

ADRENAL FATIGUE, part 2

by Jeff Hogrefe RPh and Lyn Hogrefe M.S. Ed

In part one, I discussed restoring the adrenal gland to proper functioning by supplying it with the necessary supplements (vitamins, minerals, herbals) to resume normal cortisol secretion. A normally functioning adrenal gland is vital in our effort to combat fatigue and improve energy.

At this point it is important to understand that the adrenal gland is a sentinel organ. In other words, the adrenal gland responds to orders from another organ. It does not think on its own. In this case, the adrenal gland responds to orders from the brain, or more specifically, the hypothalamus. The hypothalamus is the nerve center of the brain, and it receives input from other areas of the brain - input such as what you see, what you feel, previous memories, etc. With this input, it sends messages to other areas of the body to act on this information. All this means is simply that an over-stressed adrenal gland is caused by an over-stressed hypothalamus (or brain.)

We are all familiar with the term "wired and tired." Inevitably we just end up tired. The key to healing the adrenal gland and treating fatigue is to calm down the hypothalamic response: slow down the hypothalamus and in turn, slow down messaging to the adrenal gland, as well as other organs such as the heart, kidney, stomach, etc. This is done in number of ways. Progesterone works well, along with supplements like omega 3's (especially DHA), vitamin D, L-theonine, gaba, phosphatidylserine and herbals such as ashwaganda. Other things also work well such as yoga, meditation, massage and other relaxation techniques. It may seem counter-intuitive by relaxing the body, we can actually increase energy and ward off fatigue.

Relaxing the hypothalamus allows for all kinds of beneficial effects: improved sleep, weight loss, improved immune system, improved cardiac function, improved mental health and yes, more energy.

For more information and to restore your hormone balance and optimal adrenal health, you can connect with us at [513-444-6343](tel:513-444-6343) or email us at info@happyhormonecottage.com. We wish you a blessed and joyful 2013 and look forward to serving you!