

Understanding Adrenal Fatigue

We live in a busy world that offers little relief from the stresses of life. Not surprisingly, stress is a major contributor to adrenal fatigue. Toxicity contributes to adrenal fatigue as well. But by far, adrenal fatigue is caused by a diet high in sugar and processed foods. And the same dietary factors that contribute to adrenal fatigue are at the root of most of our major health issues today.

The adrenals – “the stress glands” – have been shown to be the first of the endocrine axis to fail under various conditions of stress, such as burns, poisons and other toxic manifestations – as well as being susceptible to failure from protracted stress and strain of “ordinary” everyday activities. Adrenal glands are involved in mineral metabolism, especially the sodium/ potassium balance and hormonal controls. The adrenals are the base line energy for the body. Conclusive evidence was offered by Sir Robert McCarrison, M.D. , to show that the adrenals were also the first to fail under the stress of malnutrition. Interestingly, our experience shows the adrenals to be the first to respond to nutritional therapies.

Dietary causes of Adrenal Fatigue

Sugar: includes honey, maple syrup, fructose, dried fruit, fruit juice, carrot juice, sweet fruits, like red apples, oranges and bananas, and any other kinds of “natural sugars”. The body metabolizes all of these sugars the same way it does white sugar.

Refined Carbohydrates: all processed foods, breads and noodles, even whole wheat (**that’s right I said ; “Whole Wheat “**) or other alternate grains are to be avoided. If grains are ground up they are processed and will metabolize in almost the same way as white sugar. It doesn’t matter if the original form was whole or not. White rice is also out. Thick whole oats are okay, but steel cut oats are not.

Refined Grains: have more surface area exposed to digestion so they digest more rapidly. They release their sugars quickly into the blood stream causing blood sugar to spike too high, too fast. The body overreacts to this rapidly absorbed sugar by releasing too much insulin. The release of too much insulin causes the blood sugar to go down too far. (Most everyone has experienced getting sleepy after a large meal of pasta, rice or some other carbohydrate or the drop in energy that follows a candy high. That’s what happens after a large release of insulin.)

The adrenals are constantly being assailed by the above reactions. Processed foods and snacks are available all the time, and they can be hard to resist. The adrenals are constantly called on to produce more and more cortisol in response to the stress caused by sugar and processed food. Eventually they become exhausted. And , so does the indulger.

So what can a person do? The obvious thing to do is to stop eating sugar and refined foods. A lot of people will do great just by modifying their diet alone. If you 're really committed, you could give up grains altogether. This hard to do so minimizing grains is good. Eating boiled potatoes and sweet potatoes(not baked) can help you feel full. Keep in mind that it is stressful on the adrenal glands to go hungry, so it's important to eat when your body asks for food.

We all know that cutting back on stress and eating a balanced whole food organic diet is the ideal solution, and practicing exercises like yoga ,tai-chi, chi-kung, deep breathing and meditation are also excellent adjuncts to creating good health

So, good luck on your journey and be well naturally.

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