

# DR. CHRISTOPHER'S Herbal Legacy Newsletter

August 20, 2014

## Adrenal Burnout Tara Pierce M.H.

One of the Adrenal glands main functions is acting as a buffer to stress. They do not differentiate between physical and mental stress and respond in the same way to both. Every type of stress influences these glands; injury, divorce, work, finances, diets, pain, excessive exercise, junk food, kids, spouse, menstruation and so on. It is easy to get stuck in a stress cycle and over work these glands into burnout. Burnout is defined as a major breakdown in the energy producing systems of the body. It goes far beyond fatigue and can be devastating to every aspect of one's life.



The number one symptom of Adrenal Burnout Syndrome is exhaustion or chronic fatigue. Some other symptoms are cravings for sweets or attraction to stimulants, difficulty with digestion, weight gain around the belly leaving arms and legs thin, inability to cope with daily life, hypoglycemia or diabetes, changes in mood and personality, depression, fears and phobias, anxiety, lack of interest in appearance, loss of concentration, shortness of breath, dark circles around the eyes, puffiness in the face and edema in the feet, and loss of muscle tone, among others. Adrenal burnout can be triggered by a single severe stress but more often it occurs slowly after years of imbalance in life and inadequate nutrition.

Recovering from adrenal burnout involves dedication to re-evaluating one's life and making the necessary lifestyle changes to decrease and even eliminate unnecessary stress. A good clean diet full of live, whole foods is essential as is using plenty of digestive enzymes to boost assimilation of nutrients. I would also recommend doing Dr. Christopher's Extended Herbal Cleanse with the addition of the Heavy Mineral Bugleweed Formula. To treat the burnout specifically I would add Dr. Christopher's Adrenal, Thyroid Maintenance, and Master Gland Formula's. Recovery can take time, but the more dedicated you are to treating yourself right the quicker you will regain your energy and strength to feel like yourself again.

**Tara Pierce** is a Certified Master Herbalist Graduate from *The School of Natural Healing*.

