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FATIGUE, WEIGHT GAIN & ADRENAL-CORTISOL IMBALANCE

The adrenal glands secrete Cortisol, a hormone with an incredibly strong impact on metabolism and disease. When Cortisol rises due to stress, it brings its 'sister' hormones with it: epinephrine (adrenaline), nor-epinephrine and insulin. Together, these four hormones cause severe metabolic disorders in all those individuals affected by chronic stress, and they can cause weight gain and hormone imbalance. They can also cause what some authors call Adrenal Fatigue.

When we face numerous stressors, this hormonal system loses control and bad things start to occur: cell injury, insulin increase, high sugar, hormone decline, thyroid suppression, metabolic imbalance, excessive hunger, cravings, FATIGUE, weight gain. Individuals can develop obesity, weight loss resistance, poor immunity, infections, allergies, DEPRESSION, poor sleep, mood disorders, low thyroid function, body aches, low hormones, low libido, poor sleep, low muscle energy, decreased brain chemicals, pains, bowel malfunction, tender muscles and joints, morning weakness, addictions, cough, PMS, mental fog, poor memory and feeling wasted. Malfunctioning adrenals can waste your hormones AND your thyroid: one may affect the others, and they are all related and affecting one another.

FATIGUE

Fatigue is a symptom and not a disorder by itself. It is a warning sign that something in your metabolism is not working right. It can be caused by medications, anemia, tumors, low sodium, heart trouble, poor blood oxygenation, low blood pressure, chronic diseases, lupus, poor sleep, diabetes, infection, psychological disorders, chronic fatigue syndrome, nutritional deficiencies, etc.

However, fatigue can also occur as a result of thyroid imbalance, stress, adrenal-cortisol imbalance, lack of testosterone or estrogen, low DHEA, bowel illness and food sensitivities.

A thorough medical evaluation by your own medical doctor is. See your physician!. This evaluation may require many tests, several visits, consultation with medical specialists and even x-rays. Fatigue is a frequent problem, but much to the discouragement of many patients, it is often challenging to diagnose and to treat.

WHAT WE CAN DO FOR YOU:

We frequently do a comprehensive medical work up for this problem, and we will assist you and guide you through our evaluation.. Bring all your questions with you, and some of the medical records and reports that you may have.



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Remember: **ONLY** when major medical problems have been ruled out by our own doctor and your specialist(s), should you consider the alternative evaluations and management we describe here in our website, which have fortunately helped many of our patients.

Fatigue could be a mirror of your metabolic imbalance, and can be related to thyroid disorders, adrenal or hormone imbalances, bowel conditions, stress, food sensitivities and toxins; see the respective pages in this site, or come to our center. If you are concerned about Chronic Fatigue, Fibromyalgia, metabolic cleansing, which are challenging and evolving fields, we will share with you what we know.

Daniel Nuchovich  **Jupiter Institute, better health for better life.**

DISCLAIMER

If the information contained in this website deviates from what is known as Conventional Medicine and enters in the field of Alternative Medicine and Anti-Aging Medicine, it is only with the intention of providing you with a choice, but not a substitution, to conventional medical care. You should continue seeing your Medical Doctor and / or your medical specialists: follow their instructions. There are no substitutions for Traditional and Conventional Medicine, nor for the guidelines of care of the American Medical Association and the American College of Physicians.

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