

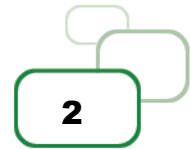
# Adrenal Fatigue & Your Thyroid



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### CHAPTER 1: IS CONSTANT FATIGUE RUINING YOUR LIFE?

Do you ever ask yourself...why do I feel so drained all the time? Why do I wake dog-tired and then struggle through the day?

These are the tell-tale signs of **adrenal fatigue**, a state of exhaustion caused by low adrenal function. Other names for adrenal fatigue include ‘subclinical hypoadrenia’ or ‘adrenal insufficiency’. Whatever the term, this adrenal disorder is becoming increasingly prevalent due to the extraordinary pressures of modern day life.

The **adrenals** are small endocrine glands that sit on top of each kidney. The adrenals are called endocrine glands because they are important hormone factories. These glands are essential to survival as they take charge in stressful situations firing up the critical ‘fight or flight’ response. However long term over-activation due to stress weakens the adrenal glands.

Adrenal fatigue is termed a ‘syndrome’ as there are essential characteristics, which when considered together form a diagnosis. Without doubt the main symptom of adrenal fatigue is exhaustion, no matter how much sleep you get or how well you look after yourself you never feel 100%. You feel tired, grumpy and weighed down by life. This stress related disorder is also associated with food cravings, recurring infections, mood swings and abdominal weight gain.

The onset of adrenal fatigue may be quick or it manifests over time. Adrenal fatigue may be the consequence of demanding work pressures, a major stress event, illness, emotional conflicts, environmental stress, or simply trying to squeeze more into less time. Eventually stress depletes the adrenals. Everything becomes an effort and you struggle to handle stress effectively.

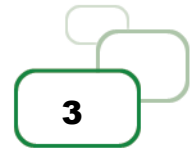
Don’t be surprised if your doctor is not familiar with adrenal fatigue. Mainstream medicine often overlooks adrenal fatigue as an accepted health disorder, even though more and more patients are reporting debilitating fatigue. But what is acknowledged is the fact ongoing stress can make you sick.

#### **Addison’s Disease: Serious Adrenal Failure**

Adrenal fatigue should not be confused with a serious medical problem known as Addison’s disease. This potentially life threatening condition is characterised by muscle weakness, low blood sugar, nausea, poor appetite and weight loss. Mobility can also be affected due to low blood pressure and dizziness. These symptoms are due to total adrenal failure. Do not ignore these symptoms. If you suspect your adrenals are seriously depleted you need to consult your medical practitioner immediately.

### CHAPTER 2: THE ADRENALS HELP YOU HANDLE STRESS

Your body responds immediately to any threat and does not distinguish between a physical or psychological threat. When you are stressed over a demanding work schedule, a disagreement with a spouse, hunger or a traffic jam, your body reacts just as strongly as if you were facing a life or death situation.



The main job of the adrenals is to release the chief hormones that help you deal with stress. Adrenaline is the quick acting hormone, while cortisol is longer acting. Both of these stress hormones are released directly into the bloodstream to trigger a rapid defensive response to any type of provocation. These stress hormones allow you to respond to the daily challenges of life.

Cortisol is the body's 'master stress hormone' and is active during times of chronic stress. Cortisol controls essential survival mechanisms including energy metabolism, regulation of blood pressure, insulin action, fluid balance, and is the hormone that slows the inflammatory response. Over time the dominance of cortisol leads to increasing problems with abdominal obesity, sleep disturbances and depression.

The powerful adrenal glands also produce dehydroepiandrosterone (DHEA), your natural vitality hormone. Cortisol acts as a direct antagonist to DHEA. As cortisol levels rise in the body in response to stress, DHEA levels plunge and your zest for life dwindles.

### CHAPTER 3: THE TELL-TALE SIGNS OF ADRENAL FATIGUE

Fatigue and difficulty getting going in the morning is a hallmark symptom of adrenal fatigue. In addition, individuals with adrenal fatigue typically experience fluctuating energy levels that can vary from day to day.

Apart from variable energy patterns, there can be a range of indicators that strongly point towards a problem with adrenal fatigue. Before we go any further, have a look at my adrenal fatigue check list.

- ✓ I'm really tired in the morning, despite a good night's sleep
- ✓ I need stimulants such as coffee to really get going in the morning
- ✓ I feel sluggish most of the day, but it really hits me around mid afternoon
- ✓ I get weak and jittery if I skip meals or go too long without food
- ✓ I constantly feel worn-out, stressed and overwhelmed by life
- ✓ I don't deal well with stress anymore
- ✓ I have recurring health problems, with noticeably longer recovery time
- ✓ I have low libido, I simply don't have the energy for sex
- ✓ I have noticeable 'brain fog' and poor memory recall
- ✓ I am gaining weight for no reason, especially around my middle
- ✓ I often feel dizzy and light headed, especially if I get up too quickly
- ✓ I have muscle weakness and joint pain
- ✓ I feel apathetic, even depressed some days
- ✓ I crave sugary or salty foods
- ✓ I have slow digestion and am often constipated

This is an extensive check list. You may relate strongly to some of these symptoms or you may relate to most of these symptoms. Adrenal fatigue affects each person differently.

## CHAPTER 4: WHY DO I HAVE ADRENAL FATIGUE?

In small amounts stress is actually beneficial as it challenges us, encourages change and makes us stronger, both emotionally and biochemically. However, we live in a society that exposes us to constant stress. A hectic lifestyle that places enormous demand on the adrenals has become the norm.

Everyone reacts to stress in various ways. In essence what makes a situation stressful is different for each person. Problems arise when the stress load exceeds tolerance levels. Some people seem to thrive on the excitement and challenge of a high stress lifestyle, while others crumble in response to the slightest difficulty. Excessive stress can make you feel tired, weak and depressed.

Our inbuilt response to stress was never designed to react over long periods of time. Hans Selye, MD (1907-1982) was a pioneer in stress research and performed extensive investigations into how stress impacts the human body. Dr Selye is still considered an expert on this topic. He proposed **three different stages of stress**.

**Stage 1:** The Alarm Reaction,

**Stage 2:** The Resistance Response

**Stage 3:** The Exhaustion Phase

The **alarm reaction**, also known as the ‘fight or flight’ response, is designed to counteract danger by mobilising the body’s resources for immediate physical activity. As a consequence, the heart rate increases and blood is shunted towards the heart and muscles. Blood sugar levels increase and the rate of breathing also increases to boost oxygen supply to the body.

The alarm stage is usually short lived, while the ‘**resistance phase**’ allows the body to continue fighting a potential threat, long after the effects of the fight or flight reaction have worn off. During this phase cortisol is most active. This hormone signals energy production and promotes sodium retention to keep blood pressure elevated and your heart beating powerfully.

When stress persists, your adrenals continue to pump out cortisol. This hormone acts as a powerful anti-inflammatory. In small quantities this speeds tissue repair but the prolonged effects depress the immune system. This can inhibit production of white blood cells necessary to protect the body against foreign invaders. It is common to see low white cell activity in response to prolonged stress.

Repeated activation of the resistance response leads to diminished adrenal activity. The adrenals lose the capacity to produce sufficient cortisol to help you adapt to stress. With little or no recovery from stress a considerable toll will be paid on adrenal health, shifting the body into serious ‘**stage three**’ **exhaustion**. This can manifest as a total collapse of the body or failure of specific organs.

Stress disrupts just about every system in your body, with long term exposure leading to serious health problems. Too much stress places an immense load on the heart, blood vessels, immune system and the adrenals. You then become susceptible to infections, allergies, and even serious illness such as diabetes, cancer and cardiovascular disease.

It is important to address stress issues before exhaustion sets in. Supporting the adrenals before they become totally drained is imperative. Otherwise the end result is unrelenting fatigue and adrenal burn out.

### **How Do You Manage Stress In Your Life?**

Continual stress over a prolonged period zaps energy reserves leading to exhaustion, and feelings of being overwhelmed by life. Stress reduction is paramount to help the adrenals recover from too much stress. Take a minute to consider how well you deal with stress. Do you use positive or negative coping mechanisms?

#### **Negative Coping Mechanisms**

- Smoking
- Drinking alcohol
- Using recreational drugs
- Relying on caffeine containing beverages (coffee, energy drinks or soft drinks)
- Eating sugary foods
- Eating on the run
- Skipping meals
- Overeating
- Reduced social interaction or relaxation time
- Emotional or angry outbursts
- Procrastination or denying problems

#### **Positive Coping Mechanisms**

- Taking time out to relax & enjoy life
- Controlled breathing & meditation
- Communicating openly
- Allowing others to help you
- Participating in regular exercise
- Spending time with the significant people in your life
- Balancing work/life commitments
- Eating healthy meals
- Getting enough rest and sleep
- Allowing time to rejuvenate after a stress has passed

Not everyone responds to stress in the exact same way. Patterns of behaviour are usually so deeply engrained that it takes profound effort to change negative coping patterns. Stress

reduction techniques can assist in dealing with stress more effectively. Some popular techniques include meditation, hypnosis, deep breathing and prayer.

### CHAPTER 5: THE THYROID-ADRENAL CRISIS

You are probably already familiar with the effects of suboptimal thyroid function on energy levels. And you now know adrenal fatigue also impacts greatly on your vitality.

Problems of ongoing fatigue are often not taken seriously by mainstream medicine. Feeling ‘tired all the time’ has become an accepted ailment linked to the fast pace of modern day life. Both adrenal fatigue and hypothyroidism are often missed or misdiagnosed.

There is no doubt the thyroid and adrenal glands are inextricably linked. It is extremely common for individuals suffering from adrenal fatigue to also suffer a co-existing thyroid disorder.

In fact, the symptoms of adrenal fatigue closely resemble the symptoms of a sluggish thyroid. The major indicators of adrenal fatigue are sometimes hard to distinguish from low thyroid function and can be misdiagnosed entirely as hypothyroidism.

#### Reverse T3 Dominance

Persistent stress and high circulating cortisol is a major trigger for the development of a thyroid disorder known as reverse T3 dominance. **Reverse T3 dominance**, sometimes referred to as Wilson's Syndrome is a very common hypothyroid condition. This thyroid problem occurs when greater amounts of thyroxine (T4) are converted to reverse T3 (rT3), the inactive form of triiodothyronine (T3). It can be difficult to diagnose this problem as low thyroid symptoms exist but thyroid hormone levels appear to be normal when tested. This can give a false impression of true thyroid function. Learn more by reading the ‘What is Reverse T3 Dominance?’ chapter in **The Natural Thyroid Diet**.

#### Adrenal Fatigue Makes The Thyroid More Vulnerable To Stress

Excessive stress results in a loss of adrenal gland reserves which places enormous pressure on the thyroid. When the adrenal glands can no longer deal with stress the thyroid gland attempts to compensate for the breakdown. The thyroid is forced to work harder to make up for declining adrenal function. But the thyroid is often already over taxed and struggles to provide the support the adrenals require. Over time the thyroid also loses the capacity to deal effectively with stress. Eventually the thyroid reaches breaking point.

Often the first warning sign of an adrenal-thyroid crisis is a noticeably decreased ability to deal with stressful situations. You may remember a time when tense situations did not bother you. Now small things irritate you, and the slightest bit of stress leaves you feeling flat and worn out.

It is very difficult to successfully treat a sick thyroid if an underlying adrenal weakness is not addressed. From my clinical experience I believe adrenal burn out frequently leads to an exhausted thyroid. Treating these related conditions is complex as the symptoms overlap and the

health problems associated with adrenal fatigue and an under-active thyroid can be wide-ranging. Stress reduction, some physical exercise and building a strong nutrition base can go a long way towards strengthening both your thyroid and adrenals.

### CHAPTER 6: TESTING FOR ADRENAL FUNCTION

By now you are probably wondering if there is a way to determine if you are suffering from adrenal fatigue. If you suspect you are experiencing adrenal fatigue, evaluating the signs and symptoms of this disorder is an important first step. In addition, it is possible to perform specific medical tests to assess how your adrenals are functioning.

The standard medical tests for adrenal insufficiency include an assessment of cortisol and adrenalcorticotrophic hormone (ACTH) output. ACTH is released by the pituitary gland within the brain and directs the adrenals to produce more cortisol. The ideal time to do this test is in the morning.

#### The Adrenal Hormone Profile

Conventional medical tests may be inadequate to accurately evaluate the body's stress response. An assessment of salivary cortisol over the course of the day may provide a better evaluation. Testing salivary cortisol is a non-invasive way to monitor cortisol output. In healthy individuals, cortisol follows a natural daily rhythm. Cortisol normally peaks at 6-8am to help you wake and prepare for another busy day. It declines during the day until reaching the lowest point at around 11pm.

When you experience unrelenting stress cortisol levels remain elevated most of the day. Over time adrenal fatigue develops and irregular cortisol patterns are usually observed. When the adrenals become completely exhausted cortisol secretion becomes extremely low, no matter what time of day it is.

An **Adrenal Hormone Profile** is a specialised test that measures multiple cortisol specimens at different times during the day. It is normally performed by collecting four saliva samples. It is common for DHEA to be tested along with cortisol in the morning sample.

#### Sleep Disorder Test

Elevated levels of cortisol at night can interfere with sleep and suppress melatonin production. Melatonin is the hormone that regulates your sleep cycle. If you suffer from insomnia you could consider performing a midnight assessment of both salivary cortisol and melatonin levels. Identifying a cortisol/melatonin hormone imbalance can be done with a **Sleep Disorder Test**.

These specific hormones tests should be discussed with a health practitioner who performs saliva hormone testing. These are not considered conventional medical tests. It is also recommended that you request a full blood count (FBC). This is a common clinical tool that can assess red and white blood cell activity.

## CHAPTER 7: RECOVERING FROM ADRENAL FATIGUE

### STEP 1 – NATURAL STRATEGIES TO ASSIST ADRENAL RECOVERY

You have the power to reduce the burden on your adrenals. Here are my top eight tips to help you counteract the effects of too much stress. I recommend you read these eight tips along with the diet and lifestyle guidelines contained in **The Natural Thyroid Diet** that you recently purchased. The Natural Thyroid Diet will also help strengthen and support your adrenals. It can take many months to recover adrenal health, depending on the severity.

1. It's no secret poor nutrition, skipping meals and eating on the run are contributing factors to adrenal fatigue. It is very important to select delicious, highly nutritious foods to recharge your adrenals and fight fatigue. The healthy food options I outline in The Natural Thyroid Diet will not only support the thyroid, they will also nourish the adrenals.
2. Don't skip breakfast. In fact, it is important to eat regular meals throughout the day to smooth out blood sugar spikes. This helps maintain energy levels and minimises adrenal stress. In addition, it is wise to choose healthy foods that provide sustained energy. The Glycaemic index (GI) can provide a guide to the foods that help blunt blood sugar spikes. Keep in mind the GI does not indicate nutritional value. For example, diet colas have a low GI but I would consider these to be the most unhealthy food products currently available in our supermarkets.
3. Sugar is an 'adrenal stressor'. Loading up on sugar laden foods will make you feel worse. Eliminate foods and drinks that list sugar, cane juice, sucrose and high fructose corn syrup as ingredients. These foods play havoc with the body's blood sugar control mechanisms, and also have a dampening effect on your immune system.
4. Drink 1-2 litres of purified water daily to stay well hydrated. Water makes up more than two thirds of the weight of the human body, it therefore requires constant hydration. Even a 2% drop in body water can trigger fatigue.
5. Avoid high energy drinks, coffee, tea & cola drinks. These are loaded with caffeine, a powerful stimulant. When you have adrenal fatigue too much caffeine frays the nerves and disturbs sleep quality. Switch to herbal teas, filtered water or fresh juices.
6. Avoid alcohol. Alcohol makes you feel tired and is damaging to the liver. This organ plays an important role in releasing much need energy reserves and activating thyroid hormones to keep your metabolism humming.
7. Quit smoking. Nicotine and other harmful chemicals found in cigarettes are highly damaging and act as stimulants to accelerate the fight or flight response. Explore safe techniques to help you quit for good.

8. Avoid electromagnetic radiation. Debate continues over acceptable safe limits so until the experts agree it makes sense to limit exposure. Mobile phones, mobile phone towers, computers, microwaves, electric blankets, clock radios and overhead power lines are a major source of electromagnetic radiation. Avoid using microwaves all together as they destroy the nutritional value of your food.

### STEP 2 - TARGETED NATURAL SOLUTIONS FOR HEALTHY ADRENALS

Quality nutritional and herbal supplements that aid recovery from stress and strengthen the adrenals work best. There is a group of herbal remedies that have an outstanding reputation to heal the adrenals. These are termed ‘adaptogens’. These tonics are unique in their ability to fortify the body’s ability to adapt to all forms of stress.

I do not recommend supplements that have a strong sedating effect; these can make you feel drowsy and tired. Nor do I recommend herbal products that act as powerful stimulants to the nervous system. This includes Guarana and Ma huang (Ephedra) which is now banned in most countries. After the effects of this stimulants have worn off the body is forced to work harder to recover from an over-stimulated energy state.

#### THE BEST HERBAL SUPPLEMENTS TO RESTORE ADRENAL HEALTH

*Andrographis paniculata* (Andrographis) is sometimes referred to as ‘Indian Echinacea’. This herb is a rich source of andrographolides. These bitter constituents are believed to have immune boosting actions to assist a weakened immune system. Andrographis has become popular in the treatment of colds, with research showing that it can reduce the severity of cold symptoms and also help to prevent colds.

*Rehmannia glutinosa* (Rehmannia) is the supreme adrenal tonic. This highly respected herb has been used extensively in Traditional Chinese Medicine to enhance vitality and wellbeing in those debilitated by ongoing stress.

*Rhodiola rosea* (Rhodiola) is sometimes called Artic root as it thrives in the cold, high-altitude regions of Europe and Asia. This herb demonstrates a remarkable ability to combat the negative effects of stress. It is considered a powerful tonic as it enhances physical endurance and mental clarity during times of stress.

*Withania somnifera* (Ashwagandha) has long been used by the traditional healers of India as a rejuvenating tonic. Ashwagandha is a prized herb used extensively to improve energy levels by supporting both the nervous system and adrenals. Ashwagandha can improve stress tolerance and is not over-stimulating to the nervous system.

*Zizyphus spinosa* (Zizyphus) is a natural sedative to help calm the nerves. It has long been used in Traditional Chinese Medicine to help reduce fatigue related to disturbed sleep. Taken at night Zizyphus may promote relaxation and improve sleep quality.

### **THE BEST NUTRITIONAL SUPPLEMENTS TO RESTORE ADRENAL HEALTH**

#### **B Vitamins For Vitality**

The B vitamins are often called the ‘stress vitamins’. When you are stressed out the body’s demand increases and the B vitamins are often the first to be depleted. This group of vitamins are mostly water soluble, and do not store in the body. This means they are required on a daily basis to maintain optimal energy metabolism.

B vitamins are used synergistically to support the nervous system and initiate biochemical pathways to activate adrenal gland activity. A high potency B complex is ideal to aid adrenal recovery. Look for one featuring metabolically active forms of the B vitamins. This is usually stated on the label.

#### **Chromium For Blood Sugar Control**

This trace mineral plays an important role in maintaining healthy blood sugar levels. In supplemental form chromium can improve the insulin response. Insulin plays a vital role in opening the channels to allow blood sugar to move from the blood stream into the cells where energy is made. Chromium is an important nutrient to assist ‘apple shaped’ weight loss. Not all forms are equally effective. Chromium nicotinate and chromium picolinate demonstrate higher bioavailability. Check the ingredient list on the product label for the form used.

#### **CoQ10 Sparks Energy Production**

CoQ10 is used to generate energy at a cell level. When CoQ10 levels diminish, the ability of cells to sustain basic energy production is compromised. CoQ10 is vital if you are taking a ‘statin’ medication to lower cholesterol. It is well accepted these drugs severely deplete CoQ10 levels. Ageing, exercise and environmental stressors also increase demand. Taken orally CoQ10 can maximise the body’s energy output.

#### **Dehydroepiandrosterone (DHEA): The Adrenal Rejuvenator**

DHEA is naturally produced by the adrenal glands. It is sometimes referred to as the ‘youth hormone’ with levels diminishing rapidly after age 25. Supplemental DHEA can assist adrenal decline due to excessive stress and may also exert positive effects on mood. DHEA is normally recommended in the morning away from meals.

#### **Melatonin Improves Sleep Quality**

This is the hormone your brain generates to keep your sleep patterns in tune. Levels peak at night, which is also the time melatonin aids self repair processes of the body. Melatonin secretion diminishes significantly with ageing. Taken at night it may assist restorative sleep and is considered a safe alternative to sleeping pills.

#### **Multi-Mineral Formula**

The body demands a wide range of minerals to deal with stress and these nutrients are often depleted during periods of nervous tension. Minerals work hand-in-hand with vitamins to spark

## ADRENAL FATIGUE & YOUR THYROID

metabolic activity and a healthy stress response. A strong nutrient foundation can be achieved with a high quality multi-mineral formulation.

### PharmaGABA™ To Stay Calm

GABA (gamma-aminobutyric acid) is your major inhibitory brain chemical. It puts the brakes on stress and helps keep you calm. In supplemental form bio-active GABA can help reduce stress and nervous tension. PharmaGABA™ does not make you drowsy making it ideal for use during the day.

### Vitamin C Keeps You Healthy

It may surprise you to learn there is more vitamin C contained within the adrenals than any other organ. Vitamin C is vital to support healthy adrenal activity. Demand for this water soluble vitamin rises in times of environmental stress, with a deficiency making you prone to infections. The ability to manufacture vitamin C is not possible in the human body; therefore this nutrient must be obtained from the diet or through supplementation.

### PHYSICAL THERAPIES TO RECOVER ADRENAL HEALTH

**Acupuncture** treatment seeks to restore vital energy to the body to facilitate the healing process. In Traditional Chinese Medicine the kidney meridian, or energy channel is considered the source of pure energy. Weak kidney energy or 'kidney chi' as it is termed relates to adrenal health. Acupuncturists stimulate different acupuncture points on the body to build kidney chi to aid adrenal recovery. These health practitioners also recommend warming foods that will stoke the internal flame and advocate avoiding excessive cold, raw foods that dampen energy production.

**Massage therapy** is a traditional healing technique that can reduce the effects of anxiety and tension. This hands-on treatment allows a deep state of relaxation. Releasing tension allows your body's healing to begin.



Special Note: You should always consult your qualified health practitioner regarding your personal health issues. An individual treatment program to assist adrenal recovery is the best strategy.

Most herbs and supplements have not been thoroughly tested for interactions with other herbs, supplements, drugs or foods. If you have a medical condition, or are taking medications, herbs or supplements you should speak with a qualified health practitioner before starting a new therapy. Some natural supplements are not recommended during pregnancy or breast feeding due to a lack of scientific investigation. Consult a qualified health practitioner immediately if you experience any possible side effects to a natural supplement you are taking.

### **STEP 3 - SCALE DOWN ON STRESS TO END FATIGUE**

Chronic stress triggers your body to operate in an almost constant state of high alert. This places too much pressure on the adrenals. Here are my recommendations to reduce stress as part of your overall adrenal recovery strategy.

#### **Take Time Out**

Don't push yourself to exhaustion. Allocate time to relax and bring focus to your life. The best way to rest during the day is to lie down with a pillow under your knees. This encourages blood flow to the adrenals.

#### **Seek Support**

Individuals who have a strong social support network tend to experience less stress than those who experience social isolation. Connect with family and friends who can assist your action plan to make the necessary steps to reduce stress.

#### **Follow Your Passion**

Do things that you enjoy and feel passionate about. Avoid stressful situations and people who seem to rob your energy. It may be necessary to escape to a healing retreat to recharge your adrenals.

#### **Find Your Flow**

Your body has a natural cycle during the day. Some call it the chi cycle, or energy cycle. Do your necessary tasks when you have peak energy levels, and slow down when your energy is ebbing.

#### **Perform Regular Physical Activity**

Exercise can be a powerful antidote to stress. Exercise releases the 'feel good' chemicals to create a natural state of wellbeing. Commit to some type of activity or exercise most days. Remember to always exercise within your limits.

#### **Get Your Sleep**

Deep, restful sleep is paramount to restoring adrenal health. Practice a calming technique like meditation before retiring and try to be in bed by at least 10pm. A darkened room encourages natural melatonin production to aid sleep.

#### **Get a Stress Busting Strategy**

Consider changes you may need to help you feel good; switching jobs, ending a negative relationship, zeroing in on unresolved emotional issues, or getting your financial house in order.

## LOUISE O'CONNOR, AUTHOR

**Louise O'Connor** is a leading high profile Australian Naturopath & Wellness Coach with many years of experience in natural medicine. Louise has quickly established herself as an authority on natural thyroid health. Her top-selling e-books [The Natural Thyroid Diet](#) and [The Thyroid Hormone Solution](#) are breakthroughs in natural thyroid health management.

Louise is a regular contributing feature writer for **Nature & Health, Australia**. Nature & Health is the leading Australian health magazine and is available nationally in most Australian newsagents.

### LOUISE O'CONNOR – ON THE WEB

- The Natural Thyroid Diet  
[www.the-natural-thyroid-diet.com](http://www.the-natural-thyroid-diet.com)
- ThyroSynergy™ Natural Thyroid Health Formula  
<http://www.natural-weightloss-programs.com/thyrosynergy.html>
- Natural Weight Loss Programs  
[www.natural-weightloss-programs.com](http://www.natural-weightloss-programs.com)
- The Thyroid Hormone Solution  
[www.natural-thyroid-advice.com](http://www.natural-thyroid-advice.com)



#### An Important Message

The information offered in the **Adrenal Fatigue and Your Thyroid** e-book is for educational purposes to assist you in living well. This information should not be interpreted as specific medical advice. Please consult a qualified health practitioner regarding treatment for a specific health condition. Never ignore or delay seeking professional advice relating to your personal health issues.

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