

April 2016 | Live Mentor Session | Jules Galloway, Naturopath

HOT TOPIC: ADRENAL FATIGUE, WHAT IS IT (SIGNS AND SYMPTOMS) AND HOW TO FIGHT IT NATURALLY

What is Adrenal Fatigue?

Adrenal fatigue happens after being stressed for a prolonged time.

Our bodies produce cortisol when stressed... we go into fight or flight mode. As Jules says:

"It's the primitive system in our bodies which is in place to deliver the stress hormones (cortisol and adrenalin) to the body to make us faster, stronger, and quicker-thinking."

So we get stressed and we're able to run away from the tiger, bear, dinosaur etc. The only thing is that these days the stuff that causes stress is like mean bosses, traffic jams, money and family issues etc.

Our adrenals can't tell that it's just a traffic jam and the body doesn't really need the hormonal dump.

And then... with all the cortisol getting pumped around you actually feel great. Better attention, can work faster and harder. Which sounds #amazing, right?! Wrong!

Because today's stressors are a regular thing (traffic jams every day) our bodies are continually pumping out the hormones.

During the live session Jules said: *"back in the cave woman days this primitive system of releasing cortisol and adrenalin was only required every now and again because like sabertooth tigers didn't attack everyday. But now because stress is an everyday thing our bodies are pumping the hormones away, the adrenals become exhausted and don't function properly and this impacts the whole body!"*

What are the Signs of Adrenal Fatigue?

- Tired and fatigued
- Anxiety
- Bad sleep
- Waking up and still tired
- Insomnia
- Mood swings
- Depression

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- Low sex drive
- Thyroid issues
- Low blood pressure
- Low immunity
- Weight gain
- Caffeine makes you jittery or no reaction

Steps to Fight Adrenal Fatigue

First step is to get tested for it. Talk to your naturopath and get the tests done so you know exactly what you're dealing with.

So what can you do right NOW?

Jules recommends eating a diet free of sugar, gluten, dairy and most grains (can tick that off are you're already following a Merrymaker lifestyle!). Adding meditation and mindfulness everyday. Healing the gut. Gentle exercise, think yoga, pilates and walking.

There are also supplements you can add to your diet. Like...

- Magnesium
- B Vitamins
- Ashwaganda/withania
- Teas like lemon balm, camomile, patchouli
- Other prescribed herbs

The key to reading information like this is to not feel overwhelmed and stressed. Because we all now know what stress can do! If you're thinking you might have adrenal fatigue we recommend speaking with an expert and implementing the natural techniques Jules discussed.

ADDITIONAL LINKS

[Dr. Libby TedTalk](#)

LIVE Q & A WITH JULES

What about exercising... like lifting heavy weights?

High adrenalin sports are probably not your friend if you're dealing with adrenal fatigue. However it's a catch 22 because in the stages of adrenal fatigue where your cortisol drops a bit, and you feel tired, those adrenalin filled sports give you a rush, and you feel so good afterwards. If you suffer from adrenal fatigue you really should stick to sports that don't take you over the edge.

What teas help with Adrenal Fatigue?

Teas like chamomile and lemon balm and patchouli tea they are really good ingredients to look for. Most people need at least 3 cups a day in order for to have some sort of effect on the body.

What about licorice, rose hip and peppermint tea? Is that good?

- Licorice is really good because it's great for the adrenals.
- Rose hips is the natural source of vitamins C and antioxidants.
- Peppermint is good for digestion so it helps to calm your tummy.

Steep the tea for 10 minutes. You need 3 cups a day in order to have a soft of therapeutic effect unless you're really sensitive.

Sharron asked about Ashwagandha...

Ashwagandha is an ayurvedic way of healing. It's actually my number 1 herb for Adrenal Fatigue.

Sharron said she's often feeling tired just before getting to bed and she has trouble getting to sleep.

That's a surge of evening cortisol and I'd recommend you see a medical practitioner. In the meantime any sort of calming herbs are going to be your friends like passionflower, skullcap and chamomile, they are all really beautiful calming herbs.

Sally said she is suffering from foot cramps, painful enough to wake up at night and she's taking magnesium but what else...

I'd recommend you have calcium as well, balancing your magnesium and your calcium might be the way to go. Try having a foot bath using magnesium salt. Use magnesium oil. Taking magnesium internally as a supplement is always a smart thing.

Shannon said I often wake up at 3 am and it can take an hour or more before can get back to sleep.

3 am in chinese medicine is a liver o'clock. It's very typical with anyone who might have hormone imbalances, thyroid issues, or menopause to wake at 3 am and not get back to sleep. That's your liver doing it's best work.

Merrymaker Sisters

Wendy asked if there is there anything that can help with really sore joints that wake me up at night.

Magnesium helps with muscle and nerve conditioning and getting the muscles release a little bit.

Thyroid Issues

Are there any veggies to avoid when you suffer from Thyroid issues? Like cauliflower, broccoli and cabbage?

Goiter is enlarged thyroid, if you have an enlarged thyroid you need to take a little bit more care with these types of veggies. Cooking them does help. That's why sometimes throwing more greens into smoothies isn't the best thing for people with goiter.

Sam asked how much epsom salt to use in a bath and how long do you normally soak for?

Half a cup of epsom salt in a bath and soak for 20-30 minutes.

DISCLAIMER: As Health Coaches, we understand that everyone is different and our most important message to you is do what works for you and what makes you feel good. This information aims to provide you with ideas on how to live a healthier, happier life. We encourage you to see a medical professional before starting any new lifestyle change.