Fatigued Out Of Life

Myths and Recovery Mistakes of Adrenal Fatigue Syndrome

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The information in the pages that follow has the power to restore energy and vitality to your life. Millions are robbed of their youthfulness and enter premature aging as a result of the failure to recognize a common condition—Adrenal Fatigue.

Every adult man and woman needs to be on the alert!

Especially if you:

• Are tired when you wake up, drag yourself to work, and finish the day exhausted.
• Have symptoms such as salt cravings
• Have low blood pressure
• Have hypoglycemia
• Have weight gain that you cannot get rid of, and reduced exercise capacity.
• Have PMS
• Have sugar cravings or irritability
• Are anxious
• Have insomnia
• Have heart palpitations
• Cannot handle stress
• Have low libido
• Have irregular menses
• Have low thyroid function despite medications.

ARE YOU AT RISK?

Studies show that:

• Over 11% of the adult population currently has severe fatigue, extreme tiredness, or exhaustion that lasts for more than a month.

• Over 4% have identifiable symptoms that exceed six months.

Without you knowing it YOUR VITALITY CAN BE ROBBED!

Yes, fatigue can come on slowly, creeping up gradually without notice so that many people consider this lack of energy a normal part of their aging process. It is vital for you to understand, right here and now, that excessive fatigue is not normal.

I am not exaggerating here when I tell you that your life, each of your family members, and your friends’ lives hang in the balance. It is more than worth your time to analyze your belief about stress and how it affects your life and those of your loved ones. How you choose to respond, and if you choose accurately, could easily determine if you leave this world decades before your time.
THE EVIDENCE IS CLEAR

The majority of adults suffer from Adrenal Fatigue in various degrees during their life, yet it remains one of the most non-recognized conditions in the world today.

The main symptom is lack of energy and fatigue. First, you feel tired for no reason, then, it progressively worsens over the years. You do not have the energy to socialize on the weekends, but instead time is spent at home resting. The journey, not one you want to be part of, is slow and painful. Your once active lifestyle is destroyed. You spend countless hours and thousands of dollars trying to figure out what is wrong.

**All your tests come back normal, while your fatigue worsens.** Your doctor finally gives up and prescribes an anti-depressant. This nightmare is not over. Your fatigue gets worse. Something is wrong, but no one believes you. On the outside, you look good. On the inside, you are literally falling apart. Something is desperately wrong. What is it?

ADRENAL FATIGUE - IN A NUTSHELL

The adrenal glands, located above each kidney, are the stress control centers of the body. They are responsible for directing over 50 chemical messengers called hormones that help us deal with emotional or physical stress. Stress comes in many forms, such as loss of a loved one, car accident, over exercise, relationship difficulties, relocation, or illness. The more stress you have, the harder the adrenals must work. Overworked adrenal glands become burned out, or tired. Your body wants rest to recuperate. It tries to conserve energy. Your organ systems start to slow down. Fatigue and lethargy increases. At first, you try coffee, supplements, and sugar fixes to keep you going and energized. Eventually these fail, and you feel more fatigued than ever. Does this sound familiar?
Adrenal Fatigue is simply your body’s way of preventing you from expending energy it does not have. It is your body’s signal alerting you to slow down and start the repair process.

There are four stages of Adrenal Fatigue, ranging from mild to severe. In advanced stages, you can be bedridden and totally incapacitated. Adrenal Fatigue is that serious! You may have heard of people “crashing” after a late night out, excessive exercise, long airplane trip, or stressful event. Think of Adrenal Fatigue as a continuous crash. It is like a car running out of gasoline, except its YOUR BODY!

If you are tired all the time for no good reason, think Adrenal Fatigue Syndrome as a possible cause of your fatigue.

Adrenal Fatigue is not an accepted medical condition by conventional physicians today, and for good reason, which we will go into later. Because of this, there is great confusion and misinformation on what the true facts are on this condition. You need to know, because if you are not informed, you can get hurt. Let us clear that up right now.

**MYTH #1: ADRENAL FATIGUE IS A PSYCHOLOGICAL CONDITION.**

Adrenal Fatigue is as old as humanity. Modern medical research has now clearly demonstrated the scientific pathology behind this condition. It is part of your body’s neuroendocrine response to stress when under threat. Because symptoms affect almost all organ systems simultaneously, most conventionally trained doctors trained in single system focus are ill prepared. In fact, they are over-whelmed.

The lack of medical education and accurate advanced laboratory testing further complicates the problem. As a result, few physicians except forward thinking ones are familiar with how to deal with this condition. Millions of sufferers feel compelled to helplessly self-navigate. Their suffering is real, but their plight is unattended to.
Most are TOLD the problem is in their head and is nothing rest and an anti-depressant cannot mend. This misconception must be dispelled. Just because the medical world is ignorant of a medical condition does not mean it is not a real medical condition. Common sense needs to prevail.

When conventional doctors fail to endorse this condition, friends, family, and employers make the situation worse by their lack of understanding. Sufferers fight this battle alone, rejected by society at large.

There are many causes of Adrenal Fatigue. Emotional stress and toxic relationships are the leading stressors, in addition to infection, hereditary factors, and others. Symptoms that arise are the result of the breakdown in our endocrine and autonomic nervous systems. Both of these affect the entire body. No organ system is spared. Physically, your body is breaking down, and that is why you feel terrible. Let me be clear—it’s not all in your head.

Failure to recognize signs and symptoms of Adrenal Fatigue: The first recovery mistake.

Symptoms of Adrenal Fatigue include:

- Low energy / sluggishness
- Insomnia
- Anxiety
- Low blood pressure
- Muscle pain
- Multiple chemical sensitivity
- Food allergies
- Loss of libido
- Low body temperature
- Menstrual irregularities
- Insomnia
- PMS
- Heart palpitations
- Salt cravings
- Hypoglycemia

Your symptoms are your body’s only way of alerting you to the chaos within. Each symptom has its own underlying cause. For example, salt craving and low blood
pressure can be attributable to impaired regulation of aldosterone, a key adrenal hormone. Heart palpitations can be due to the sympathetic nervous system overtone as it moves into overdrive. Muscle and joint pain are often due to the catabolic state of the body and low liver function, even though laboratory tests are normal. Insomnia may be due to metabolic imbalances. Irregular menses, low libido, and PMS are likely to be due to excessive estrogen. These symptoms are the body’s cry for you to take corrective action at the root level. Not recognizing these symptoms has grave consequences. The reason is simple—you cannot fix something when you do not know what is wrong.

Sometimes, people think these symptoms are part of the normal aging process. Let us dispel this misconception now. Aging does not force you to lose your vitality and become bedridden.

As a board certified anti-aging specialist, I can tell you without a doubt that healthy aging means a vibrant life full of social and intellectual activities done with people we love.

Be on the alert! Seek professional help if you have symptoms and do not know what to do.

**MYTH #2: ADRENAL FATIGUE OCCURS IN MEN WITH HIGH-STRESSED JOBS AND HECTIC LIFESTYLES.**

The vast majority of Adrenal Fatigue cases occur in women. Over the past few decades, women have taken on lifestyle changes well beyond what most can handle. Many are bearing responsibly for raising a family and advancing a career at the same time: survival in this modern world is not an easy task!

Adrenal Fatigue occurs regardless of occupation, income, race, or educational level. No one is spared.

Do not overestimate your body’s ability to deal with stress. You may look normal on the outside, but internally, you may be heading toward disaster, like a train wreck in slow motion.
You can also acquire Adrenal Fatigue from an illness, accident, divorce, overwork, or other stressors. Some develop Adrenal Fatigue after a simple dental procedure, or after a routine cold. What one person considers only slightly stressful might be unbearable to another. This is why Adrenal Fatigue is so confusing even to health professionals. Unless they are on the lookout for subtle signs and symptoms, it is often missed.

Most sufferers are working and holding down full time jobs, but are not at their optimum performance. They lack concentration, drive, and are tired most of the time, barely making it through the day. They return home exhausted after a day’s work. After a quick dinner, they retire early to bed, only to repeat the cycle again the next day, waking up tired. A sugar fix, rest, or coffee compensates symptoms of low energy in the majority of those showing intermittent early stages. This can go on for years or even decades until the body collapses. Those in severe cases are often bedridden and incapacitated.

**MYTH #3: MY FATIGUE IS DUE TO LOW THYROID FUNCTION.**

It is common to be confused between Hypothyroidism and Adrenal Fatigue because they can have very similar symptoms. One of the most common causes of fatigue is low thyroid function. Thyroid medication will help you only if your thyroid itself is not working properly. If your low thyroid function is due to Adrenal Fatigue, increasing thyroid medication to enhance energy and reduce fatigue only puts the adrenal glands on overdrive at a time when it needs rest. Over time, this will make you worse. **If you are on thyroid medication and are still lacking energy, or if you continue to require increasing medications to sustain the same energy level, be alert for Adrenal Fatigue as the root cause, not hypothyroidism.**

Here is another tip you need to know. Do you feel cold all the time, especially in
the toes and fingers? Pay attention to your body temperature. Body temperature is consistently low with Adrenal Fatigue, and thyroid medications will not be able to bring the temperature up, but normalizing adrenal function can.

Do not be misled into believing that once you are on thyroid medication, there is no hope of getting off. The majority of people on thyroid medications in fact have a strong adrenal component to their overall weakness. Restoring adrenal health often leads to improved thyroid health and reduction in thyroid medication in these cases. I see many who in fact are able to get off their thyroid medications with this approach. Alert your doctor about the possible adrenal component if you are concerned.

Failure to recognize multi-organ involvement: a devastating error.

The hypothalamic-pituitary-adrenal (HPA) axis is the hormonal network that regulates the adrenal glands. The adrenals are intricately connected to many other organs in a variety of axes. One such intricate relationship ties in with the thyroid and the ovaries. Medically we refer to this axis as the ovarian adrenal and thyroid (OAT) axis in women, and the adrenal thyroid (AT) axis in men. Organs of these axes are intimately co-dependent on each other. They have to be in perfect balance in order for you to feel good. Unfortunately this balance is off when your adrenals are overworked. Failure to recognize this imbalance often leads to incorrect advice and treatment. In the end, you become worse instead of better.

For women in particular, OAT axis imbalance leads to a condition called estrogen dominance. Symptoms can include:

- Hot flashes
- Weight gain at the hips
- Water retention
- Moodiness
- PMS
- Endometriosis
- PCOS
The take home lesson is simple: Few organ systems function properly when your adrenals are not working. Other systems are also involved. They start to breakdown, resulting in:

- IBS
- Depression
- Metabolic syndrome
- POTS
- Diabetes
- Hypotension
- Lipid abnormality
- Auto-Immune diseases

If that is not enough, be forewarned that the worst is yet to come. As Adrenal Fatigue advances, assimilation of nutrients from the gut becomes compromised, resulting in food sensitivities and internal dysbiosis. Candida infections can become rampant. Your liver’s ability to get rid of unwanted breakdown products reduces as it reaches clearance capacity. Toxin build-up occurs internally. A negative chain reaction initiates. Excessive toxic metabolites can lead to:

- Brain fog
- Joint pain
- Skin rashes
- Allergies
- Muscle discomfort
- Multiple chemical sensitivities and many other symptoms

Do not be surprised or afraid if the vast majority of health care practitioners are not familiar with these associations and their implications.

Multiple organs impact the body’s ability to recover, therefore, slowing it down. No organ system escapes the dysfunction when the adrenals are not in optimal condition. Failure to recognize multi-organ involvement is a major recovery mistake.
MYTH #4: MY PHYSICIAN IS THE BEST PERSON TO HELP ME WITH ADRENAL FATIGUE.

Unfortunately, most conventionally trained western physicians, including endocrinologists, are not trained in Adrenal Fatigue. I know, because I am conventionally trained. This lack of training results in a widespread approach of symptom suppression instead of dealing with the root cause as that is the best any doctor can do when confronted with the unknown.

Common sense will tell you this approach is less than ideal. That is why my advice to you is not to succumb to this type of approach. One clinical gem I have found through years of practice is that the body never lies. When Adrenal Fatigue arrives on your doorstep, your body wants nurturing and a slower pace while recovering. Suppressing symptoms eventually will lead to adrenal crashes and a worsening state of fatigue. A physician who does not understand this concept is unlikely to help you recover and in fact can make you worse.

Continuing with inexperienced health care providers can make you worse rather than better.

The lack of medical education and research on this condition results in tremendous misinformation and confusion among the medical professionals and lay communities alike.

The tendency is to treat symptoms rather than investigating the root cause. Sleeping pills for insomnia, anabolic hormones for low energy, thyroid boosting compounds to stimulate the metabolism, pain medication for joint and muscle aches of unknown origin, antibiotics for recurrent infection, and overly aggressive use of steroidal medications are common tools that can make you feel worse over time.

To the untrained physician, sorting out this maze of complaints is challenging to say the least.

Because dysfunctional adrenals affect virtually every system of the body including
the central nervous system, a thorough understanding of the following areas of medicine is needed: neurology, cardiology, endocrinology and psychiatry. Most medical specialists are trained in their respective narrow scientific fields but few are experienced enough in all of the disciplines to fully comprehend the Adrenal Fatigue condition.

The number of physicians with true expertise in advanced Adrenal Fatigue is very small. Those who are subject matter experts gain their expertise not from textbooks, but from years of clinical experience. There is no short cut, because textbook cases are rare. Because the full recovery cycle can take years to complete in severe cases, practitioners with little experience will find it hard to handle cases other than the most mild and straightforward ones.

MYTH #5: CT SCANS OR BLOOD TESTS CAN ACCURATELY DIAGNOSE ADRENAL FATIGUE.

A CT scan cannot diagnose Adrenal Fatigue. There are currently no blood tests sensitive enough to detect Adrenal Fatigue. That is why conventionally trained doctors are lost on what to do. Even saliva tests can be misleading unless carried out in a series over time and properly interpreted. The best way to know if you have Adrenal Fatigue is to consult a physician trained and experienced in this area. The gold standard is a detailed history, not laboratory tests.

Over-reliance on laboratory testing: do not be caught up chasing numbers.

Saliva hormone testing offers the best window of how the adrenal functions. However, it has multiple drawbacks.

• Have significant Adrenal Fatigue symptoms, but have normal laboratory results. Furthermore, the 24-hour cortisol curve is classically blunted or flattened, but
**this is not universally true.** It can and often will stay this way for an extended period, even during recovery as symptoms subside. **Overdosing or under dosing is a frequent mistake seen when too much reliance is placed on laboratory test results without factoring in individual specificity and clinical history.**

- **Laboratory results vary depending on the stage of Adrenal Fatigue and are frequently misleading.** Hormonal levels vary in different stages of Adrenal Fatigue. In early stages, the cortisol, DHEA and pregnenolone levels tend to be high as the adrenal glands work hard. In late stages, pregnenolone levels tend to be low and morning cortisol levels blunted. These are just some very general rules. There are many exceptions, which makes proper laboratory interpretation most challenging even to the experienced clinicians. **Your body’s signs and symptoms are far superior in gauging adrenal weakness as compared to laboratory test results based on the current technology. A good and comprehensive history of the patient taken by an experienced clinician is the gold standard and the key.**

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**MYTH #6: STEROIDS ARE A FAST AND EFFECTIVE WAY TO OVERCOME ADRENAL FATIGUE.**

Steroids have their place in situations of last resort but over prescribed premature use can make you worse. You need to know that contrary to popular belief, not everyone can tolerate steroids such as hydrocortisone. Many have to abandon it after starting. **Those in advanced stages are particularly vulnerable to adrenal crashes with this medicine.** The good news is that you can avoid the many potential side effects of steroids with natural approaches and get better. When you use proper and gentle nutrients to nurture the body, spontaneous healing can occur. I seldom find the need to use steroids, even in advanced cases. It is simply not necessary.
Excessive use of prescription drugs and medications: short-term gain, long-term pain.

Excessive use of prescription drugs to suppress symptoms often makes the Adrenal Fatigue condition worse. Just as pain is a warning signal from our body that says something is wrong, suppressing pain is not the same as a cure for the condition that causes the pain. Pain suppression is therefore a masking mechanism at best.

Consider the following:

- **Thyroid medications** are widely prescribed by physicians to symptomatically control a sluggish metabolism associated with low energy. Some physicians even start thyroid replacement based on clinical symptoms of lethargy alone, and it is an acceptable standard of practice. Unfortunately, the role the adrenals play are commonly ignored. Those suffering from both Adrenal Fatigue and hypothyroidism are treated for hypothyroidism alone. Thyroid replacement medications increase the overall basal metabolic rate. The body goes into a state of over-drive. No organ system is spared. Pushing the adrenals to work harder when they are already fatigued can unmask adrenal exhaustion or even trigger an adrenal crisis. Over time, this approach often backfires and causes the Adrenal Fatigue condition to worsen.

- **Anti-depressants** are often prescribed when your doctor does not know what to do. There is a good chance you may not tolerate it and in fact may develop paradoxical reactions. The process of choosing the right drug becomes trial and error. At the interim, your fatigue becomes worse. On top of that, addiction issues may also arise over time. Unless you are truly depressed, it is best to avoid these.

- **Anti-anxiety agents** help calm the patient. This works only temporarily at best, with ever increasing doses needed for long term. Try to stay away if possible.

- **Sleeping medications** are prescribed frequently to help insomnia. Inability to fall asleep and frequent awakening is hallmark signs of Adrenal Fatigue and long-term use of the medication can lead to addiction. Those in advanced stages of Adrenal Fatigue may actually experience a sense of arousal with such medications. Be careful.

- **Natural Hormone replacement such as estrogen, progesterone, and testosterone** are frequently prescribed to manage irregular menstrual cycles, hot flash, and lethargy. Physicians prescribe these medications based on laboratory test results, which are often misleading. They may be helpful at first, but the body’s response
becomes blunted after a while. Be very careful of anyone promising you such an approach as a solution to Adrenal Fatigue.

- **Antibiotics are prescribed** to help overcome frequent infection. However, they can worsen the irritable bowel condition that often accompanies Adrenal Fatigue, leading to gastrointestinal upset and internal flora disruption. Any pre-existing yeast infection can be exacerbated. My advice is simple—stay away from antibiotics unless there are absolutely no other choices.

The logical approach is to give your body the natural tools to heal itself, while monitoring and using the symptoms as a barometer of the body’s healing efficacy. I am sad to report that this approach is all but abandoned by most conventionally trained physicians. When you suppress the symptoms, proper recovery is almost impossible. No wonder some people with Adrenal Fatigue never fully recover.

**MYTH #7: I WILL NEVER RECOVER BECAUSE MY SYMPTOMS ARE SO UNUSUAL AND NOBODY CAN FIGURE THEM OUT.**

Unusual and paradoxical symptoms that defy conventional medical logic are common as Adrenal Fatigue advances. I see this often in my nutritional practice. Do not be afraid. Each of these unusual reactions has a sound fundamental physiological basis. Ask your physician for a full explanation. Take the time to understand and investigate its meaning. In my nutritional practice, we make a point of explaining all symptoms clearly so you know how to deal with all of them positively and constructively.

Find a practitioner who knows well the underlying physiology and can explain to you clearly. Do not give up. Recovery is NOT hopeless unless you give up.

**Failure to recognize paradoxical and unusual reactions: The harder you try, the worse you get.**

A paradoxical reaction occurs when medical treatment, usually a drug, has the opposite effect to that which normally is expected. An example of a paradoxical reaction from
some sedatives prescribed for adults actually cause hyper-activeness. Experienced clinicians know this and are on high alert for these abnormalities.

Common paradoxical and unusual reactions include:

- A sense of fatigue, malaise, or a state of anxiety instead of a sense of calm when taking steroids
- Sudden onset of anxiety attacks and impending doom at rest
- Sudden onset of heart palpitations despite normal cardiac function
- Sudden onset of dizziness and lightheadedness at rest
- Sudden onset of fluctuating blood pressure
- A sense of being "beaten up" that lasts for days after vigorous exercise.
- Inability to think clearly and difficulty recalling recent events
- Waking up in the middle of the night for no reason and the inability to go back to sleep.
- Constipation instead of loose bowels when taking high doses of vitamin C or magnesium
- A sense of feeling wired and anxious after taking certain vitamins, adrenal glandular, or herbs
- Feeling more toxic instead of feeling better when going through a detoxification program like juice fasting, acupuncture or massage.
- Sudden onset of fragile emotional states such as crying for no apparent reason
- Taking multiple trips to the Emergency Room because one feels impending doom even though nothing is wrong after repeated work-up.
- A sense of well-being after taking selected nutrients, only to be followed by a “crash.”

The more advanced the Adrenal Fatigue, the more paradoxical and unusual reactions tend to surface. The body is caught in a vicious cycle of a cascading downward state of functions in its own violent attempt to rebalance itself.

Eventually, this leads to severe incapacitation of daily functions, including:

- Severe fatigue
- Bed bound most of the time
- Fragile blood pressure
- Reactive hypoglycemia
- Unexplained heart palpitations
- Severe anxiety attack
- Profound dizziness
• Extreme brain fog
• Frequent infection
• Severe insomnia

Sufferers in this state are called the “living dead.” They can hardly function, but look good from the outside. The clinical picture becomes extremely convoluted and confusing to all but the most astute and experienced clinician.

MYTH #8: NATURAL NUTRIENTS ARE GOOD, ESPECIALLY GLANDULAR AND HERBS.

Due to individual variations, nutrients that are fitting for one person can actually be toxic for another. The more advanced the Adrenal Fatigue, the more frequently this occurs. This is why Adrenal Fatigue is so confusing. Glandular and herbs are particularly problematic, but it also applies to some of the most basic nutrients, such as vitamin C and B. Inappropriate administering of nutrients without careful consideration of the intrinsic constitution of the body and its sensitivity is a common cause of recovery failure. Unfortunately, most self-navigation efforts fall into this category.

Many come to me taking a basket full of nutritional supplements. Please be careful. More is not better in the case of Adrenal Fatigue. Do not simply take supplements. If you are not careful, you can make matters worse.

Improper use of nutritional supplements: the most common recovery mistake.

Improper use of nutritional supplements is rampant in all areas of natural health, including Adrenal Fatigue because of inadequate knowledge. Most are confused, not knowing what to take, when to take, how much to take, and the right delivery system. It is no surprise that therapeutic failure is common.

In particular, long term use of stimulatory nutrients can lead to withdrawal problems and addiction, even though they may have adaptogenic properties. These include ginseng, licorice, ashwagandha, glandular, rhodiola, maca, and vitamin B12, just
to name a few. The more advanced the Adrenal Fatigue, the more stimulatory these compounds behave, and the less adaptogenic they become.

Selecting the right form of nutrients at the right time with the right dose and delivery system is key to providing the body with the necessary nutrients to start the healing process in a systematic and comprehensive fashion. This sound principal is unfortunately not being followed often enough.

When nutrients are not properly used, they can worsen the condition over time. There is more harm done to the body than benefit received. This is one of the greatest misgivings of most self-guided and non-professionally guided programs, especially if the Adrenal Fatigue is advanced.

MYTH #9: FASTING, DETOXIFICATION, AND EXERCISE WILL HELP ADRENAL FATIGUE.

Once Adrenal Fatigue sets in, you become less energetic as the whole body slows down to conserve energy. The normal breakdown of food into metabolic by products to be excreted out of the body is impaired. Toxic built-up is common.

Alternative clinicians often promote aggressive detoxification as the solution. If you have severe Adrenal Fatigue, this can backfire. Not only does the detoxification process drain the body of limited reserve, but it can also release more toxins into the body, leading to a state of retoxification. Symptoms can include severe brain fog, joint pain, fever, nausea, and dizziness. Most detoxification programs can in fact be dangerous for those with advanced Adrenal Fatigue. They tend to trigger adrenal crashes to say the least. Gentle detoxification may be considered when the adrenal function is healthy, or fatigue is very mild. Talk to your health care provider and warn him of impending danger to be on the safe side if you embark on such programs.
A gentle and complete rebuild and nourish program for the body using proper nonstimulating natural compounds is a far better approach. That is exactly what the body wants. As adrenal health returns, toxin elimination will normalize on its own. I see this in my nutritional practice all the time. Remember that the right therapy done at the wrong time can make you worse.

Vigorous exercise may be beneficial for those with early stages of Adrenal Fatigue when the body’s reserve is still ample. Excessive exercise however is a common trigger of adrenal crashes, so the intensity of exercise is a double-edged sword in recovery. Under-exercise also is not desirable, as your body needs it. In other words, you need to match your exercise capacity to your adrenal state of function. Many are drained after exercise, but still force themselves to do it. This is a common recovery mistake. A personalized exercise program specifically for adrenal recovery is best. My unique series of powerful Adrenal Breathing and Adrenal Yoga exercises have helped countless reclaim their exercise capacity without crashing.

MYTH #10: MOST PEOPLE RECOVER FROM ADRENAL FATIGUE IF GIVEN PLENTY OF REST.

While rest is a good way to help the body restore some adrenal function and reduce crash intensity, it is seldom enough on its own for complete healing unless your symptoms are very mild. Why? Rest alone is too little and too late for most.

The body has self healing capabilities, provided it is given the right natural tools at the right time. The more advanced your weakness, the more help you need in addition to rest for healing. Optimum healing and recovery requires a proper comprehensive program, more than just rest. Do not wait until it is too late.
Lack of a comprehensive recovery program: the ultimate failure.

The body is a perfectly designed ecosystem with built-in self-repairing properties. It normally can recover on its own if given a chance with the proper nutrients, lifestyle, dietary changes, and time. Recovery strategies focusing on this comprehensive approach often produce excellent results, even in severe cases. Results can be seen in a short time. On the other hand, most inexperienced health practitioners or self-navigation efforts focus on suppression and getting quick results. This usually fails over time. The root cause needs to be addressed in a comprehensive program for maximum recovery speed without crashes.

If the Adrenal Fatigue sufferer does not recover, they tend to become worse off with time. Maintaining the status quo is therefore not the best therapeutic strategy but is in fact a strategy that will almost guarantee failure.

The most effective recovery program must include the following:

- **Customized nutritional support based on the person’s internal body needs and sensitivity level to nutrients.** Vitamin C doses, for example, can vary from 100 mg to 10,000 mg or more. Some people do well on regular ascorbic acid, while others do much better on buffered vitamin C or fat-soluble vitamin C. Some cannot take vitamin C at all. The delivery system can drastically affect the bioavailability of nutrients when it comes to the transportation of nutrients into the body cells. This needs consideration along with the quality and form of the nutrient. A thorough knowledge of the particular natural compound and its many properties is a perquisite to a successful adrenal recovery program.

- **Customized lifestyle program based on the person’s constitution and genetic makeup.** While general lifestyle tips such as avoiding sugar and caffeine are helpful, there is tremendous variation in routine that needs to be factored in based on each person’s own makeup. Exercise programs, for example, need particular adjustment to allow the body to enhance blood circulation but not to trigger a catabolic state. Sleeping early is good for the majority of people but may not be good for some people. Any attempt to cleanse and detoxify the body must proceed with extreme caution to avoid a sudden toxic reaction.

- **A customized dietary program based on the sufferer's blood and metabolic type is necessary.** Some body types do better with proteins and fats, while others do better with more vegetables. Some bodies welcome nuts as a good source of fat, while others do not. Alkalizing the body may be good for some but bad for others.
What is the right food for one person may be toxic to another because each one of us is metabolically different.

The above three-pronged approach can produce dramatic and quick results if carried out under the supervision of an experienced clinician.

WHAT TO DO NEXT?

If you are tired for no reason, you may be suffering from Adrenal Fatigue Syndrome. Do not let life slip by and rob your vitality. Take control of your health. You only live once.

Educating yourself is the most important step you can take right now. There is much to learn. The more you know, the easier it is for you to find the right help. Self-navigation is NOT recommended except in the mildest of cases because you can easily become worse. Seek qualified professional help from those who are highly experienced as early as possible to avoid and reverse the natural progression of this condition. This is your greatest challenge.

Do not be discouraged. Millions have recovered, and so can you. Do not let your vitality slip away from you.

For more information on Adrenal Fatigue Syndrome, visit my public educational website DrLam.com, the world’s most comprehensive site on this subject. I have written hundreds of articles and videos on how to recover properly using my clinically proven natural programs. They are available to you free. If you have questions, you can write to me directly and I will answer you privately.
About the Authors

**Michael Lam, M.D., M.P.H., A.B.A.A.M.**, is a western trained physician specializing in nutritional and anti-aging medicine. Dr. Lam received his Bachelor of Science degree from Oregon State University, and his Doctor of Medicine degree from the Loma Linda University School of Medicine in California. He also holds a Master’s degree in Public Health. He is board certified by the American Board of Anti-Aging Medicine where he has also served as a board examiner. Dr. Lam is a pioneer in using nontoxic, natural compounds to promote the healing of many age-related degenerative conditions. He utilizes optimum blends of nutritional supplementation that manipulate food, vitamins, natural hormones, herbs, enzymes, and minerals into specific protocols to rejuvenate cellular function.

Dr. Lam was first to coin the term, **ovarian-adrenal-thyroid (OAT)** hormone axis, and to describe its imbalances. He was first to scientifically tie in Adrenal Fatigue Syndrome (AFS) as part of the overall neuroendocrine stress response continuum of the body. He systematized the clinical significance and coined the various phases of Adrenal Exhaustion. He has written four books: *The Five Proven Secrets to Longevity*, *Beating Cancer with Natural Medicine*, *How to Stay Young and Live Longer*, and *Estrogen Dominance*. In 2001, Dr. Lam established [www.DrLam.com](http://www.DrLam.com) as a free, educational website on evidence-based alternative medicine for the public and for health professionals. It featured the world’s most comprehensive library on AFS. Provided free as a public service, he has answered countless questions through the website on alternative health and AFS. His personal, telephone-based nutritional coaching services have enabled many around the world to regain control of their health using natural therapies.

**Dorine Lam, R.D., M.S., M.P.H.**, is a registered dietitian and holistic clinical nutritionist specializing in Adrenal Fatigue Syndrome and natural hormonal balancing. She received her Bachelor of Science degree in Dietetics, holds a Master’s Degree in Public Health in Nutrition, and a Master of Science degree in Nutrition from Loma Linda University, in Loma Linda, California. She is also a board-certified, Anti-Aging Health Practitioner by the American Academy of Anti-Aging Medicine. She coauthored with Michael Lam, M.D., the book *Estrogen Dominance* and numerous articles on Adrenal Fatigue Syndrome. Her personal research and writing focuses on the metabolic aspect of Adrenal Fatigue Syndrome. She is married to Michael Lam and is an integral part of the telephone-based nutritional coaching team helping people overcome Adrenal Fatigue Syndrome.
Adrenal Fatigue Syndrome: Reclaim Your Energy and Vitality with Clinically Proven Natural Programs.

What is Adrenal Fatigue Syndrome?

Do You Suffer from It? — Can You Recover from It?

People today have complex and over-stressed lives. Too many wake up tired, drag through the day and end their evening feeling exhausted, forgetful, depressed, anxious and irritable. The cycle is perpetuated, fueled by the wrong foods; the wrong remedies; and the wrong advice.

- Do you feel tired all the time?
- Is your body showing early signs of aging?
- Do you have difficulty falling asleep?
- Are you down or depressed?
- Is your sex drive low or diminished?
- Do you have PMS or irregular menstruation?
- Are you unable to lose weight, no matter what you do?

After you have read Adrenal Fatigue Syndrome, you will never look at fatigue and lethargy the same way. You will understand the problem and be ready to embrace the solution.

Adrenal Fatigue Syndrome will reveal clinical pearls — Dr. Michael Lam’s gems — discovered through extensive experience that include conventional as well as alternative therapeutics and strategies.

Over 500 pages long in an easy to read 7 x 10 inch size, you will learn:

- How to tell if you have Adrenal Fatigue Syndrome;
- What your symptoms mean;
- How to properly use laboratory tests and how to make sense of paradoxical and unusual reactions;
- How to properly use nutritional supplements, glandulars, herbs and hormones;
- How adrenal, ovary and thyroid glands are interconnected and affect one another;
- Practical steps you can take to prevent and manage crashes;
- What to do when you are not recovering and what to do when your doctor gives up;
- How to avoid the seven common recovery mistakes … and much more.

For more information, please visit http://adrenalfatiguesyndromebook.com/