

## **Adrenal Fatigue Treatment**

Adrenal Fatigue or Adrenal Burnout can be treated and managed successfully. But there are some extremely important aspects you need to understand and keep in mind when beginning treatment for this condition.

1. **There is no quick fix...** For most sufferers, the development of their adrenal condition has taken place over many years. In the case of people with immunological aspects to their condition, many times the adrenal burnout process has been taking place since childhood. Successful adrenal gland restoration takes place slowly over a long period of time. It's not something a month or two of supplements or diet/lifestyle changes will correct.
2. **Diet & Lifestyle modification are required** in order for successful treatment and management of this condition. There are no miracle one-pill-fixes-all cures for this condition in spite of what you might read on the internet or in health food stores. Modification of exercise regimes (too much or too little), reduction of stimulants in the diet, adequate sleep and other factors are all necessary factors in addition to supplementation in order to reverse the condition.
3. **Ongoing Management will be required** in order to maintain the symptomatic improvements you begin to feel once you begin your treatment. Once a person begins to experience adrenal fatigue or burn out symptoms, they will always be susceptible to sliding back into this state if they aren't aware of the need to monitor and manage the condition. Long term management techniques are not difficult or expensive. But many patients will think after they begin to feel better that their adrenals are fully restored again, and will begin to re-introduce the negative diet lifestyle factors, stop taking their supplements, etc. When this happens, almost invariably the patients symptoms will start to return.
4. **There are NO EXCEPTIONS to aspects 1,2 or 3 !** Once you identify what your individual dietary and lifestyle are and remove/alter them to suit your recovery, you will ultimately begin to consider

## Adrenal Fatigue Treatment - Nutritional factors

1. **Identify and remove any potential inflammatory or immunologically sensitive foods from the diet.** This is best determined by discussing your diet, personal and family medical history with your health provider (preferably one who is familiar with identification of delayed onset Types 2,3 or 4 food allergies and sensitivities). If present, these food allergies/ sensitivities will lead to a chronic immunological antibody response in the system which can require chronic adrenal hormone production (i.e.. cortisol for inflammation). The adrenals response to this immune stress is one of the major causes of the adrenal burnout in many sufferers. If the immune response persists through treatment, the treatment response will be delayed or won't occur. It's analogous to pouring water on a fire (adrenal treatment) while also pouring gasoline on the same fire (adrenal stressor).
2. **Removal of stimulants from the diet.** Stimulants (Caffeine, Ephedra, Refined sugars, Chocolate, Energy drinks, Ginseng) make us feel good by causing an initial "surge" of adrenaline from the adrenal glands. This produces energy, focus, elevated mood, etc. This effect will typically last for about 2-6 hours. When the caffeine effect wears off, the adrenals will enter into "crash" mode which will require another "surge" to restore the energy, mood etc. These stimulants will produce a short term "fix" for adrenal fatigue symptoms, but make the underlying problem significantly worse at the same time. Sufferers with adrenal fatigue symptoms (fatigue, focus/concentration, mood, etc) require a short term "stimulant fix" with caffeine to function normally. This leads to a further weakened adrenal gland and worsening symptoms over time. This leads to an increased dependance on stimulants for short term fixes. This spiralling down effect is a MAJOR contributor to the adrenal fatigue or burn out state. If you try and repair your adrenals without managing this aspect of the condition, it will be analogous to trying to fill up a bucket, that has a huge hole in the bottom of it. Any improvements you notice with your treatment WILL BE muted, and very short lasting. This is a mandatory aspect to successful management and treatment of your condition.
3. **Adequate Protein intake, in the morning and throughout the day.** Adrenal hormone (cortisol) plays a critical part in Insulin's ability to manage and control your blood sugar levels. Lack of adequate protein in the diet first thing in the morning, can set you up to suffer with blood sugar highs and blood sugar crashes throughout the day. Symptoms of these states can also mimic symptoms of adrenal fatigue and adrenal burnout (fatigue, focus/ concentration issues, mood issues, etc.) Protein is more slowly digested, absorbed and converted into glucose in blood stream and will make you less susceptible to these blood sugar peaks and valleys. Think of protein as "time released food energy". Symptoms of reactive hypoglycemia can mimic those of adrenal fatigue and adrenal burnout. Managing protein intake in the diet can remove some of that overlap and confusion from your symptom picture and speed up your recovery.
4. **Frequent Snacking / Small meals through the day.** The intent isn't to increase your calories during the day, but rather to spread them out. This change in eating patterns, when combined with the protein recommendation in #3 above, will assist you in maintaining balanced blood sugar levels and minimizing symptoms associated with imbalanced blood sugars.