

JUST JESS on HEALTH:



Adrenal fatigue aka BURNOUT:

The adrenal glands, just as they suggest “add renal”, sit just above both of your kidneys. These glands assist with modulating stress response, blood pressure, the immune system, metabolism, hormones and the nervous system. The adrenals release four of the main stress hormones; adrenaline, cortisol, DHEA and norepinephrine.

So what happens if you have Adrenal fatigue?

Adrenal fatigue means that your body has been under physical or emotional stress for a prolonged period of time. Initially this results in an increased production of these hormones causing symptoms of; anxiety, irritability, altered immunity, digestive issues, insomnia, acne and specific pattern weight gain. Once there has been a prolonged release of these hormones our body starts to “run out” of its reserves and we start to experience the following symptoms; extreme fatigue, depression, anxiety, irritability, brain fog, inability to deal with stress, poor immunity and sugar cravings to name a few.

Recommendations

Remember that stress affects everyone differently; therefore; identifying the physical and emotional symptoms early can prevent severity and a prolonged recovery. Here are some tips for recovery; however; formulating a specific regime with your healthcare provider is key to replenishing your reserves.

- Stress management (yoga, cognitive behavioural therapy, meditation and prioritising your wellbeing)
- Supplementation (B vitamins, adaptogenic herbs and a homeopathic specific remedy)
- Rest (at least 8 hours of sleep at night)
- Diet (Remove salt, sugar, caffeine, alcohol and saturated fats from the diet. Incorporate whole foods, nutritionally dense fruit and veg, coconut oil, nuts and seeds and dark green liver cleansing foods)
- Hydration (Carry a BPA free water bottle around with you to be a consistent reminder to drink water)
- Exercise (Get moving to release those “feel good” hormones)

If you are worried about heading into burnout, please don't hesitate to book an appointment. Once your diagnosis is confirmed through a full investigation, we have some lovely herbs, injections and homeopathic medicines to get you back on track.

Dr Jess

Look out for issues to come as we explore how homeopathy and alternative medicine/ healing can help us in our day to day lives – from first aid, medical conditions all the way through to healthy lifestyle tips.

