

## THE ADRENALS: STRESSORS AND SYMPTOMS

### ADRENAL STRESSORS

Trigger emotions

- Anger
- Fear
- Worry/anxiety
- Guilt

Depression

Overwork

(physical or mental strain)

Late hours/

insufficient sleep

Chronic, severe, or prolonged

infections

Surgery

Trauma/Injury

Excessive exercise

Temperature extremes

Toxic exposure

Chronic inflammation

Chronic pain

Chronic illness

Chronic/Severe allergies

- Light cycle disruption (awake at night, asleep during the day. This is a problem for those who work at night, especially the midnight to 8:00 am shift).

### SYMPTOMS ASSOCIATED WITH and CONSEQUENCES of ADRENAL DYSFUNCTION

- Excessive fatigue
- Weakness
- Nervousness/irritability
- Mental depression
- Apprehensions
- Inability to concentrate
- Moments of confusion
- Poor memory
- Feelings of frustration
- Light-headedness
- Dizziness that occurs upon standing
- Low blood pressure
- Insomnia
- Premenstrual tension
- Craving for sweets
- Headaches
- Alcohol intolerance
- Sternomastoid/Trapezius pain and spasms (muscles in area of upper back/neck/shoulders)
- Hypoglycemia
- Excessive hunger
- Epigastric discomfort
- Dyspepsia (indigestion)
- Alternate diarrhea and constipation
- Palpitation (heart fluttering)
- Poor resistance to infections
- Food and/or inhalant allergies
- Dry and thin skin
- Scanty perspiration
- Tenderness in adrenal area
- Low body temperature
- Unexplained hair loss
- Difficulty building muscle
- Weight control problems
- Tendency to inflammation
- Increased susceptibility to cancer
- Increased susceptibility to osteoporosis
- Increased susceptibility to autoimmune hepatitis & to