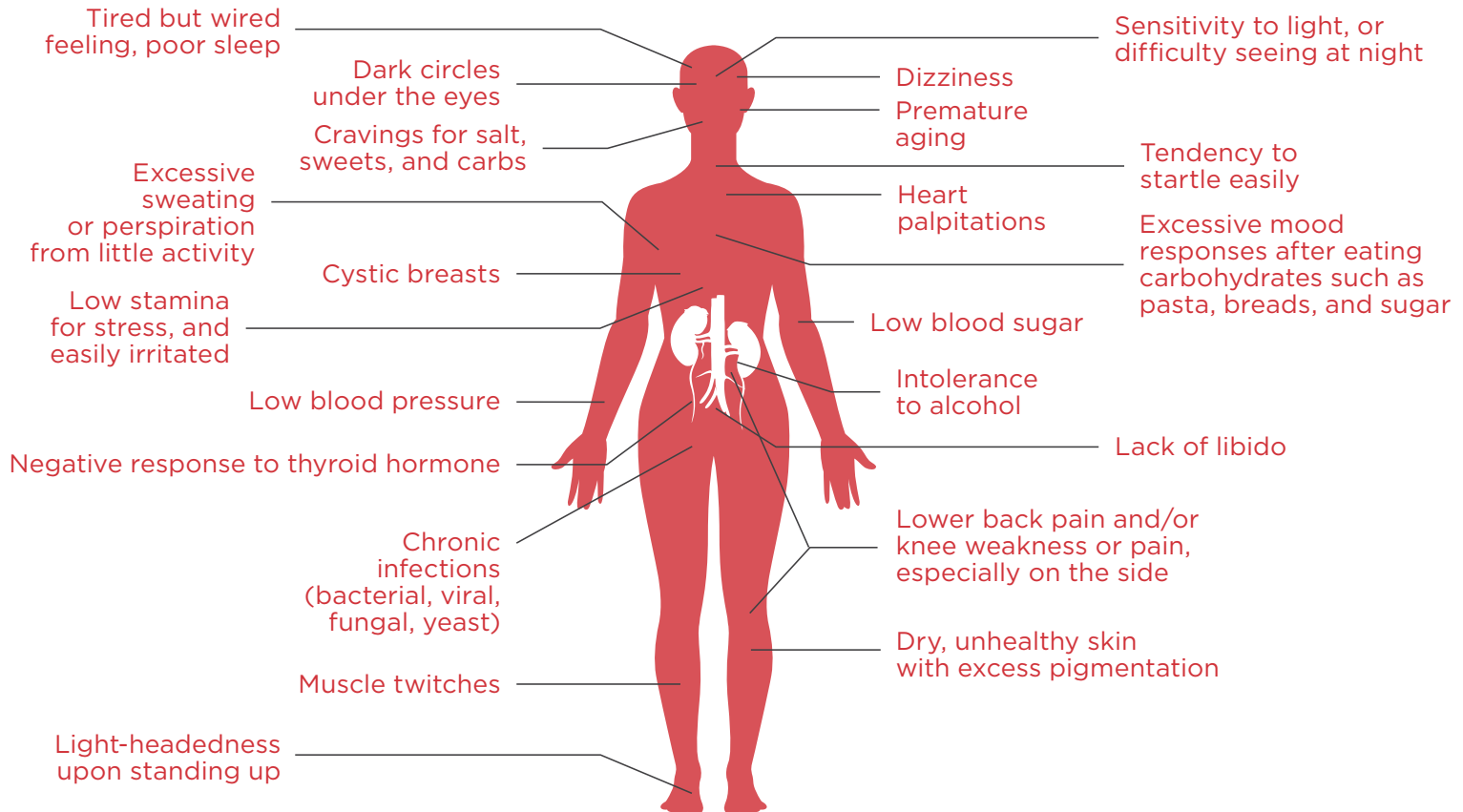


# COULD IT BE ADRENAL FATIGUE?

Daily living causes much stress, which is not easy on the adrenal glands. The adrenal glands (also known as suprarenal glands) are the triangle-shaped endocrine glands that sit atop the kidneys. They are chiefly responsible for regulating the stress response through the synthesis of corticosteroids like cortisol and catecholamines like adrenaline.

When the adrenals are tired, the body may experience a number of different symptoms. The most common symptoms caused by tired or worn-out adrenal glands are:



If you suspect you might have tired adrenals, address it right away. Adrenal glands are extremely important to a healthy immune system. They are necessary for proper thyroid function.

## NATURAL WAYS TO SUPPORT YOUR ADRENALS

- Get some sleep. You must rest if you are going to help your adrenals get stronger. That means having a regular sleep schedule and getting eight hours of sleep a night. Make this a priority and stick with it. Your adrenals need their beauty sleep!
- Eliminate sugar and processed carbs. Sugar and simple carbs (junk!) put stress on the adrenals. Adrenal glands help to regulate blood sugar levels.
- Eat clean and whole foods.
- Curb the coffee habit and drink plenty of fresh, filtered water every day.



What is Adrenal Fatigue? [www.adrenalfatigue.org](http://www.adrenalfatigue.org)

Marcelle Pick's *Are You Tired and Wired?: Your Proven 30 Day Plan for Overcoming Adrenal Fatigue and Feeling Fantastic Again*