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Feeling constantly exhausted and lethargic? It could be your adrenals

Do you ever feel tired when you wake up and wonder why, after a good night's rest, you feel so sleepy and groggy?

Do you get to lunch time and moan at the thought of the rest of the afternoon looming before you?

Do you look at people, as if they are from planet Saturn, when they say they wake up feeling refreshed and full of energy for the day?

You're not alone! The exhaustion and lethargy you feel could be adrenal fatigue.

Your adrenal glands are no bigger than a walnut and weigh less than a grape, yet are responsible for one of the most important functions in your body; managing stress!

"Adrenal fatigue is a growing trend", writes James L. Wilson, ND, DC, PhD, author of Adrenal Fatigue: The 21st Century Stress Syndrome. "The adrenal glands are known as 'the glands of stress'. It is their job to enable your body to deal with stress from every possible source, ranging from injury and disease to work and relationship problems. Your resiliency, energy, endurance and your every life depend on their proper functioning" [1]

When your adrenal glands are fatigued, a condition known as adrenal fatigue or adrenal exhaustion, occur and your entire body feels it. You end up suffering from extreme exhaustion. It occurs when the glands release high quantities of cortisol which eventually depletes the adrenals so that they can't produce enough hormones.

Eating for adrenal health is one of the most long lasting and rewarding health routes you can take. Most health experts recommend heart healthy fats, 6-8 serves of vegetables per day, sea salt or pink himilayan salt and good quality proteins.

Most of my colleagues agree with me that vegetarians and vegans suffering from adrenal fatigue benefit from increasing their B COMPLEX supplementation and essential amino acid intake.

I find that when a vegetarian or vegan clients comes in with adrenal fatigue, most often they have a poor quality protein intake. Not having enough protein affects the glucose-insulin balance, making the adrenals work harder.

What are some of the signs of adrenal fatigue?

- Fatigue and weakness, especially in the morning and afternoon
- A suppressed immune system
- Increased allergies
- Muscle and bone loss and muscular weakness
- Depression symptoms
- Cravings for foods high in salt, sugar and fat
- Hormonal imbalance

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- Skin problems
- Autoimmune disorders
- Increased PMS or menopausal symptoms
- Low sex drive
- Lightheadedness when getting up from sitting or lying down
- Decreased ability to handle stress
- Trouble waking up in the morning, despite a full night's sleep
- Poor memory

15 Foods That Harm the Adrenals

1. Coffee & black tea
2. Sugar
3. Juices
4. Alcoholic beverages
5. Deep fried foods
6. Rancid oils, seeds and nuts
7. Soda especially diet soda
8. Processed meats and cheeses
9. Textured vegetable protein
10. Chocolate
11. White flour in breads, pies, cakes, cookies and pasta
12. White rice
13. Cows milk
14. Artificial sweeteners and ingredients
15. Fast food: junk food and foods which you are allergic to, have an intolerance to, sensitive to or addicted to

15 Foods That Heal the Adrenals:

1. 1. Liquorice tea
2. Seaweeds: nori, wakame, kombu, hijiki
3. Naturally fermented miso without MSG
4. Sprouts
5. Soy sauce without MSG
6. Carob
7. Ginger
8. Sea salt or pink himilayan salt
9. Beans combined with whole grains
10. Cacao
11. Vegetable broths
12. Red and orange vegetables
13. Almond oil
14. Coconut oil
15. Leafy green vegetables

by Michelle Ovens, Naturopath

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