

### Symptoms of Adrenal Fatigue

- ✓ Difficulty getting up in the morning
- ✓ Continual fatigue not relieved by sleep
- ✓ Craving salt or salty foods
- ✓ Lack of energy
- ✓ Increased effort required to complete everyday tasks
- ✓ Decreased sex drive
- ✓ Decreased ability to handle stress
- ✓ Increased time to recover from illness, injury or trauma
- ✓ Light-headed when standing up quickly
- ✓ Premenstrual syndrome
- ✓ Increased fears, anxiety or depression
- ✓ Poor concentration and memory recall
- ✓ Symptoms increase if meals are skipped
- ✓ Brain fog - thoughts less focused
- ✓ Decreased tolerance for people or noise
- ✓ Afternoon lows between 2:00 and 4:00pm
- ✓ Feel best after evening meal
- ✓ Decreased productivity

### Factors Affecting the Adrenals



### You can make a full recovery from adrenal fatigue by:

- Adopting a nutrient rich, balanced diet.
- Managing your stress – through exercise, meditation, taking time for yourself, and learning to balance your work and home life
- Avoiding stimulants – alcohol, refined sugar, caffeine, and drugs.