

SEVERE ADRENAL FATIGUE

Male client
Aged 44
Business Owner / Director

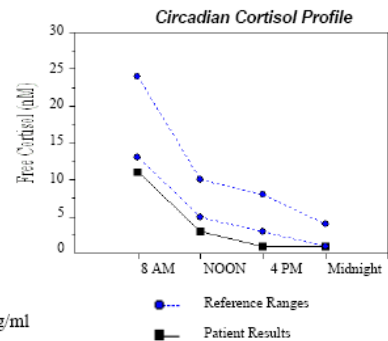
This client came to me in 2006 complaining of very low energy levels and an inability to lose weight. He had a history of stress and had suffered weight management problems for some years. He also had a history of low-calorie dieting.

I suggested that he should have his adrenal glands tested as I was sure they would be in at least stage 2 of adrenal fatigue. When the results came back it was clear that the stress of running a business for almost 25 years as well as the low calorie dieting had placed Ian's body under a great deal of stress.

Low calorie dieting puts the body under stress because it is perceived as starvation. The adrenal glands have to make stress hormones so that the body can break its own muscle tissue down to produce energy (because it cannot derive enough energy from the reduced calorie diet). This scenario also causes problems with insulin levels and because insulin is a storage hormone, increased insulin over time will actually cause weight gain. This is why nearly all yo-yo dieters eventually put on weight!

At age 44, Ian should not be in stage 3 of adrenal fatigue. You can see from his results that his cortisol levels are low throughout the day. This explains why he had low energy levels. His total cortisol production for the day was 16 when it ought to be nearer 30-35. Cortisol is the hormone that wakes us up in the morning and keeps us going through the day. Ian's levels later in the day were so low that his body is barely producing any cortisol at all. His adrenal glands were VERY tired.

Test	Description	Result	Ref Values
NLASI	CUSTOMASI		
TAP	Free Cortisol Rhythm		
	07:00 - 08:00 AM	11 Depressed	13-24 nM
	11:00 - Noon	3 Depressed	5-10 nM
	04:00 - 05:00 PM	<1 Depressed	3-8 nM
	11:00 - Midnight	<1 Depressed	1-4 nM
	<i>Cortisol Burden:</i>	16	23 - 42
DHEA	Dehydroepiandrosterone	11	Elevated DHEA Adults (M/F): 3-10 ng/ml



In order to improve Ian's cortisol levels, I recommended licorice root extract, 10 drops between 6am-7am, 11am-12pm & 4-5pm. Licorice root is very effective in resting the adrenal glands and helping the body conserve what cortisol it is making so that it lasts in the body longer. Over time, the body's production of cortisol returns to normal. In addition, I recommended vitamin C (found in the highest concentrations in the adrenals), B Vitamins, especially B5, which is needed for production of all adrenal hormones and a good quality multi-mineral supplement.

I also recommended that Ian ensured that he slept between the hours of 10pm and 6am, took some time away from work, did some very light exercise and breathing techniques and avoided sugar, caffeine and gluten as tests revealed that he is gluten intolerant.