

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

CURTAILING ADRENAL FATIGUE



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STORE HOURS:

Monday – Saturday
9 am-5 pm
CLOSED SUNDAYS

SPA HOURS:

By Appointment



Adrenal fatigue, sometimes referred to as “burnout syndrome,” is a temporary condition many experience. It is characterized by fatigue; cravings for sweets or salty foods; a lack of emotional or physical resistance to stress; hypoglycemia; dizziness; weakness; insomnia; anxiety and/or depression; and brain fog, along with a host of other symptoms. The adrenals are small glands located atop the kidneys. Their main purpose is to produce over 50 hormones, which can be classified into three major categories: glucocorticoids, mineralocorticoids, and androgens. Cortisol is the most important glucocorticoid, as it is responsible for a multitude of functions in the body, such as regulation of blood sugar, blood pressure, and inflammatory processes. It also impacts most of the immune system cells and interacts with other hormones and chemicals in the body. Adrenal fatigue will adversely affect the body’s cortisol levels. Because the cells require cortisol in order to utilize thyroid hormone, many people with adrenal fatigue also have compromised thyroid function. In absence of cortisol, the body cannot use thyroid hormones, which means that hypothyroidism can result from adrenal fatigue. One of the primary mineralocorticoids, aldosterone, regulates the balance of minerals, especially potassium and sodium, in the cells. In a state of adrenal fatigue, the adrenals may not produce enough aldosterone to properly regulate the fluid balance in the cells, causing a constant thirst and a craving for salty foods. The body is actually experiencing an electrolyte imbalance. The third type of hormone that the adrenals produce are androgens, which are the body’s “male” sex hormones, such as DHEA and testosterone. These powerfully influence the function of other adrenal hormones. Adrenal fatigue may be caused by an under production of androgens, which can lead to fatigue, muscle weakness, weight gain, cardiac problems, and low blood pressure. When the body has an imbalance of any adrenal hormone, all of the other hormones will be affected. This in turn can cause adverse health conditions such as metabolic syndrome, diabetes, and even cancer. This is because chronically elevated or decreased levels of cortisol cause inflammation, blood sugar imbalances, poorly functioning organs, and immune suppression which in turn opens the door to such things as pathogenic infections, an inability to remove waste from the body, and cellular mutations. Adrenal fatigue can be caused by many things, including chronic stress, environmental toxins, poor diet, and a hurried lifestyle. It can also be caused by chronic illness, infections, and emotional trauma, the latter of which can lead to fear-based thought and behavioral patterns. When someone operates out of fear, they may rush through life because they are afraid that they don’t have enough time for everything. That person skips meals or does not eat properly, takes on too many obligations, neglects to rest or play, and doesn’t set appropriate boundaries with people. Basically, enough of any physiological, mental, or emotional stress, especially when prolonged, can cause adrenal fatigue. The adrenal glands weren’t meant to constantly secrete high amounts of cortisol, which is why, in the late stage of adrenal fatigue, they “burn out” and are unable to produce sufficient amounts of the hormone. Nutritional supplements are essential for healing from adrenal fatigue, but if you have been operating from fear or fight-or-flight mode, you must also learn to adopt lifestyle strategies that will help you live in a continual space of tranquility and rest, so that your adrenals don’t have to work overtime to produce hormones and to create a balanced biochemistry. Following are some lifestyle strategies that have helped me and a lot of my wellness clients in the recovery from adrenal fatigue. ~over~

1. **Embrace life with an attitude of trust rather than fear.** When we trust that everything is going to work out okay, our bodies and minds relax, which in turn enables our adrenal glands to recover. 2. **Spent time daily resting or engaging in a relaxing activity.** Read, pray, meditate, sit in the sauna, go for a walk, take a relaxing bath, or just lie in bed and listen to soothing music. Refrain from watching the evening news and don't engage in activities that don't foster peace in the mind and body. 3. **Learn to eat well.** Low-carbohydrate diets that are high in healthy fats and moderate in animal protein are best for people with adrenal fatigue. Choose organic, pasture-raised animal protein, fruits, nuts, and vegetables that are free of pesticides, herbicides, antibiotics, hormones, and other environmental contaminants. Avoid sugar, caffeine, alcohol, grains, and processed foods. Junk food and dietary allergens create inflammation, which causes the adrenals to release more cortisol and further stresses the body. 4. **Avoid negative, stressful talk and practice positive thinking.** Negative beliefs, emotions, thoughts, and words zap the adrenal glands faster than almost anything else, because they cause them to release stress hormones, such as cortisol and adrenaline. Start your day by speaking aloud words of appreciation for the good things in your life. 5. **Get enough sleep.** Don't watch TV or stay on your computer until late at night or engage in other stimulating activities before bedtime. Turn off your cell phone and disable your Wi-Fi connection as part of your nighttime routine, so that your body isn't stimulated by electromagnetic fields while you sleep. Poor rest is associated with chronic inflammation and excessive cortisol output by the adrenal glands. Unplugging, both electronically and mentally, will help your adrenal glands to recover and regenerate. 6. **Learn to set healthy relationship boundaries with others.** Say "No" when you need to—not to just abusive behaviors, but also when you need time to yourself or don't wish to engage in an activity or conversation with another. It will help you to become a more compassionate person in the long run, because when your adrenals are healthy, it is easy to be more patient, loving, and kind. 7. **Finally, seek help.** If the adrenal fatigue is caused by emotional or physical trauma, you may want to seek the assistance of a counselor, or healthcare professional trained in mental and emotional wellness to help you heal. Healing from adrenal fatigue can take time, but it is well worth the effort and will improve your quality of life on many levels. Lemon balm has been found to reduce the effect of stress and increase alertness at the same time, with no risks or side effects. This herb is readily available and is easy to grow in a home garden. Lemon balm tea consumed in the morning makes a wonderful adrenal tonic and will help you feel calmer and cope with stress. Adopting healthier lifestyle behaviors and habits will benefit not only your adrenal glands, but your mind, body, and spirit as well. Providing the body with proper support in the form of good nutrition is critical to repair. I strongly encourage you to make an appointment for a health assessment to determine your individual nutritional needs and appropriate adrenal support. Ph: 365-2288

APRIL SPECIALS

Maple Hill Creamery—Organic Drinkable Yogurt, variety	30% OFF
Uncle Matt's Organic—Probiotic Water, variety, 16.9 oz.	30% OFF
Beanfields—Bean & Rice Chips, variety	30% OFF
Betty Lou's—Glutenfree Peanut Butter & Jelly Bars, 2 oz.	30% OFF
Cherrybrook Kitchen—GF Cake & Frosting Mixes, variety	30% OFF
European Gourmet Bakery—Organic Pudding Mixes	30% OFF
Natural Sea—Tuna & Salmon, (canned), variety	30% OFF
That's It—Fruit Bars, assorted, 1.2 oz.	30% OFF
Santa Cruz Organic—Organic Lemonade, variety, 32 oz.	30% OFF
Simply 7—Quinoa Chips with Sea Salt, 3.5 oz.	30% OFF
Wild Planet—Wild Albacore Tuna, 5 oz. (canned)	30% OFF

AND MANY MORE ITEMS!

Organic Roots  Bistro

BUSINESS HOURS:

MONDAY through SATURDAY 9 AM—5 PM
Closed Sunday

We will be closed Monday, April 17th to allow our staff to enjoy Easter with their families. We apologize for any inconvenience!

BLUEBERRY COCONUT FLOUR MUFFINS

Preheat the oven to 350F. Grease a 6 hole muffin tin with a little coconut oil. Place the following ingredients into a blender: 3 large eggs, 3 TBSP. melted coconut oil, 1 tsp. vanilla extract, 1/3 cup coconut flour, and 1/2 tsp. baking powder. Blend until smooth. Fold in 1/2 cup blueberries and divide the batter between the muffin tins. Bake for 15 minutes until slightly golden and firm to the touch.



Spring forever appears
the soothing music part
of lyrics unspoken.
It thaws the frozen fears,
mends the wounded heart
that Winter has broken.

~Aarno Davidson