



Beat Adrenal Fatigue Naturally!

What is Adrenal Fatigue?

Before we dive into adrenal fatigue, let's first start with the adrenal glands. The adrenal glands are glands that sit on top of the kidneys. They produce intermediates of sex hormones like testosterone and estrogen, hormones that affect blood pressure, water retention, and electrolyte balance, and they produce hormones like cortisol that affect metabolism and your immune system. The adrenal glands also produce adrenaline, which is involved in the fight-or-flight response.

All of these hormones are very important to our bodies. When they're in balance, they ensure that we're ready to deal with stressful situations when they arise. Prior to modern living, our adrenal glands would help us cope with being chased by a predator or being threatened by another person. They would help us deal with the stress of a famine or other poor environmental conditions.

Unfortunately, the stress of our modern lives causes our adrenal glands to constantly be producing hormones. Your body doesn't understand the difference between stress caused by being stressed because there are predators nearby and stress from your job or the pressures of being a

parent. All your body knows is that you're stressed, so your adrenal glands keep producing stress hormones like cortisol.

Producing all of those stress hormones puts a lot of demand on your adrenal glands. They start to run out of the "ingredients" they use to make those hormones. Over time, they start to produce less of those important compounds your body needs, which throws your whole body out of whack. Your adrenal glands stop working as well as they once did, and you start to experience the symptoms of adrenal fatigue.

Symptoms of Adrenal Fatigue

How do you know if you have adrenal fatigue? Here are some common symptoms:

- *Feeling tired or exhausted, even when you've gotten a good night's sleep*
- *Feeling run down for weeks or months at a time*
- *Trouble coping in stressful situations*
- *Trouble thinking clearly and paying attention*
- *Anxiety and Depression*
- *Getting sick more often than you used to*

- *Allergies becoming more severe*
- *Feeling cold all the time*
- *Low blood pressure*
- *Dry skin*
- *Weight gain, sometimes even when you're eating well and exercising*
- *Craving salty foods*
- *Frequent use of caffeine and/or sugar to help perk up your mood and energy*
- *Disinterest in being intimate with your partner*

If you are experiencing several or many of these symptoms, you may have adrenal fatigue

Why is Adrenal Fatigue Often Misdiagnosed?

Unfortunately, even though adrenal fatigue is becoming more and more prevalent, many medical professionals aren't diagnosing it. Many doctors don't completely understand adrenal fatigue. They're used to dealing with symptoms one-by-one, writing a prescription to help alleviate symptoms instead of dealing with the cause of the problem. It's easier and faster to tell someone to take another pill than it is to dig into why the patient is experiencing the symptoms.

Patients are also often too scared to speak up for themselves or ask more questions. Doctors can be very busy, and it can be difficult to keep pressing your doctor for more information or to run more tests. As a patient, it can be really tough to advocate for yourself and to convince your doctor that the symptoms you're feeling are a real problem. You have to trust that you know your body and what you're feeling better

than anyone. Don't be afraid to speak up! And, don't be afraid to find a doctor who is willing to take the time to listen to you and your symptoms, and who will work with you to find a solution.



5 Ways to Heal Adrenal Fatigue

Naturally

You're suffering from adrenal fatigue, but you don't want to take a bunch of medication to simply relieve the symptoms. You want to heal yourself so you can beat adrenal fatigue by attacking the problem at its source. Here are five ways that you can begin to overcome adrenal fatigue naturally.

1. Get More Sleep

One of the hallmarks of adrenal fatigue is feeling tired even when you get a good night's sleep. So, you might think that you'll have adrenal fatigue no matter how much sleep you get. That's actually incorrect! Sleep is when your body heals itself. Over time, getting adequate sleep will help your body get back into its normal, healthy rhythms, helping you to overcome adrenal fatigue. Aim to get at least 7 to 8 hours of sleep every night.

2. Stop Doing Hours of Cardio

Cardio used to be praised as one of the keys to help you lose weight. The more cardio you did, the more calories you would burn, which would lead to weight loss. Unfortunately, that story oversimplifies things a LOT. Doing a lot of cardio actually puts a lot of stress on your body.

Remember, it doesn't know the difference between running for hours to escape predators or for weight loss. Long cardio sessions can actually contribute to and worsen adrenal fatigue. You should definitely keep working out, but switch out your long cardio workouts for some high-intensity interval training or weight lifting. You'll actually burn more fat that way!

3. Practice Self Care

Overall stress in your life greatly contributes to adrenal fatigue. Whether that stress is from work, money, relationships, kids, or something else, it all adds up. If you're going to overcome adrenal fatigue, you have to start taking care of yourself. Start to prioritize activities that help you destress (in a healthy way), like taking a long bath or reading a book. Try to avoid destressing by drinking alcohol or eating sugary foods, which can actually make your adrenal fatigue worse.

4. Reduce or Eliminate Sugars

A lot of you may be relying on sugars to give you a pick-me-up to help you overcome the exhaustion that comes with adrenal fatigue.

Unfortunately, all of that sugar causes inflammation in your body, which just worsens adrenal fatigue. Adrenal fatigue already results in high levels of inflammation, so when you add a high-sugar diet to the mix, you experience the symptoms of excess inflammation much more strongly. You get sick more often, your allergies are worse, you have digestive issues, you feel more anxious or depressed, and your concentration is even worse. So, try to keep your sugar intake to a minimum. That includes natural sugars from fruits, too!

5. Follow a Ketogenic Lifestyle

A ketogenic lifestyle, or a slightly modified keto lifestyle, can help you overcome adrenal fatigue, too. A keto diet by definition eliminates the sugary foods that can make adrenal fatigue worse. It also helps you fuel your body with healthy, natural foods that are loaded with the nutrients your body needs to heal and recover. I've actually been healing my own adrenal fatigue with the keto diet and lifestyle, incorporating a few tweaks to help facilitate adrenal recovery, and I've been so happy with my results.

I'm feeling better physically, mentally and emotionally. And, I'm staying lean and healthy at the same time!

If you're going to follow a keto lifestyle to overcome your adrenal fatigue, just make sure you get guidance from someone who knows how to optimize the keto diet for adrenal fatigue. Many people who try to go keto on their own actually wind up making their adrenal fatigue *worse* because they don't know the in-depth details of ketogenic living. Work with someone who has experience helping clients with adrenal fatigue so you can get the results and symptom relief you need.

To learn more about Ketogenic Living, head over to my website and discover if you would be right for my program! I can assure you, *Simply Ketogenic Life 101* is the *BEST* ketogenic lifestyle program on the market! Learn more [HERE](#)

**Eat Fat.
Burn Fat.
Love Life.**