



ADRENAL GLANDS AND THE STRESS RESPONSE

All creatures experience stress- both internal and external. All creatures respond to stressors and humans are no exception. It is thought that more than 90% of the population is in some degree of adrenal stress or fatigue. Most physicians don't recognize adrenal fatigue and it is often dismissed or

Our adrenal glands perform a number of valuable functions:

- They are our 'stress-handling' glands.
- They manufacture a number of hormones that help us handle mental, physical, and emotional stressors.
- They help the body function amidst external or internal challenges and changes.
- They mobilize the 'fight or flight' response.
- They control fluid balance and blood sugar balance, especially between meals.
- They manage inflammatory and anti-inflammatory responses to injury or invasion.
- They control the strength and response of our immune system.

The human stress response is a well defined series of reactions on the tissues, the organs, and organ systems. Many are quantifiable, so we can measure, modify, and manage the responses ([Functional Adrenal Test Profile](#)).

There are many factors that can lead to adrenal fatigue. Here are just a few:

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| junk food | lack of relaxation | caffeine |
| emotional stress | workaholism | nutritional deficiencies |
| smoking | dead end relationships | sedentary lifestyle |
| antacids | hormonal imbalances | allergies |

The good news is that the adrenals can be repaired. In many cases, it requires a change in diet and lifestyle. The payoff is more energy, better health, and more joy in your life.