

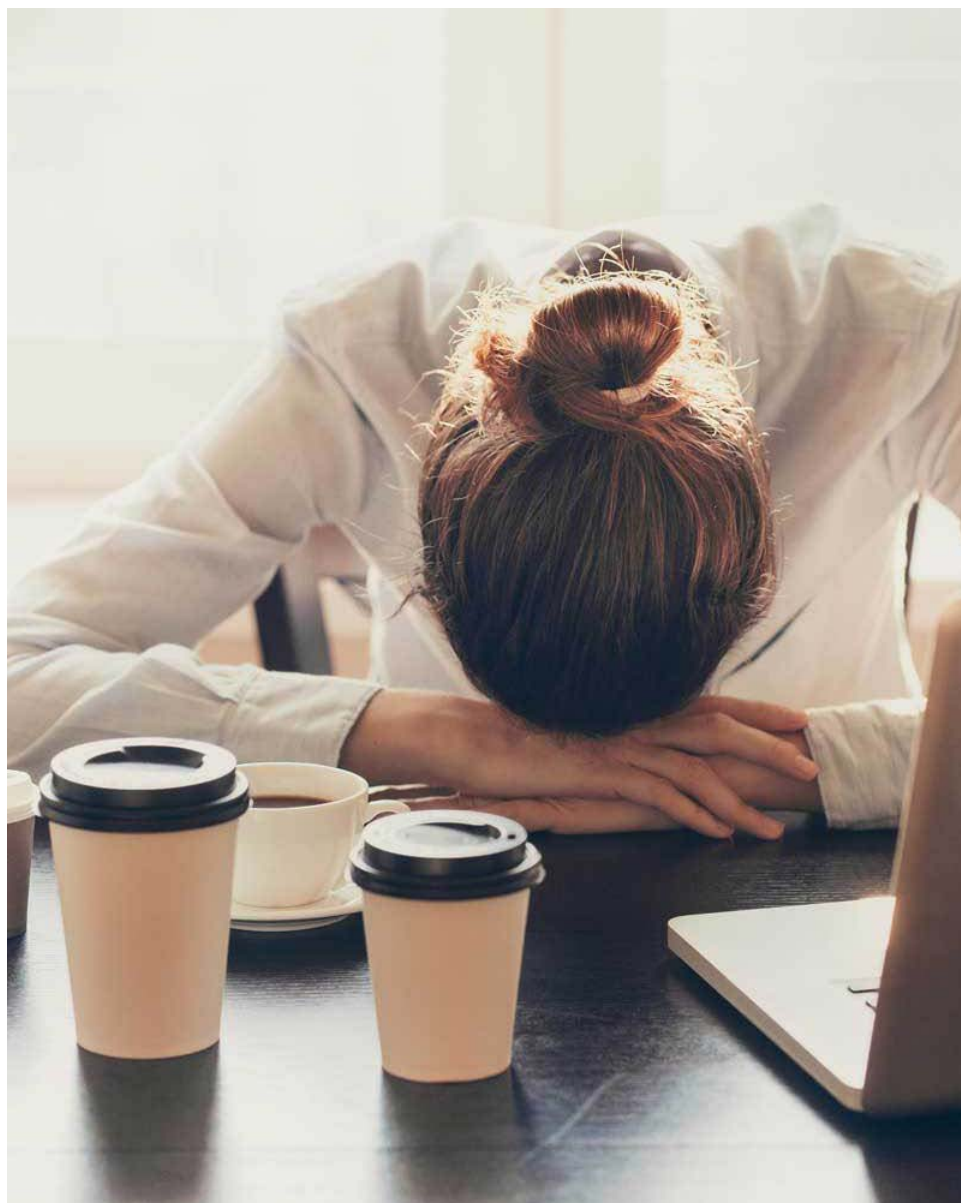


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## HPA AXIS DYSREGULATION & ADRENAL FATIGUE

April 5, 2017

“ *Running on empty? You may be suffering from HPA Axis Dysregulation—the root cause of adrenal insufficiency and adrenal fatigue.* ”

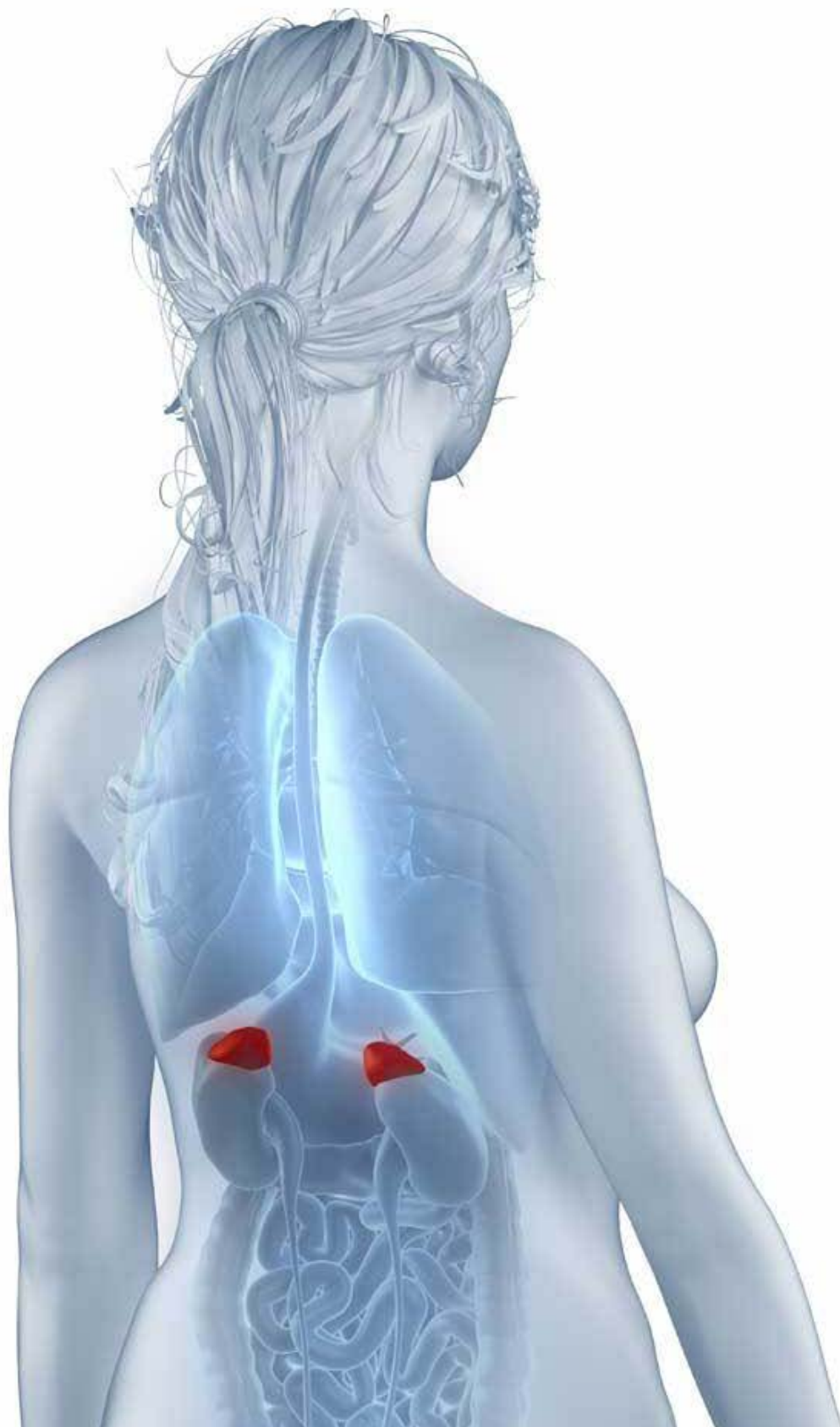


### Running on Empty?

We all have those moments of feeling like we're running on empty. It's all too common in these fast-paced times, and generally we're pretty good at finding ways to recharge—whether it's going for a walk, relaxing with friends, planning a vacation, or taking a nap. But if that feeling of fatigue or exhaustion just won't subside, no matter how much rest you are getting, there could be a deeper issue. You may be suffering from Hypothalamic-Pituitary-Adrenal (HPA) Axis Dysregulation—the root cause of adrenal insufficiency and what's been coined as adrenal fatigue.

## The Adrenal Glands—Makers of Stress Hormones

The adrenal glands sit on top of the kidneys and manufacture and secrete steroid and catecholamine (adrenaline) hormones, including **cortisol**, **DHEA** and **epinephrine**, the three main stress hormones. These hormones are essential for life, health and vitality; they modulate the functioning of every tissue, organ and gland in your body to keep you alive and maintain balance from different sources of stress. They also have effects on the way you think and feel.



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## Stress and Adrenal Function

Adrenal fatigue is a term used to describe adrenal gland exhaustion causing insufficient production and secretion of hormones. Abnormal adrenal function can be influenced by mental/emotional, biochemical and physical stressors, which affect many functions of the body. While we cannot control the occurrences of all of life's stressors, we can control our diet and nutrition, which—if poor—can cause biochemical stress. Adrenal fatigue can then present itself through some of the common symptoms of hormone imbalance including:

- Alcohol intolerance
- Blood sugar imbalances
- Chronic inflammation
- Craving for sweets
- Excessive fatigue
- Food allergies and sensitivities
- Headaches
- Inability to concentrate
- Insomnia
- Irritability

## Could Gluten Be the Culprit?

Many of these symptoms are interrelated. For example, although each of our bodies reacts differently to different foods, many people suffer from adrenal fatigue as a result of blood sugar imbalances due to gluten sensitivity. In this case, gluten acts as a toxin, prohibiting the absorption of vital nutrients and causing unstable blood sugar levels. This can then trigger headaches, excessive fatigue, cravings for sweets and so on.

But it is important to recognize that adrenal fatigue can be the cause *or* effect of more serious conditions. When adrenal gland function is compromised, your body's ability to respond to illness can weaken, making you more susceptible to developing other conditions, such as autoimmune-related diseases. Conversely, adrenal fatigue can be the effect of preexisting diseases due to excessive adrenal response. In the instance of gluten sensitivity leading to adrenal fatigue, blood sugar imbalances can cause hypoglycemia or even diabetes, whereas adrenal fatigue could also be the effect of a poorly managed, preexisting case of diabetes.

## Supporting the Adrenal Glands

While the adrenal glands assist our bodies in managing stress, we can return the favor and support our adrenals by maintaining a healthy, balanced diet. For those who may be suffering from adrenal fatigue, an optimal diet

would consist of high-quality protein, healthy fats and organic whole foods, while avoiding sugars, caffeine, grains and alcohol. For targeted nutritional supplementation, Vitamins C and B-Complex, herbal adaptogens and adrenal gland extract can also be of benefit. But as each one of us is unique, it is important to listen to your body and observe *your* response to different foods.

## Should You Get Tested for Food Sensitivities?

If you are suffering from any of the symptoms mentioned or suspect that diet might be affecting consistency in your body's energy level or overall function, testing for food sensitivities is a great place to start. [Cyrex Laboratories](#), a clinical laboratory specializing in functional immunology and autoimmunity, offers advanced, innovative tests designed to detect and monitor autoimmune reactivities and their possible triggers. The [Array 3 – Wheat/Gluten Proteome Reactivity & Autoimmunity Screen™](#) and the [Array 4 – Gluten-Associated Cross-Reactive Foods and Foods Sensitivity Screen™](#) are recommended.

## Life's Too Short—Don't Run On an Empty Tank

It is important to stay current on wellness exams and seek professional medical attention if you are feeling like you don't have any gas in the tank and can't seem to shake it. There are many things you can do to manage stress and improve quality of life on your own as well. Keeping your diet and nutrition in check is essential for achieving optimal health, enjoying life—and one of the easiest ways to balance your adrenal function.

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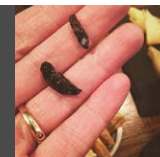
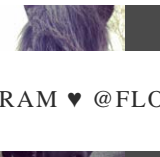
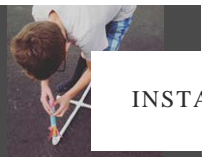
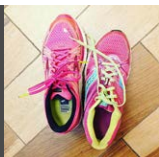
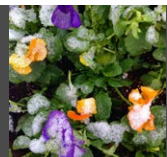
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