A person wearing a white t-shirt and blue denim shorts is running through shallow ocean water. Their legs are splashing, creating white foam and droplets. In the background, there are blue mountains under a clear sky.

How to Overcome Adrenal Fatigue in 5 Steps

Hannah Moore
Naturopath and Emotional Coaching

Introduction

Adrenal Fatigue is an umbrella term for a group of symptoms caused by the adrenal glands failing to produce sufficient amounts of adrenal hormones. It is very common in western cultures and is primarily caused by the stressors of modern day life.

- Do you find you are tired for no reason, even after a good night's sleep?
- Do you frequently experience low energy in the afternoon?
- Do you find yourself reaching for sweet and salty snacks in the afternoon?
- Do you rely on caffeinated drinks to get you through the day?
- Do you have a low appetite in the morning?
- Are you wondering why you often seem to have a foggy head and can't concentrate?

If you answered yes to 2 or more of these it's highly likely you are suffering from adrenal fatigue.

By reading this eBook you will:

- Learn what foods promote and hinder adrenal recovery
- Know the best supplements for adrenal health
- Understand which are the best types of exercise for your adrenal glands
- Know how much sleep and rest you need each day to recover
- Most importantly you will know how to ensure you never end up in this position again!

Through my clinical experience as a naturopath I have come to see that undiagnosed and untreated adrenal fatigue often opens the door for sickness and dis-ease to enter the body. This is because your body's natural defence system is reduced when your energy is low. This is why addressing adrenal fatigue is one of the best things you can do for your long-term health and wellness!

There is one common link with 95% of cases I see, they all have some level of adrenal fatigue. Before I can address their other health issues I have to address adrenal fatigue as the body cannot heal properly in a fatigued state.

The information provided in this eBook is a compilation of the most effective tips and solutions I found to help you heal, so you can heal and continue on to live a strong, healthy and vibrant life.

Please note: With adrenal fatigue, there is a scale of severity. It is a condition that develops over time, so you don't need to have all of the above symptoms to have adrenal fatigue. You may just be developing it and only have one or two, or you may have had it for a long time and have all of them plus others. In the later stages, severe exhaustion, depression and anxiety are very common.

Catching adrenal fatigue in the early stages is by far the best approach. That being said, if you've had it for a long time, do not fear. You can recover and this book will show you how!

Contents

- 00 What is Adrenal Fatigue?
- 01 Understanding Why You Have Adrenal Fatigue
- 02 Repair your Adrenal Glands with Rest
- 03 Repair your Adrenal Glands with Food
- 04 Repair your Adrenal Glands with Vitamins
- 05 Increase Energy with the Right Exercise & Lifestyle

www.hmnaturopath.com.au | 047 472 8723



@hannahmoorenaturopath



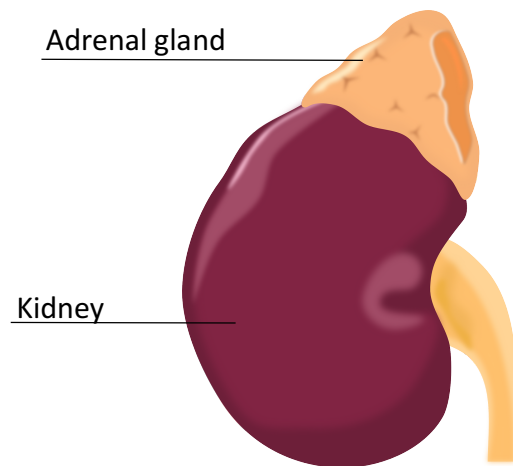
01

What is Adrenal Fatigue?

**Knowledge is Power
When it Comes to Health and Healing**

Your adrenals are triangular shaped glands the size of a walnut that sit on top of the kidneys, and for such little guys they do a very important job.

They are responsible for producing your hormones adrenalin (epinephrine and norepinephrine), cortisol, aldosterone, DHEA and testosterone.



These hormones have far reaching effects that range from maintaining blood pressure, stimulating sex hormone production and regulating energy, plus a lot more. When it comes to adrenal fatigue we are most interested in adrenalin and cortisol as these are the hormones that regulate your energy levels.

In normal daily life (a low stress environment) small amounts of stress hormones are secreted throughout the day to wake you up, maintain consistent energy levels, and keep you alert. However, once adrenal fatigue has developed, the adrenal glands are no longer able to produce enough of these hormones which results in fatigue.

Long-term stress is what causes adrenal fatigue; symptoms start off gradually. You begin to feel 'not quite yourself' or 'a bit run down'. Over time symptoms gradually worsen and if not treated adrenal fatigue can become an extremely debilitating condition.

The 3 Stages of Adrenal Fatigue

You don't just wake up one day with adrenal fatigue. It takes time to reach full burnout. There are 3 stages.

Stage 1- Wired and Tired: Cortisol levels should be naturally elevated in the morning. The first stage of adrenal fatigue is characterized by elevated cortisol at night (when it should be low), leading to a “wired” feeling at night and difficulty sleeping. People in this stage may often feel “on edge”.

Stage 2- Stressed and Tired: The second stage shows more severe cortisol disruption. People in this stage will have higher cortisol in the morning but it tends to fall quickly after lunch, which leads to afternoon fog and tiredness. They may get a second wind at night, they often wake in the middle of the night and are unable to fall back asleep.

Stage 3- Full Burnout: This stage is when people feel exhausted all the time no matter how much sleep they get, this is complete burned out. Cortisol patterns in stage 3 are characterised by low cortisol all day.

Signs of Adrenal fatigue

- Low energy for no apparent reason, it doesn't seem to matter how much sleep you get, you always feel tired
- You experience low energy in the afternoons
- You crave sugar (you're actually trying to give yourself an energy boost)
- When exercising you're easily tired and have less resilience than you used to
- You may also have noticed you have a lower sex drive or seem disinterested in sex.
- You feel emotional, are easily upset, and may feel unable to cope
- Feeling anxious, melancholic or depressed is also common in more advanced cases.
- You may feel shaky, light headed, jittery or prone to fainting
- You may be experiencing hormonal symptoms such as hot flushes, night sweats, teary and quick to temper.
- Low appetite in the mornings, not hungry before 10am
- Sensitivity to bright light - always need to wear sunglasses
- You can't wake up or think clearly without coffee



02

Understanding Why You Have Adrenal Fatigue

In Order to Get Better
First You Need to Know Why You Got Unwell

You have Adrenal Fatigue for 1 reason and only 1 reason. Stress!

Most people don't realise how stressed they are, as they think being constantly on the go is normal and therefore right. This is because our society seems to glorify being busy, when in actual fact there's nothing good about being constantly on the go, it just depletes your body and keeps it in a prolonged state of stress.

FACT

Long-term stress is the number 1 cause of Adrenal Fatigue

Modern Day Stressors

Take a look, how many you experience in an average week?

1. Stress from pressures at work
2. Stress of running a household, looking after kids and spouse
3. Problems in your primary relationship
4. Financial stress, mortgage, debt, lack of savings
5. Personality induced stress; constantly striving, pushing, achieving, perfectionist, A-Type personality, setting unrealistic goals, running late
6. Stress from exercising too hard, too often and without sufficient recovery time
7. Stress from past/unresolved emotional traumas (abuse, death of a family member, accidents, post-traumatic stress disorder (PTSD))
8. Stress from poor sleep quality, late nights or interrupted sleep
9. Stress from an unresolved or long-term health problem
10. Stress from poor dietary and lifestyle choices

How many did you say yes to?

The higher the number, the more stressed you are.

The Stress Response

Have you heard of the term fight and flight? It's an ancient survival mechanism which is designed to be used for short periods of time to get you out of danger.

However, there is one design flaw; this stress response is triggered by emotional stress not just immediate physical danger. This means your body responds to an emotional stressor such as starting a new job or being late and rushing to pick up the kids the same way as if you were being chased by a hungry tiger.



When a stressful event takes place, your body produces stress hormones that increase your energy levels, stamina and focus. However, if you are constantly stressed, busy and rushing about, over time this depletes your adrenal glands. At this stage, they are no longer able to produce enough hormones to easily get you out of bed in the morning - let-alone though your day!

Stress Hormones

Cortisol and adrenalin are released when you feel stressed (scared, frightened, intimidated, embarrassed, anxious, worried etc). They are chemical messengers that prepare your body to run or fight.

Cortisol

When cortisol is released it tells the liver to release stored glucose, giving you extra energy to deal with a stressor. It also helps to control swelling by suppressing the immune system.

When chronic stress is a problem e.g. a difficult marriage separation, cortisol becomes raised and stays raised. **Raised cortisol reduces your immune function, making you more susceptible to infections like colds, flus and parasites.**

Raised cortisol also makes it harder to maintain stable blood sugars, which can lead to energy fluctuations, sugar cravings and binge eating.

This contributes to weight gain and the inability to lose weight, which reduces energy. Increasing weight in of itself becomes a stressor, making you even more tired and to crave more sugar and so on... **Can you see how there's a cycle here...? The stress cycle has to stop.**

"Stress is an important dragon to slay or at least tame in your life" - Marilu Henner

Adrenalin

Adrenalin consists of two types - epinephrine and norepinephrine. Both forms prepare the body to run and fight.

Adrenalin increases the heart and breathing rate; directs blood away from digestion and towards the muscles and brain. It causes the pupils to dilate, improving vision and stimulates the release of glucose from the liver which increases energy.

Long-term production of adrenalin just like cortisol has many negative effects on your health such as; anxiety, digestive upsets, sleeping problems, as well as blood sugar and mood imbalances.

Summary

The fight and flight system works well for occasional stressful situations e.g. you're about to miss your flight so you need the extra energy, focus and strength to haul your two, 23kg suitcase cases through the airport.

But when it's constantly being triggered by unnecessary emotional stressors caused by lifestyle, unresolved trauma and diet (yes diet is a big one, I explain this more below) it becomes an out of control beast that takes over your life and has the potential to have a devastating effect on both your emotional, physical and financial health and happiness.



03

Repair Your Adrenal Glands with Rest

The Opposite of Stress is Rest

Hands down the two most important keys to recovering from adrenal fatigue are Rest and significantly reducing Stress.

TIP

When it comes to rest, you want to rest as much and whenever you can!

1. Get more sleep, the more the better, optimally 8 - 10 hours per night
2. Go to sleep no later than 10pm each night as the hours from 10pm-2am are the most rejuvenating for your body.
3. Take 20-minute power naps during the day (or longer), around 1-3pm, no later.
4. Sleep in when you can.
5. If you can, please take a beach holiday and do nothing for 2 weeks.
6. If you have a young baby and dad's available to help, get him to get the baby at night, if you need to feed, feed lying down if possible.
7. Consider weaning or sleep training for your baby if this is relevant.
8. The more time you spend horizontal the better; lie down and watch TV, lie down and play with the kids, lie down and read

Reducing Stress

You got here because of stress so you have to reduce it significantly to get better.

Aim to reduce stress by at least 50%.

If you're like most women, you are always putting others first, and you're probably not very good at saying no.

TIP

Learning to say NO is a crucial part of your recovery.

This means putting yourself first; not your boss, not your business, not your husband. Nothing else can come before you getting plenty of rest. I know this sounds hard but it's honestly what needs to happen for the next few months, to enable your body to heal.

Exercise:

Now's a good time to take a quick look at your life and work out where your stress comes from.

- Write down a list of all the things you find stressful in your life.
- Now number them 1-10 in order of the level of stress, 1 being the highest.
- Now take a look and see where you can start to make some changes and where you can start to say no.
- Once you have done this you may realise you have to get a new job, or start saying no to doing extra hours at work, or saying no to your friend's request. You may need to hire a baby sitter, or could get your husband and kids to contribute more around the house, or maybe ask for help more often from extended family and friends.

There is no right way to do this as everyone's life is different, just trust yourself and do what you can do reduce your stress levels by at least 50%

Sleep

Rest is key however, if you have trouble sleeping this is your number one priority to sort out! This has to improve for you to get better. Try the below suggestions and if these don't work you may need to have a consultation specifically to address sleep.

- No blue lights/screens after 8pm (computers, phones, TV, Ipads),
- Make sure your bedroom is completely dark at night, no clock radios or other lights in bedroom, no moon or street lights shining in the window.
- Drink a sleepy time tea 10 minutes before bed.
- Try reading something dry or a bit boring in bed.
- Meditating can be very useful as it forces your brain to focus on one thing. The brain will often find sleep an easier option than meditating.

Resolve Emotional Trauma

If you have past traumas (e.g. childhood abuse or PTSD from other stressful events in early life) that you haven't dealt with, please know this can be a large contributing factor to why you're easily stressed. This is because your nervous system gets set on "alarm" and consequently you will have trouble relaxing.

Often, it's only after the healing of deep trauma that people can see how unsettled and on edge they constantly were. Once the trauma is released the nervous system can finally relax so they no longer get stressed as easily as they used to.

If this rings bells for you, I suggest you find someone who can assist the release of trauma from your body. I personally found spiritual and energy healing to be the best things for this.



03

Repair your Adrenal Glands with Food

Food is Your Body's Fuel

Eating Clean is Important

The quality of your food directly affects the quality of your health.

The cleaner your foods are (meaning organic, bio-dynamically grown, spray free) the better. Home grown is best or fresh from the local markets is a good second option.

Clean foods have less chemicals, lessening the burden on your body, they also tend to have higher nutritional value which equals more healing potential. As an added bonus and they also taste better :)

Tip

Changing your diet is the hardest part, so just take this gently. Make changes when you feel you're ready to.

Health hydrating drinks: Lemon water, ginger, lemon and honey drinks, liquorice and nettle tea and other non-caffeinated herbal teas.

Avoid: Coffee - it contains caffeine, which stimulates the production of stress hormones!

The most important key to recovery is to reduce stress hormone production. So, I'm sorry, coffee has to go. It's completely counterproductive to recovery. *This is one of the most important dietary changes you need to make.*

Slowly reduce coffee over the next couple of weeks and replace with herbal teas,

green juices and water. Eating protein with every meal keeps your blood sugars and energy levels balanced.

Eat More Veggies

Veggies aren't just food - they are medicine. They should make up the largest part of your diet as this is where the majority of your vitamins, minerals and enzymes come from. So, eat lots of fresh, clean veggies and a couple of pieces of fresh fruit per day.

Avoid: Refined carbohydrates and processed foods.

Sugar, white flour, commercial cakes, cookies, most breads, processed breakfast cereals, soft drinks, fruit juice, cordials, syrups, commercial ice cream, processed honey, commercial jam, marmalade and most canned foods. Artificial sweeteners found in diet and sugar free products.



Eat Good Fats

Your body needs good fat for cellular maintenance, nerve and brain health, hormone production and energy production.

Good fat sources are: cold pressed olive oil, grass fed organic butter, coconut oil, and meat fats (again organic or grass fed or at least free range as these tend to have less chemicals and hormones).

Avoid: Processed fats and oils as they cause inflammation and cellular damage.

Common bad fat sources are: Fried foods, margarine, canola oil, soy oil, vegetable oils and butter alternatives.

Protein is Essential

Protein provides amino acids; these are the building blocks of the body that are used for adrenal repair and maintenance. You need to be eating some protein with every meal this helps to keep your blood sugars and energy levels balanced.

Protein should comprise approximately 15-20% of a healthy diet.

Protein sources are: meats including organ meats like liver, nuts, mushrooms, soy Tempe (not tofu), beans and lentils, fish, eggs and a little dairy (if you're ok with it).

Avoid: Processed meats, large predator fish like tuna and swordfish, grain fed meats, soy based products and excessive meat intake over 0.6 to 1.2 grams of protein per kilogram per day.

Eat Wholefoods

Wholefoods are foods as they come in nature e.g. apples and spinach.

Non-wholefoods are foods that have been processed, they are most easily avoided if you reduce packaged foods (e.g. crisps, biscuits, tinned spaghetti) and make as much of your own food as you can.

Eat Small Amounts of Food Regularly

Eat every 1.5-2 hours: This keeps your blood sugars balanced, stopping your adrenals from dumping everything they have left into your blood stream.

When your adrenals dump your feel even more tired, shaky, moody and possibly even nauseous. This is very stressful for already exhausted adrenal glands, so you want to avoid this wherever possible!

Eat Foods High in Potassium & Mineral Salts

Make sure you are eating plenty of veggies that contain mineral salts, these feed your adrenals. The best ones are; celery, lemon, spinach and fennel.

Eat 2 pieces of fruit per day + 2-3 handfuls of berries. Fruit provides potassium and good sugars which encourages balanced blood glucose levels, this means you won't notice such big highs and lows in your energy.



04

Repair your Adrenal Glands with Vitamins

Certain Nutrients are Required
for Adrenal Health

To heal your adrenal glands quickly, your body needs higher doses of certain nutrients than what you can get out of your food, below are the top four.

1. Magnesium

Magnesium is required for over 300 enzymatic reactions in the body including, energy production. A lack of magnesium can result in symptoms like fatigue, depression, muscle cramping, stiffness and insomnia.

Magnesium has a calming effect on the nervous system so it helps to buffer you from getting stressed which intern helps you recover faster.

Average daily dose for a woman recovering from adrenal fatigue should be around:
450-mg in divided doses.

2. B Complex

B vitamins are essential nutrients that are required for energy production. They help convert fats, proteins and carbohydrates into energy.

B Vitamins are needed for the synthesis of adrenal hormones, and are required for the production of calming and sleep inducing neurotransmitters such as serotonin, dopamine and melatonin. B Vitamins are essential for adrenal cellular repair and cellular maintenance.

When it comes to choosing a B Vitamin you want to get one with the right doses of the individual B Vitamins.

Average daily dose for a woman with adrenal fatigue should be around:

75-130 mg of B3 (niacin)

700-1200 mg of B5 (pantothenic acid)

90-150 mg of B6 (pyridoxine)

15-25 mg of B1 thiamine)

15-25 mg of B2 riboflavin)

300-500 mcg of B7 (biotin)

600-1000 mcg of B9 (folic acid)

3. Vitamin C

The highest concentration of vitamin C in the body is stored within the adrenal glands and it is utilised by the adrenal glands for the production of adrenal hormones, most notably cortisol.

Average daily dose for a woman recovering from adrenal fatigue is around: 1000 - 2000 g. This being said it's best if you can get natural vitamin C from your food as well as topping up with some supplemented Vitamin C.

4. Sea Salt

When the adrenal glands are fatigued, they fail to produce adequate amounts of several hormones, including adrenaline, cortisol and aldosterone. A lack of aldosterone can disrupt the sodium balance at a cellular level. This is why people with adrenal fatigue crave salt.

It's important to listen to your body and salt your food to taste when you have adrenal fatigue. Some days you will want more others you will want less.

Make sure you get a good quality non-refined Celtic sea salt, not table salt or Himalayan salts as these have toxic contaminants in them.



A woman with long dark hair is shown from the back, wearing a grey tank top. Her hands are pressed together in a prayer position (Anjali Mudra) at her lower back. The background is a blurred cityscape.

05

**Increase energy with the
right exercise and lifestyle
choices**

**Too Much of a Good Thing,
Becomes a Bad Thing**

Exercise increases energy production in people with strong adrenal health. However, in people with adrenal fatigue it can be adding further stress, in fact over exercising can actually contribute to the onset of adrenal fatigue. This is because excessive exercise stresses the adrenal glands. Therefore, when recovering from adrenal fatigue gentle, restorative exercise is best and avoiding hard, cardiovascular workouts is recommended.

The best types of exercise are: yoga, Pilates, tai chi, walking, lights weights.

Tip

The simple rule for exercising with adrenal fatigue is to only do light exercise.

If you feel tired afterwards or the next day, then you know you have done too much and next time you need to go more gently.

If your energy picks up after exercise, perfect that's the sweet spot. You have done just the right amount for your body.

As you heal, reduce stress, improve your diet and increase rest, your body will get stronger and you will be able to slowly increase the intensity and duration of exercise.

Lifestyle

This really is all about making changes that kinder a calm, restful, peaceful lifestyle. It may mean giving up late nights, reducing the amount of socialising you do in the weekends, reducing your hours at work and getting to bed before 10pm each night. You know what's going to be best for you, so all you need to do is make rest and healing a priority and stick to it.



Time in Nature

One of the most healing things I know of is to spend time in nature alone. I encourage you to get outside, into nature as much as you can as being in nature calms the mind, body and spirit providing huge benefit for healing your adrenal glands and increasing energy levels.

Ways to do this regularly could be to start a veggie garden, go for bush walks, take up paddle boarding or walk the dog.

Conclusion

Adrenal fatigue can be a debilitating disorder that allows sickness to enter the body when undiagnosed and untreated. Therefore, it's very important to get on to it quickly.

The good news is it's reasonably easy to recover from adrenal fatigue if you follow the guidance provided in this eBook.

The keys to recovery are to increase rest and sleep, to reduce stress, eat a healthy diet with lots of fresh fruit, veggies, salt and good quality protein, and to keep your blood sugars balanced by eating small meals regularly.

If you make these changes you should start to feel a noticeable change in your energy levels within a few weeks. Recovery will take a few months. Just remember it took a few months or possibly years for your tiredness to develop so it will take a few weeks to months to get better. Each person's recovery time is different because each person and their situations are different.

To discover the 5 keys to high energy, balanced hormones and feeling your best all the time, ask me about my 60 day Life Rebalance Program.

If you'd like to see how naturopathy can rejuvenate your life, send me a message here www.facebook.com/hannahmoorenaturopath/

In Wellness,

Hannah Moore

About Hannah

Hannah is a Naturopath and Medical Herbalist. She trained at Wellpark College of Natural Therapies, which is one of New Zealand's leading natural therapy colleges.

Hannah initially came to naturopathic medicine to heal her own health problems; chronic fatigue, IBS, and depression. She learned what it took to become well and stay well. She draws on her personal experience of overcoming her own health challenges, her professional training and 8 years of clinic experience when assisting others to transform their health.

Hannah's soul's purpose is to be a healer; she absolutely loves helping people heal and finds it enormously rewarding. She has a special interest in emotional health, hormonal balance and fertility.

When Hannah isn't working, she loves to be out in nature hiking, she's also a dancer and a foodie. Hannah lives on a permaculture garden on the Sunshine Coast of Australia.



www.hmnaturopath.com.au | 047 472 8723

 @hannahmoorenaturopath