

# Adrenal Fatigue

## The affects of modern life on the body/mind

By David Williams, pht, cht

More and more people than ever before seem to be dealing with fatigue that is often accompanied by stress and anxiety. Is it the fatigue that is causing the anxiety or is it stress and anxiety that creates the fatigue. In perhaps every client I've work with, it has been the latter. Stress and anxiety create fatigue in us all, this we all understand. Depression often brings with it fatigue and depressed people often fell anxious. Of course, feeling tired all the time can be stressful. You begin to suffer with anxiety because you're not getting enough done! And the cycle is complete. For the unfortunate among us who suffer from fatigue, it doesn't matter any more, which came first, the chicken or the egg. They want an end to it and an opportunity to get back to fully living their lives.

A very busy schedule, never seeming to have enough time to get everything done (and you properly don't), day after day, pushing your body and mind, stressing out as you try to keep up with what can seem like the never ending demands of modern life. All this can contribute to adrenal overload, when your adrenal glands are stressed out they start to shut down.

The adrenal glands are there to help the body cope with stress. Adrenal glands secrete precise amounts of steroid hormones. They are also very sensitive to your body's physical, emotional and physiological changes. When they are unable to produce the exact amount of hormones that the body and the brain needs, we may become sluggish and sometimes have periods of confusion. Some people with adrenal fatigue become fearful and apprehensive, with increased difficulties in concentrating and less acute memory recall, they become anxious and depressed. Adrenal fatigue is a stress disorder. People under constant pressure, overwhelmed with difficulties, and those who have experienced emotional or physical trauma in their lives are probably suffering from some degree of adrenal fatigue.

Some of the signs and symptoms of adrenal fatigue are;

- Continuing fatigue not relieved by sleep.**
- Craving for salt or salty foods.**
- Lethargy.**
- Easily fatigued.**
- Decreased sex drive.**
- Decreased ability to handle stress.**
- Increased time to recover from illness, injury or trauma.**
- Mild to serious depression.**
- Less enjoyment with life.**
- Increased PMS.**
- Symptoms increase if meals are skipped or inadequate.**
- Thoughts less focused, more fuzzy.**
- Memory less accurate.**
- Decreased tolerance.**
- Difficulty getting up in the morning**
- Afternoon low.**
- Feels better after evening meal.**
- Decreased productivity.**
- Increased effort to do every day tasks.**

There are nutritional supplements available to help support the adrenal glands. The approaches vary between allopathic and natural medicines and those who treat the problem.

In my practice I treat the cause rather than the symptom. When the cause for this ailment is alleviated the body will use it's own natural healing power to bring balance back to the adrenals.

The best support for our adrenals is to clear the emotional weight that is brought about by stress and anxiety. Dealing effectively with stress, anxiety and depression cleans the emotional body and brings physical as well as mental health back into our lives.

Having constructive ways to deal with life's challenges brings harmony to our body and mind, creating more energy, happiness and joy.

David Williams PHT, CHT is a therapist that works with the whole person; body, mind and soul. He is the director of the California Institute for Mind/Body Awareness and a certified instructor in Mind/Body Healing with 30 years experience in mind/body science.

To contact David Williams about speaking engagements, write or call David at P.O. Box 1584 Santa Rosa CA  
95402 ~ 707.566.9339 or 800.448.5531