

"Why Am I So Tired?"

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Fatigue is the #1 health complaint that brings patients into doctors' offices. However, fatigue is so common that traditional medicine often ignores it or treats it in an offhand fashion.

Patients are frequently told to "get more rest", or "relax", or "take this pill" - often a dangerous anti-depressant. What is not appreciated is how serious fatigue can be, or how relatively easy it is to solve.

The key is to properly diagnose WHY you are fatigued. The root of the problem can be poor sleep, chronic pain, stress, or digestive problems, to name a few.

Perhaps you've already been through a battery of tests with your medical doctor, only to be told that you're "fine". In fact, what are fine are the results of the tests. If you were truly "fine" you wouldn't be so tired!

When the appropriate laboratory test(s) are performed, the true cause of your fatigue will be found.

The adrenal glands play a vital role in energy production. If you would like to know if your adrenal glands are functioning at less than optimum, review the list of symptoms below. If you identify with 3 or more symptoms, adrenal dysfunction likely is having a negative impact on your health.

Symptoms of Adrenal Dysfunction

1. Fatigue - this is one of the most common symptoms related to improper adrenal function. Exhaustion may strike a person suddenly in the middle of the day, or the individual may make it through their workday only to feel completely exhausted at night.
2. Trouble sleeping - adrenal imbalance can cause abnormal hormone production, resulting in difficulty going to sleep or staying asleep.
3. Sex Hormone imbalance - the adrenal glands produce the precursor hormones necessary to make estrogen, progesterone and testosterone. Improper adrenal function can result in severe PMS and menopause symptoms, as well as other hormone related difficulties such as a lack of sex drive.
4. Ligament weakness - joints can become irritated easily because ligaments are weak, resulting in back pain, neck pain, and arm or leg pain. This condition can be a symptom of adrenal dysfunction.
5. Frequent Sugar cravings - a desire for sugar can occur when blood sugar levels drop. This is an attempt by the body to balance blood sugar, a vital function involving the adrenals. Low blood sugar can be a signal that its time to nourish the body, or it can be a symptom of adrenal dysfunction.
6. Low blood sugar - feeling confused, upset, getting headaches, or light-headedness. This can be the body's normal response when you are hungry, or it can be a symptom of adrenal dysfunction.

7. Difficulty waking up - waking up in the morning can be difficult, and people feel that they "need" to have a stimulant such as coffee, in order to be alert. If the adrenals are functioning properly, one should feel refreshed and energized shortly after awakening without any artificial stimulants.

8. Immune system weakness - bacterial, viral and fungal infections occur frequently. The adrenals play a key role in immunity, and poor immunity can indicate adrenal dysfunction.

9. Faint feeling (light-headed) when rapidly standing up can be a sign of adrenal dysfunction.

10. Poor dilation of bronchioles - the bronchioles of the lungs do not dilate efficiently and asthma-like symptoms may result when adrenal function is poor.

11. Allergies - respiratory allergic reactions occur easily and hay fever or sinus symptoms result. Food allergies very commonly occur with adrenal weakness, and can result in digestive symptoms, as well as many other often unexplained symptoms.

Are you experiencing three or more of the above symptoms? If your answer is "yes", you may be suffering from adrenal dysfunction.

You can have great energy again!

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