too little hormone to be produced is called a non-functioning tumor. Approximately 4 to 12 out of 1 million people develop a type of adrenal tumor called adrenocortical carcinoma, according to American Society of Clinical Oncology. Some types of adrenal tumors may be linked to ADHD.

Adrenal fatigue is thought to be a lesser form of adrenal insufficiency. Adrenal insufficiency (Addison's disease), a condition widely accepted by medical experts. It occurs when the adrenal gland does not produce enough hormones as a result of an underlying disease.

Some symptoms adrenal insufficiency are:

- Skin discoloration (hyperpigmentation)
- Unexplained weight loss
- Fatigue
- Lightheadedness
- Body aches
- Low blood pressure
- Loss of body hair

Some symptoms of adrenal fatigue are:

- Feeling tired
- Struggling to wake up in the morning
- Trouble falling asleep
- A mid-afternoon slump
- Anxiety, or feeling on edge
- Mood swings
- Depression
- Weight gain
- Autoimmune issues
- Brain fog
- Body aches
- Hair loss
- Lightheadedness

The logo for Synergee, featuring the word "synergee" in a lowercase, blue, sans-serif font. The 'y' and 'e' at the end have a slight curve, giving it a modern and approachable feel.

What can I do for adrenal health?

Adrenal fatigue comes from chronic stress. When you push your body and mind too hard, your adrenals stop producing cortisol the way they should. Signs of adrenal fatigue are low energy, trouble sleeping, weight gain, mood swings, depression, anxiety, brain fog, and autoimmune issues.

Balanced adrenal glands are a key. Your adrenals create and regulate cortisol, which makes them essential for hacking stress. When your adrenals work the way they should, you become more resilient, and you have a much easier time taking

on life's challenges. If you want to prevent or get rid of adrenal fatigue, you have to manage your stress. Fortunately, stress management is a skill, and with a little practice, you can learn it like anything else.

Here are some of the best ways to manage stress and treat adrenal fatigue:

- Cut out sugar, refined carbs, alcohol, and other inflammatory foods
- Replace them with good fats, antioxidant-rich veggies, and grass-fed or wild-caught meat.

Check with your provider regarding adrenal testing to know for sure what your adrenals are struggling with.

The Adrenal Health Challenge:

Old habits are hard to change. Break them down into manageable, achievable steps. Also give yourself permission to take time for yourself – you’re worth it. Each week check off every action you take and keep score. Make it your goal to add more each week. Notice and journal how you feel. It can give you the momentum to keep going. When you see an acAon as a reward you’re really getting the hang of it!

Action Items	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Eliminate sugar								
Eliminate refined carbs & replace with antioxidant-rich veggies								
Eliminate alcohol								
Replace your usual meats with grass-fed or wild-caught								
Eliminate caffeine								
Disconnect from all devices and take 15 minutes of quiet time in nature or in your favorite room.								
Take a bath - with calming essential oils, or bath salts.								
Give yourself a mani/pedi or treat yourself to getting one.								
Meditate for 15 minutes – visit your happy place in your mind.								
Dance for 5-10 minutes, to your favorite song or music, to get your body moving!								
Take a 15 minute break and read your favorite book, some inspirational poetry, or a fun article in a magazine.								
Take a 5 minute break to do a few yoga stretches, and shake it out!								
Listen to your favorite comedian for 10 minutes and LAUGH!								
Diffuse your favorite essential oils								
Water and talk to your plants or go outside and plant or tend to something in your garden								
Get yourself some fresh flowers.								
Take a dip in the pool, lake or ocean.								
Clean a small clutter area in your office or home – put 3 items in a “donate” box.								
Do an act of kindness. ie. Say “hello” to a neighbor, thank your grocery bagger, be nice to someone on the road or on the phone								
Weekly Score								