

## **Health Writing: Adrenal Complex**

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Whether it's from caffeine overload, a filled-to-the-brim schedule, sleep deprivation or kids that just won't sit still, many of us have adrenal fatigue, not even knowing what that means or how it can be remedied.

Adrenal burnout, or fatigue, is a product of the underdiagnosed "Stress Syndrome". The issue with this, often times, chronic condition is that, it's not only common for the average person to be unaware of it's symptoms, but it also goes unrecognized by many doctors due to the fact that stress has become such a common factor in most of our lives these days that the "symptoms" are becoming what is now considered a "normal" state of existence. This is unnecessary and frustrating since generally "stress syndrome" is the breeding ground for more chronic, less benign health issues.

Stress has been inextricably linked with heart attacks, cancers, high cholesterol and crohn's disease. Therefore, it is imperative for us to be able to recognize when our body is not operating properly. The chronic fatigue, aggression and negativity that one experience could be a product of adrenal burnout and it's best to regulate such imbalances before the prolonged stress causes more serious damage to the system.

### **So how do we treat stress?**

Stress is generally harbored in the adrenals. The adrenals priority is to give us cat-like reflexes when needed to protect ourselves at the drop of a dime, in any stressful situation, providing us a sharpened focus and increased stamina in times of need. Often, when we hear the phrase "I have a lot of adrenaline", it is referring to the hormones being produced by the adrenal glands – the two small glands sitting right above our kidneys. Generally, a overproduction in adrenaline is caused by either environmental or emotional stimuli that alerts the body of it's increased need for energy and support. When nervous, scared, excited or stressed, the adrenals kick in, releasing a combination of adrenaline and cortisol, in the effort to regulate stress levels. Cortisol converts our protein into energy, providing fuel to the adrenaline response.

The adrenal glands are advantageous for many scenarios in our daily lives, however, if we continue to push our bodies into overdrive, the adrenals will continue to release adrenaline and cortisol, causing us to ignore our body's cry for rest, as well as damaging the adrenals ability to protect us in "fight or flight" situations in the long run.

Given the rate that our adrenals work for us to maintain our busy schedule, we need to replenish them more often than done. If not replenished, disease and illness often prevails, demanding a much longer recovery time.

So how does one replenish their body from adrenal fatigue? Other than laying off the stimulants, catching up on sleep and adhering to our body's cry to move at a slower pace, we can also support the adrenals with the help of supplements.

Adrenal support with supplements and herbs can help your body manage stress better without overtaxing the adrenal glands.

Bioidentical offers Adrenal Complex – a glandular based product designed to support overall adrenal function. Fortified with N-acetyl tyrosine, vitamin C and a comprehensive spectrum of B vitamins, it is an excellent everyday formula. Due to its ability to balance cortisol as well as replenish catecholamines (dopamine, norepinephrine and epinephrine) Adrenal Complex is an ideal supplement to support the common burnout and chronic fatigue.

In the dark about whether or not you're a victim of adrenal burnout? Cross-check your unexplainable symptoms with those of adrenal burnout:

- A non-resilient immune system – slow recovery from illness or injury.
- Hair loss
- Irritability
- Constant need for stimulants
- Salt cravings
- Low sex drive
- impaired memory, foggy
- Carbohydrate cravings
- Acne
- Weight gain
- Insomnia
- Untreatable fatigue

If your fatigue has gone on for too long and believe it may be related to adrenal malfunction, connect with us for a Wellness consultation today or shop for Adrenal Complex [here](#).