

# Adrenal Fatigue

## Symptoms of Adrenal Fatigue

- Constantly tired
- Trouble getting up in the morning
- Feeling run-down or overwhelmed
- Gets sick often and has trouble recovering
- Cravings for salty and sweet snacks
- Allergic reactions
- Feeling best after 5 pm
- Complaints of muscle weakness
- Decreased sex drive
- Swollen ankles worse in the evenings.
- Frequent use of high fat food combined with carbs and caffeine to drive themselves

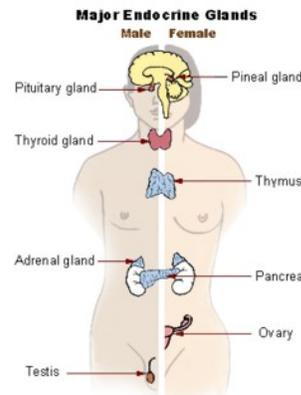
## What is Adrenal Fatigue?

Adrenal fatigue is a collection of signs and symptoms, known as a “syndrome” that results when the adrenal glands function below the necessary level.

Most commonly associated with intense or prolonged stress, this syndrome affects the majority of overweight and obese patients to some degree.

Bariatric patients with insulin resistance usually have some degree of adrenal fatigue secondary to increased demands for cortisol production by the adrenals. High levels of

insulin lead to increased demands for cortisol to prevent hypoglycemia. When the adrenals are unable to adequately respond and balance insulin



surges, reactive hypoglycemia occurs. The up and down insulin-cortisol rollercoaster

leads to adrenal fatigue.

Middle aged patients with lower sex hormones (due to menopause) are at greater risk for weight gain because menopausal symptoms are exacerbated with adrenal fatigue and the adrenals will shuttle already low progesterone to the adrenals to make cortisol.

With each increment of reduction in adrenal function, every organ and symptom in the body is more profoundly affected.

## Treating Adrenal Fatigue

Treating adrenal fatigue in the bariatric patient requires special attention to diet. Higher doses of vitamin C and B vitamins help adapt to stress. Dietary changes should result in elimination of high glycemic carbohydrates, emphasis on high quality protein and balanced

fat intake. Exercise programs should not result in worsening fatigue. Some patients with adrenal fatigue may only be able to walk at a moderate pace for 30 minutes without feeling fatigued. The intensity of exercise can be increased when the adrenals begin to

recover. Herbal adaptogens such as Licorice Ginseng, Maca, Rhodiola and Ashwagandha are helpful because they aid the body in dealing with stress. Adrenals use large amounts of vitamin C.

500 mg of Vit C and 250 mg of pantothenic acid 3X daily are recommended.

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*Empowering You Through  
Education and Medical Support*

Right Weigh is dedicated to helping people obtain and maintain a healthy weight by focusing on education and learning what has happened to our food sources over the past decades as well as how they affect our metabolism.

We also have several bariatric physicians and use whatever medical support is necessary to overcome carbohydrate addictions in order to establish new healthier eating habits.

Monday evenings we have classes free to all our patients.

Weekly we have weigh-ins and newsletters that build on the initial nutrition class.

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