

## Adrenal Fatigue

### Common signs and symptoms of Adrenal Fatigue

Symptom	Common	Sometimes	Rarely
I have low blood pressure			
I feel dizzy upon standing			
I have hypoglycaemia (low blood sugar)			
I crave salt			
I crave sweets			
I have dark circles under my eyes			
I have sleep problems			
I have difficulty getting up in the mornings			
I have lethargy, a general lack of energy			
There is an increased effort to do everyday tasks			
Decreased sex drive			
Decreased ability to handle stress			
Mild depression			
I have less enjoyment or get less happiness from life			
I am less focussed, have mental foginess			
I feel tired but wired			
My muscles feel weak and fatigue easily			
I rely of caffeine or stimulants to get me through			
I suffer from panic attacks and/or anxiety			
My immunity is low/catch colds often/recurring infections			
I retain water			
Feel worse for skipping meals			

If you ticked more than 4-7 symptoms, particularly in the common or sometimes columns, you may be suffering from some degree of adrenal fatigue. Minimising stress, optimising sleep, correcting blood sugar imbalances, reducing inflammation and ensuring there is an adequate supply of targeted nutrients to nurture the adrenal glands is vital.

When the adrenal glands are compromised, there is often a hormonal imbalance throughout the body. Pregnenolone is used up to create excess cortisol required from the stress response, leaving a short supply to create other hormones such as DHEA, testosterone and progesterone.