

ADRENAL BURNOUT

THE 21ST CENTURY SYNDROME

Adrenal Fatigue and Adrenal Burnout

“ The difference is with Adrenal Fatigue you will feel tired, go to bed and wake-up refreshed after a good nights sleep or by taking a vacation. With Adrenal Burnout there is the overwhelming fatigue upon awakening after eight to ten hours of sleep. You feel exhausted all the time and it cannot be corrected with just simple rest.”

“Dr. Paul C. Eck and Dr. Larry Wilson in their paper on *Adrenal Burnout* “ define “burnout” as a major breakdown in the energy producing systems of the body”. Depending on the severity of burnout, the symptoms will vary. Here is a list that Dr. Eck and Dr. Wilson have compiled:

- The inability to adequately cope with daily life stresses;
- Reduced work performance;
- Loss of initiative and a sense of hopelessness;
- Disinterest in sex, due to an excessive fight-or-flight response; Also just too tired to care.
- With worsening burnout, disinterest in all aspects of one’s life;
- Mental depression that can lead to despair and suicidal thoughts;
- Fears, phobias, agoraphobia and /or anxiety, due to an excessive fight-or-flight response;
- Feeling that one’s life is empty and lacks purpose;
- Disinterest in one’s appearance;
- Psychological withdrawal, due to an excessive fight-or-flight response;
- Dwelling on the past (the good old days); and not moving forward or living in the present;
- The inability to concentrate or the feeling of “spaciness”;
- Changes in appetite, often alternating between a ravenous appetite and no appetite at all;
- A distaste for meat protein due to severely impaired digestion.
- Craving for sweets due to a need for a quick energy source.
- Fluctuation in weight, due to excessive protein breakdown and increased fat deposition;

- A Lowered resistance to disease and/or chronic infections due to an impaired immune response;
- Symptoms of hypoglycemia and/or diabetes due to decreased or increased glucocorticoid activity, respectively;
- A low blood pressure. Infrequently, a fast oxidizer will experience high blood pressure;
- In children, hyperactivity, behavioral disorders, attention deficit and failure to thrive syndrome in severe cases;
- In teenagers, delinquency, drugs, alcoholism and suicidal thoughts;”

Each of these symptoms is related to various adaptations to burnout. A person may be changing their behavior, compensating to cope with some emotional or physical trauma to provide her or him with a sense of feeling alive and well.

How Does Burnout Develop?

Stress! Stress! Stress! And Stress! Of course some stress is good for us. it keeps us on our toes. But when it becomes overwhelmingly too much, then it begins to tear us down in all aspects of our lives.

Physical Stress - excessive physical activity, extreme exercising, or a job that is physically demanding everyday fo your life;

Emotional Stress - Emotionally charged situations, family tensions, negative thoughts and attitudes;

Nutrient Stress - deficient vital minerals and vitamins necessary for the health and function of the body;

Invading Stressors - Toxic metals deplete vital nutrients due to toxic metal accumulation in the body’s tissues. Aluminum, lead, mercury, cadmium and especially copper interferes with normal function of enzyme systems which further impair our body’s energy system. All of these cause disruptions within the internal environment of the human body.

How Fast Can Burnout Occur?

Depending on the situation, burnout can come on rapidly (a severe physical trauma or emotional breakdown) or develop over time as the stresses of everyday life take their toll on ones physical, mental and emotional situation. In some cases, any extreme or surprising situation (a divorce, a death, loss of a job) can tilt the scale of ones health and bring on burnout. Your health is fragile and the stressful event is the final blow that triggers the burnout syndrome.

Who Suffers From Burnout?

Anyone. Any age. There is no dividing line that says who will get it and who will not. Men, women, babies, children, teenagers, college students and grandpa and grandma could develop burnout.

In my clinical practice, I have found more women than men in burnout. Women are the caretakers of the family, sometimes working a job outside the home, taking care of the kids and elders, a single woman trying to survive or a single parent trying to make ends meet...they do it all. The All Syndrome as I call it. They are most at risk of developing burnout because, they can't say NO! They keep going even if they don't feel good, even if they don't have the time or it doesn't fit into their schedule, but they make it fit. They run from the early morning till the last child is asleep. Do they take time for themselves... usually never!

The eventual breakdown is Burnout. As the body becomes more and more depleted, hormonal changes occur sooner than later. You can't understand why you can't lose weight or keep it on, or why you could care less if you have sex or not. You may not be able to get pregnant and now feel the onslaught of pre-menopausal symptoms as early as your 30's and 40's. What is going on you say.

The 21st century is bringing with it more and more cases of Burnout everyday. The breakdown in our environment – poor water, food contamination, transportation woes, the media of negative thoughts that we are bombarded with daily, the uncertainty of tomorrow for our families, loveones, it is no wonder we can barely cope.

More babies are born today with burnout. Mom was in burnout prior to her pregnancy and already depleted of vital nutrients. The baby inherits her deficiencies. They are now subject to the debilities of developing chronic ear infections, poor appetites, sugar cravings, and failure to thrive, and often hyperactivity. Their bodies are not able to fully function, so they adapt/compensate for lack of vital minerals and vitamins necessary to sustain healthy body systems.

Children, teenagers, college students are stressed to the max. They have so much pressure to be the best and to succeed. This brings on frustration, anxiety, anger, depression and possibly suicidal thoughts. This will carry on into their adult life if our health professionals do not detect it early enough. So many young lives could be spared.

I have met and communicated with women around the globe who have felt like they were crazy or imagining their symptoms. They have been hopelessly let down by their medical doctor who only wanted to give them a drug to help with their depression. To numb them out. Thank goodness they kept searching for an answer. I did, as I was one of those women who was told to see a shrink and that I was imagining it all. But I wasn't. The symptoms and the feelings I too felt, and you may be feeling now are real physiological biochemical changes and they are not all in your head.

Is There Recovery From Burnout?

Yes. But it takes time. Dr. Wilson gives this analogy ...”it is like remodeling a house or rebuilding an engine of a car, it is complex work and a task that can’t be rushed. Too rapid a change in body chemistry could produce severe dysfunctions.”

In 2000, I was blessed to find a test call Hair Tissue Mineral Analysis. One of my athletes who I worked with in the ‘80’s had used HA as a way to assess the detoxification of toxic metals that he removed from his mouth. I was one of those women who was told “it was all in her head” but the symptoms were real. On my way to Florida, I was racking my brain for an answer. And up popped my athlete who I had not seen or spoken to in 20 years. I did not know much about HA then but I soon learned and once I got my results, I was so relieved. Here was a plan to help me rebuild my body. And you can too.

Remember, It took you years to get to this point, and the body as an organic being has to be nourished, soothed and loved to bring it back to a state of health and well being. Love yourself enough to do this test. Your Body will be happy you did!

If you want to learn what is causing your symptoms that no one seems to have an answer for, then maybe it is time to get a Hair Tissue Mineral Analysis as a screening tool to discover your biochemical individuality. It will set your mind at ease and tell you “it was not all in your head.”

To obtain a Hair Tissue Mineral Analysis, click on this link <http://www.sportstouch.com/Products.htm> for you to order your own personal biochemical blueprint and to set your mind at ease. Take a deep sign of relief, there is an answer.

I Wish You Many Blessings on Your Journey to Seek the Truth

Namaste

I Honor Your Spirit Within

Kate

**** In a Hair Tissue Mineral Analysis, the minerals in your body are the true regulators of the efficiency of these energy-producing glands. By understanding how these minerals react with one another, you can control your body’s ability to produce energy. The efficiency of the Thyroid and Adrenals determines the speed of the metabolism and the oxidation type.

Adrenal Burnout Syndrome by Dr. Paul C. Eck and Dr. Larry Wilson. Excerpts printed with permission.

www.drwilson.com for more on Adrenal Burnout.