EXHAUSTED ADRENALS

ROOT CAUSE OR SYMPTOM

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BOARD CERTIFIED IN HOLISTIC NUTRITION
ABOUT ME

- Wife + Homeschooling Mother of 4 great kiddos, classical educator for 12+ years
- Functional Nutritional Therapy Practitioner
- Master Restorative Wellness Practitioner
- Board Certified in Holistic Nutrition
- Austin, Texas WAPF Chapter Leader
- Owner of Forest Creek Wellness, a boutique functional wellness practice focused on digestive + hormonal health in Austin, Texas
OBJECTIVES

- Adrenal Function + Dysfunction
- Symptoms + Stages of Dysfunction
- Effects on Other Body Systems
- Conventional + Holistic Solutions
I am not a doctor and I do not diagnose or treat disease.

This presentation is for educational purposes only and is not medical advice.
ADRENAL STATS

WHY IS THIS ISSUE IMPORTANT?

Conventional admits that >1 in 10k people is affected by adrenal dysfunction.

From a functional perspective up to 67% of the population may be affected by varying degrees of adrenal dysfunction.

Post "pandemic" this number may be much higher.

77% of Americans regularly experience physical symptoms caused by stress.

73% experience psychological symptoms.

1/3 feel like they are living with extreme stress.

The adrenal glands affect almost every other system in the body.

Up to 74% of the sick desire a more holistic approach to health and would like to avoid long term medication.
WHAT ARE THE ADRENALS

- 2 triangular shaped glands above the kidneys
- Part of the endocrine system
- Govern the stress response
- Produce over 50 hormones that govern stress, reproduction, metabolism, blood pressure, immune +++
ADRENAL HORMONES

THE ADRENALS PRODUCE 50+ CRUCIAL HORMONES, THESE ARE JUST A FEW

ZONA GLOMERULOSA
Mineralocorticoids (mineral balance)
- Aldosterone
  *Regulates sodium + BP*

ZONA FASCICULATA
Glucocorticoids (glucose metabolism)
- Cortisol/Hydrocortisone
- Corticosterone
- Cortisone
  *Raises blood glucose, anti-inflammatory*

ZONA RETICULARIS
Gonadocorticoids
Sex Hormones/Androgens
- DHEA
- Estrogen
- Testosterone

ADRENAL MEDULLA
Catecholamines
- Epinephrine/Adrenaline
- Norepinephrine/Noradrenaline
- Dopamine (small amounts)
  *Sympathetic Nervous System*
  "Fight or Flight"
"OUR HORMONES ARE THE LENS THROUGH WHICH WE SEE THE WORLD"

IS THE WORLD ACTUALLY MORE STRESSFUL OR... ARE WE IN A STATE OF CHRONIC PHYSICAL STRESS SO WE JUST VIEW IT THAT WAY?
HARROWER'S CHART

RELATIONSHIP OF ENDOCRINE GLANDS + ORGANS

- Hypothalamus
- Pituitary
- Gonads
- Thymus
- Thyroid
- Parathyroid
- Adrenals
- Liver
- Duodenum
- Pancreas
- Medulla
- Cortex
- Placenta
- Mammce
- Corpus Luteum
- Follicle
- Pineal Gland

Cooperation/Stimulates

Antagonist/Inhibits

Dr. Henry Harrower
International Foundation for Nutrition and Health www.IFNH.org
SYMPTOMS OF ADRENAL DYSFUNCTION

HALLMARK SYMPTOM = EXHAUSTION & OVERWHELM

- Loss of motivation or creativity
- Vision issues, lack of light tolerance
- Dizziness when going from sitting/lying to standing
- Pain + alignment issues
- Brain fog, lack of clarity
- Weight gain, especially around the middle "spare tire" or "muffin top"
- Cravings, especially salt + sugar
- Immune issues, increased allergies/sensitivities
- Reproductive dysfunction, impaired sexual characteristics
TRADITIONAL CONCEPT OF ADRENAL FATIGUE

SELYE'S GENERAL ADAPTATION RESPONSE

ADRENAL HORMONE LEVEL

TIME

ALARM

RESISTANCE

EXHAUSTION

Homeostasis

Stress response

Alarm

RESTORATION
If the body is replenished

If stress remains

If stress remains
1: Wired

ACTIVE STRESS RESPONSE

- Speedy, on-the-go, multitasking, drama life, "thrives" in high intensity environment
- Underlying bouts of exhaustion but able to power through
- Reliance on coffee, sugar or other stimulants to get going and focus
- 1 or 2 persistent stress situations or a trauma

Function:
- Chronically elevated cortisol
- DHEA + hormones begin to drop

Primary symptoms:
- Anxiety, panic
- Insomnia
- Restlessness
- ADD/ADHD tendencies
- Increased sickness
- Weight gain
- Palpitations
- Teeth grinding + nail biting

"Rosé All Day!"
2: Wired + Tired
RELIES ON WILLPOWER

- Needs caffeine or simple carbs to get going
- Exhausted all day, muscles through
- Crashes after lunch
- Yet, stimulated in the evening, can't shut down, a "night person"
- Vertically ill

Function:
- Low AM cortisol, deficient CAR, resistance
- Hormone feedback loop beginning to dysregulate
- Upside down pattern

Primary symptoms:
- Prone to depression
- Thyroid issues
- Procrastination
- Doesn't finish projects
- Addiction
- Blood sugar dysregulation
- Salt cravings
- Low BP
- Low concentration

"But first coffee"
3: Just Tired

BURN OUT

- Exhausted but can't sleep, or sleep doesn't replenish
- Constant overwhelm, tiny tasks = great chores
- Unable to dress or care for self
- Extremely introverted and/or doesn't leave home
- Multiple conditions or illnesses, autoimmune and/or gut disorders, identifies with diagnosis

Function:
- Chronically low cortisol
- Low hormone output, low neurotransmitters
- Everything depressed suppressed

Primary symptoms:
- Chronic infection
- Chronic inflammation
- Apathetic, disinterested
- Extra sensitive
- Survival mode
- Multiple dx

“I Like to Party, by Party I Mean Take Naps”
A FUNCTIONAL PERSPECTIVE

CONSIDERING THE HP AXIS AS A WHOLE

CHRONIC STRESS RESPONSE

Loss of metabolic flexibility

CHANGES IN CORTISOL OUTPUT

loss of diurnal rhythm

DYSREGULATION OF ENTIRE STRESS RESPONSE SYSTEM

Organism wide effects

Ellen Lovelace
www.abalancedtable.net
CONVENTIONAL APPROACH
WAIT UNTIL ITS TOO LATE...

DRUGS & SURGERY

MAINLY RECOGNIZE:
- Addison's disease
  insufficiency, no more cortisol, often autoimmune
- Cushing's disease
  abnormally chronically high cortisol
THE BODY IS AN INTRICATE WEB, IF YOU HEAL ONE AREA THE WHOLE BENEFITS

ALLOW INTRINSIC REPAIR MECHANISMS TO DO THEIR JOB TO REVERSE THE ROOT CAUSE...
FUNCTIONAL APPROACH

TEST, DON'T GUESS &

PREVENTION IS KEY....

PUT OUT THE FIRE
TEST DON'T GUESS

SALIVARY CORTISOL
- Diurnal rhythm
- 4 samples
- Best to confirm history + current sx

OTHER OPTIONS
- DUTCH Complete
- HTMA
- Blood Chemistry
- Thyroid
- Neurotransmitter
- Fatty Acid
- ACTH Challenge

ALTERNATIVE
- Muscle Testing
- Applied Kinesiology
- Heart Rate Variability

SELF TESTING
- Postural Hypotension
- Pupillary Response
- Breath Test
- Leg Length

TESTING
STOP FUELING THE FIRE!

- Toxins, physical + environmental
- Nutrition
- Lifestyle issues
- Life issues, less stress!
- Attitude

PUT THE BRAKES ON THE STRESS RESPONSE
WHOLISTIC HEALTH

WELLNESS IS MORE THAN JUST PHYSICAL

Mental/Emotional
- Thoughts/perspective
- Attitude/beliefs
- Responsibility
- Balanced emotions
- Repressed/stored emotions
- Forgiveness
- Relationships
- Intellectual development

Physical
- Nutrition
- Structure
- Movement
- Lifestyle
- Environment
- Occupation

Spiritual
- Purpose/meaning
- Values/integrity
- Connection to something greater/transcendence
- Passion
- Community

CLEANSE + NOURISH
- Quiet + Focus
- RENEW + AWAKEN
- VIBRANT HEALTH

f c w
IF THERE IS A DRUG THAT CAN ALTER THE BRAIN'S BIOCHEMISTRY, THERE IS USUALLY A COMBINATION OF NUTRIENTS THAT CAN ACHIEVE THE SAME THING WITHOUT SIDE EFFECTS.

SUPPORT FUNCTION WHILE WORKING ON RESOLVING UNDERLYING CAUSES.
NUTRITION FOR ALL STAGES

- Stress management + parasympathetic engagement are absolutely key!
- Hydration
- Digestion on point
- Balanced blood sugar
- Elimination pathways open
- Restorative sleep
- Mitochondrial support

- B Vitamins + Minerals
- Vitamin C, D + E
- Quality O3
- Electrolyte Balance
- Orthophosphoric Acid (Phosfood, SP) for 1 month

RESTORATIVE PRACTICES

- Breathwork + Meditation
- Vagal Massage
- Pinky Points
- Fresh Flowers + Flower Essences
- Detox Baths
- Time outside
- Grounding
- Journaling
- Emotional Awareness, GNM
THERAPEUTICS

Test, don't guess
Utilize a practitioner + monitor progress
You cannot out-supplement a poor diet + lifestyle!

WIRED
CALMING

- Acetylcholine + NO
- Ashwagandha
- Astragalus
- Reishi
- Vitamin C
- Taurine
- Potassium
- Phosphatidylserine
- Rooibos, Passionflower or Chamomile tea
- Lavendar EO
- Aventurine + Aquamarine

6-9 MONTHS

WIRED + TIRED
ADAPTOGENIC + ENERGY

- Rhodiola
- Schisandra
- Ginseng
- Licorice AM, Ashwagandha PM
- Maca
- Chaga
- ADHS
- ATP Support
- Tulsi
- Melatonin
- Rhodochrosite + Amazonite

12-18 MONTHS

JUST TIRED
NOURISHING + ENERGIZING

- Rhodiola
- Eleuthero
- Ginseng
- Maca
- Cordyceps
- B Complex
- Glandulars: ADB5, Drenamin, Cytozyme PT/HPT
- Licorice Root
- Tulsi, Ginger + Cinnamon tea
- Merlinite + Bloodstone

24+ MONTHS
Thank You

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