

## Adrenal Fatigue



By:  
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Adrenal Fatigue is a health disorder that can affect anyone, especially women who experience persistent emotional or physical stress. It can contribute to other health conditions including allergies to obesity. In spite of its common appearance in our modern world, it has been largely ignored and untreated by the medical community.

### What is Adrenal Fatigue?

It comes under many names: Chronic Fatigue Syndrome, non Addison's hypoadrenia, sub-clinical hypoadrenia, neurasthenia, adrenal neurasthenia, and adrenal apathy. This is a collection of signs and symptoms known as a syndrome that is brought about when the adrenal glands begin to function below their necessary levels. In our society, prolonged stress is the culprit. But Adrenal Fatigue is not limited to just daily stress, but all stress brought about by diseases or illness such as upper respiratory illness, bronchitis, influenza, or

even pneumonia. Also note that this fatigue is not relieved by sleep.

Adrenal fatigue can rob you of a zest for life and, as it progresses, affects every organ system in the body. Biological, cellular and enzymatic processes become profoundly affected, metabolism of proteins, carbohydrates, fluids, and electrolyte function become more involved.

### How do I get Adrenal Fatigue?

Your adrenal glands produce a variety of hormones which help you to cope with stress. The hormones of Adrenaline and Cortisol are produced during stressful situations. These hormones are also known to elicit the "fight or flight" response of the body. As with any organ of the body, they have a finite limit on how long and how much they can produce without resting. In Adrenal Fatigue, your adrenal glands function, but not enough to maintain your normal, healthy homeostasis. Their output over time diminishes due to over-stimulation. Over-stimulation can be caused by a very intense stress or chronic stress. I find that many women have hormonal stress due to imbalances and over time develop into chronic stress and Adrenal Fatigue.

Today's modern super woman typically works a full or part time job, cares for children in the home, does all the chores of a housewife and mother,

and even cares for the family pet. Combine this dual career with improper diet and you have constant stress. Partner this with poor nutrition and very little sleep - perhaps from over-activity or hormone imbalances - and you have Adrenal Fatigue in the making. Also, anytime a medical treatment includes the use of corticosteroids, as in cases of poison ivy or asthma, they have a tendency to suppress our normal output of cortisol. When this happens, the adrenals sometime take a long time to come back online and work efficiently again. While they are down, this produces an adrenal insufficiency.

### What to Do if You Have Adrenal Fatigue

- Eliminate stress or find a better way to cope
- Spend time on yourself and relax, relax, relax
- Cinema Therapy: See a good movie with a friend or lover
- Yoga, meditation, prayer and time alone for yourself
- Get a good relaxing therapeutic message

Resolve hormone imbalances by testing and treatment along with adrenal function tests. Seek the advice of your medical professional and don't take no for an answer. It's not in your head, and you are not crazy. Adrenal Fatigue is real.

- Are you feeling run down and stressed?

- Tired for no reason?

- Having trouble getting out of bed and getting going in the morning?

- Are you using colas, sugar, coffee or sweet snacks to keep going?

*If you answered yes to one or more of these questions, then you may be suffering from Adrenal Fatigue.*

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