

## Wording for Chronic Tiredness Article 3

### Adrenal Exhaustion- A Common Factor in All CFS and Fibromyalgia Cases

Hi again. Long-term fatigue is completely different to normal tiredness, and it requires careful assessment and quality treatments to correct it. However, the most common undiagnosed cause of fatigue is Adrenal Exhaustion. We talked a little about this condition in the last article- If you have a wonderful night's sleep, and you still wake up feeling tired and drained, then you probably have adrenal fatigue or adrenal exhaustion, and this is a major factor in any chronic tiredness.

Your adrenals produce adrenaline, which is part of your body's emergency response system. If a tiger jumps out at you from behind a tree, your heart suddenly beats faster, your breathing gets faster, various muscles tighten up, your blood sugar levels increase, and non-emergency systems in your body are shut down (such as your digestive and immune systems). Your body is now in 'fight or flight' mode. This is great for emergencies, but if your body is running off adrenaline too often, it will eventually start to **burn you out; you will feel really run down all the time, and it doesn't seem to get any better no matter what you do.** (In the long run, it can also put a strain on your heart, and increase your chances of developing diabetes).

The main symptom of adrenal exhaustion is constant tiredness, but because the body gets very run down it can often cause stress, irritability, depression or anxiety. The immune system is very sensitive to your energy levels, so immune weakness, allergies, or auto-immune diseases can develop. Adrenaline is part of your hormone system, so adrenal exhaustion can also cause all types of hormone imbalances, including PMS, menopause symptoms, thyroid problems, or low libido. Poor sleep and digestive problems are also very common symptoms.

Adrenal exhaustion is often caused by an overly stressful and busy lifestyle. The links between problems with the adrenal gland and excessive stress are well known but recent research also suggests they can be exacerbated by poor diet, caffeine and smoking. Almost any type of stress, whether it is physical or psychological, will cause an increase in adrenaline levels.

Other causes of adrenal exhaustion are

- **Any type of trauma or shock**, which could be recent or in the distant past. It could be from a car accident, falling out of a tree when you were a kid, etc, etc. The trauma could be physical, mental or emotional.
- **Prolonged stress**, such as from work or an unhappy relationship. (Again, could be recent or in the distant past.)
- **Overwork**, or not getting enough sleep for a long period
- Any chronic illness or pain
- Severe pain
- Surgery
- Medications, such as steroid medication, antidepressants, strong painkillers, and thyroid medication

Thank you for reading our articles. If you would like more information on adrenal exhaustion, please let us know and we can send you a free report explaining more about it. Otherwise, if you have had enough of feeling exhausted all the time and want to do something about it, please book in for your free Comprehensive Health Assessment. It could be a turning point in your life.

*"I can say this with complete certainty, that through Centenary Natural Therapies treatment and remedies, I have been **revivified**.*

*When I looked up the meaning of this word, I felt its definition embodies who I now am, my renewed*

*self. 'Revivify: to restore to life; give new life to; reanimate.'*

*So again, thank you."*

Melissa, Camira