How do the adrenals weaken? Most commonly, different types of stress are involved. While some of these stresses are beyond our immediate control (nasty bosses, postal worker strikes, stock market crashes, unfriendly in-laws, divorce, hurricanes, etc.), many stresses weakening the adrenals are dependent on our diet and lifestyle choices. For example, a high caffeine and refined carbohydrate intake, cigarette smoking, heavy alcohol consumption and drugs too numerous to list all stress the adrenals by causing a greater than normal secretion of adrenal hormones leading to eventual depletion of stress hormone reserves. Working long hours under fluorescent lights at a sedentary job and getting little to no exercise also weakens adrenal function.

Menopause is one major life event strongly connected to adrenal glandular function. In the healthy female, once the ovaries stop producing estrogen and progesterone, the adrenal glands take over production to maintain a comfortable balance. If this transition period does not occur smoothly, women entering the menopause will experience severe and often debilitating hot flashes, vaginal dryness, depression, loss of libido, accelerating osteoporosis, memory disturbances and blood sugar control problems (hypoglycemia). Adrenal insufficiency can cause exaggerated or early menopausal symptoms that create the need for hormone replacement therapy.

The ability to deal effectively with physical, chemical, emotional and other environmental stressors such as viruses, ionizing radiation and prolonged physical exertion depends largely on the health of your adrenal response.
Conventional medicine categorizes adrenal function as either normal, low (adrenal insufficiency a.k.a. Addison's disease) or high (Cushing's Syndrome, a rare disorder caused by an overactive adrenal cortex). Most individuals affected by suboptimal adrenal function fall between these two extremes and are left without any medical solution to their health problems.

Adrenal weakness is at the bottom of poorly controlled stress conditions ranging from anxiety, allergies and recurrent infections to hypoglycemia, depression, autoimmune disease and chronic fatigue of unknown cause. If the initial screening tests fail to show either low or high levels of various steroids, reductionist medical thinking, regardless of patient signs and symptoms, is that adrenal function is normal. Studies, however, show that adrenal function can be compromised long before abnormalities start appearing in such laboratory tests and that the use of adrenal glandular support reverses signs and symptoms and replenishes depleted organ reserves.

The many signs and symptoms of adrenal insufficiency are often brushed off by conventional doctors as “nerves” requiring a prescription for anti-depressants, tranquilizers or estrogen. Many of these signs and symptoms, however, should alert both doctor and patient to look deeper into organic sources with the use of special tests (e.g. glucose tolerance test, cortisol, DHEA, hormone challenge tests, etc.). The results of these tests could provide a more definitive diagnosis.

An inability to concentrate, excessive fatigue, nervousness, irritability, depression and anxiety are the commonest symptoms associated with poor blood sugar control (hypoglycemia or diabetes) and ultimately to adrenal glandular weakness. Lightheadedness or dizziness, faintness or fainting as well as insomnia are also common problematic blood sugar control symptoms. So are cold, clammy palms and red palms or fingertips. Progesterone is one of the most important hormones secreted by the adrenal gland. Progesterone has a major role to play in healthy menstruation, bone building and fertility. Many women who suffer from hot flashes, vaginal dryness, mood swings and premenstrual syndrome symptoms (fluid retention, depression, food cravings, breast pain and tenderness) are often suffering from relatively low progesterone levels which can often be corrected by normalizing adrenal function.

The adrenal glands are responsible for blood pressure control. If you have access to a blood pressure measuring device there is a simple self test you can use if you suspect low adrenal function. Take or have someone take your blood pressure several times both reclining and standing. If your blood pressure is usually somewhat on the low side (postural hypotension) on standing (105/60) but elevated to (120 or 130/70 or 80) on reclining, chances are high that your adrenals are malfunctioning. There should be very little difference between standing and reclining blood pressures if adrenal function is optimal.

A long list of suboptimal health conditions and diseases are stress-related and stem from a weak or an exaggerated adrenal response. The following is just a partial list of conditions requiring adrenal glandular support:

- Anxiety/Panic attacks
- Asthma
- Autoimmune diseases (e.g. fibromyalgia & chronic fatigue syndrome, Graves’ disease, multiple sclerosis, rheumatoid arthritis, etc.)
- Cancer
- Diabetes Mellitus (Type II)
- Depression
- Headaches (tension, migraine)
- Hypoglycemia
- Infertility
- Premature menopause
- Multiple chemical hypersensitivity/allergies
- Menstrual problems (premenstrual syndrome, dysmenorrhea, menorrhagia, amenorrhea)
- Recurrent flus, colds and other infections

The vast majority of cases requiring adrenal glandular support programs can help themselves without prescription hormones. A combination of diet and lifestyle changes with or without nutritional supplements is usually all that’s required.
**DIET:** avoid foods and beverages that unnecessarily stress the adrenals, especially sugar, alcohol, caffeine, tobacco, fried foods, processed foods, pork, sugar and refined carbohydrates. A high percentage of symptomatic individuals are allergic to gluten (wheat, spelt, rye, barley, oats) and casein (dairy products) and should avoid these foods altogether. Various forms of the Paleo diet are ideal for adrenal insufficiency. Unless allergic to them, eat more fresh fruits and green leafy vegetables, garlic, onions, shitake or maitake mushrooms, olives and legumes. Avoid fish and seafood due to their high mercury and other toxin content.

**LIFESTYLE:** regular moderate exercise, meditation, biofeedback or other relaxation techniques to reduce stress; getting regular exposure to sunshine is important as a way of getting vitamin D because deficiency of this vitamin leads to adrenal gland damage; in more severe cases, consultation with a health care provider is required.

**NUTRITIONAL & HERBAL SUPPLEMENTS** (dosages are dependent on severity of symptoms & individual tolerances):

- Multiple vitamin and mineral supplement
- Green drink (spirulina, chlorella, barley, kamut, etc.)
- Bee pollen
- B complex vitamins with extra vitamin B5 (pantothenic acid) or royal jelly
- Vitamin C and bioflavonoids
- Vitamin D
- Raw adrenal extract
- Coenzyme Q10
- Holy Basil
- Ashwaganda
- Rhodiola
- Shisandra
- Bacopa
- Licorice root (can raise blood pressure if used excessively)
- Siberian ginseng

For quickest results, use the very safe and effective herbal adaptogens Holy Basil, Ashwaganda, Rhodiola, Scisandra, Siberian Ginseng and Bacopa. An adaptogen can optimize excessively high or low levels of the stress hormones. This is only provided that the adrenals have been diagnosed by conventional doctors as “normal”. Severely damaged adrenals requiring medical intervention will not respond as well to an adaptogen. Licorice root can be used but can elevate blood pressure if used excessively. Those who take prescription anti-hypertensives should avoid licorice.

**HORMONE REPLACEMENT:** In more severe cases that fail to respond adequately to the natural approach, low dose bio-identical adrenal hormones could be prescribed for short periods of time. These include:

- DHEA
- Pregnenolone
- Cortisol
- Testosterone
- Progesterone
- Estrogens

The use of steroid drugs (e.g. prednisone) for extended periods of time can cause the shrinking (atrophy) of the adrenal glands and should be monitored regularly to prevent long term side effects. This is far less likely to occur when one takes low dose DHEA, pregnenolone or other bio-identical steroids but should not be ignored as a remote possibility. For more information on reversing adrenal woes, see the references below and consult a natural health care practitioner for an individualized adrenal enhancement regime.

**REFERENCES**


Paleo diet for adrenal insufficiency.

Nutrients that fight adrenal fatigue:

Adaptogenic effects of Bacopa:

Rhodiola benefits:

Holy Basil benefits:
https://draxe.com/holy-basil-benefits/

Ashwaganda benefits:
https://draxe.com/ashwagandha-proven-to-heal-thyroid-and-adrenals/

Siberian Ginseng benefits:
http://doctormurray.com/fendoff-adrenalfatigue/

Shisandra benefits:

“I recommend TriStar Naturals supplements as the natural choice for people interested in maintaining a healthy and active lifestyle.”

Zoltan P. Rona
MD, MSc
Keep your Adrenal system Going strong

Formulated by Zoltan P. Rona, MD, MSc

- Helps increase energy and resistance to stress
- Helps improve mental and/or physical performance after periods of mental and/or physical exertion
- Used as sleep aid
- Relieves general debility, especially during convalescence or old age
- Balances aggravated Vata

Sealed for your protection. Keep out of the reach of children. Do not use if safety seal is broken or missing. For freshness store in a cool, dry place.

Recommended purpose or use:
- Used in Herbal Medicine as an Adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress).
- Used in Herbal Medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion.
- Ashwagandha is traditionally used in Ayurveda as Rasayana (rejuvenative tonic) and sleep aid.
- Ashwagandha is traditionally used in Ayurveda to relieve general debility, especially during convalescence or old age.
- Ashwagandha is traditionally used in Ayurveda to balance aggravated Vata (nervine tonic, sedative).

Recommended dose: (Adults) 1-2 capsule(s) 2 times per day.

Duration of use: Use for a minimum of 6 weeks to see beneficial effects.

Adrenal Supremacy™
An adaptogen to help increase energy and resistance to stress

Practitioner Series
Formulated by Zoltan Rona, MD, MSc
NPN 80063422
60 Veggie Capsules

Medicinal ingredients:
- Each veggie capsule contains: Holy basil (Ocimum tenuiflorum, Leaf) 4.1, OCE 740 mg) ..................................... 185 mg
- Sensoril® Ashwagandha (Withania somnifera) [8.1, OCE 1000 mg] ..................................... 125 mg
- Rhodiola (Rhodiola rosea, Root) [1% Salidroside, 3% Rosavin, 10.1, OCE 500 mg] ...... 60 mg
- Siberian ginseng (Eleutherococcus senticosus, Root) [10.1, OCE 1000 mg] ................. 100 mg
- Schisandra (Schisandra chinensis, Fruit) [5.1, OCE 375 mg] ......................................... 75 mg
- Bacopa (Bacopa monnieri, Aerial parts) [45% Bacosides] ........................................... 50 mg
- Vitamin B5 (Pantothenic acid, Calcium D-pantothenate) ...................................... 100 mg

Non-medicinal ingredients: Magnesium stearate (Vegetable source), hypromellose (Capsule ingredient). Contains no added gluten, nuts, eggs, animal products, dairy products, fish or shellfish, corn or wheat.