



Myra Nissen, CCH

Adrenal Fatigue: Recover with an Integrative Approach

Some clients have told me they feel like they are helpless to the whims of their hormones. These symptoms may be related to adrenal fatigue.

**by Myra Nissen, CCH, RSHom(NA)
Nationally Certified Homeopath**

Many women experience some subset of these symptoms:

memory loss, depression, fatigue, insomnia, come down with colds and flus easily and unable to recover quickly, unexplained muscle aches and pains, hair loss, low energy, unexplained anxiety, heart palpitations, panic attacks, headaches, high blood pressure, dry mouth, clenching or grinding teeth, poor concentrations, loss of sex drive and exhaustion.

There seem to be no answers to their problems!

Adrenal Fatigue, a Causality of Modern Living

I touched on importance of the adrenals in the previous article, *Enjoy a Restful Night's Sleep: Overcome Insomnia during Menopause Naturally*. The adrenal glands are two small triangular-shaped glands that sit atop of the kidneys.

These glands are most known for stimulating the hormones that give us "fright and flight" response, giving us the extra strength and energy we need to respond to emergency situations. This energy intended to support us in short bursts.

Today, we continually rely on this energy to keep doing it all, provide for our family's needs, career, and give back to the community. Over time the adrenals can give out and we become exhausted or fatigued.

The adrenals are also involved in the production and secretion of many other hormones that have important responsibilities such as regulating the body's use of fats, libido, proteins, and carbohydrates, blood pressure, rate and force of the heart beat, and the function of the immune system.

It is clear why so many symptoms that seem unrelated accompany adrenal fatigue.

Visit [www:MyraNissen.com](http://www.MyraNissen.com) or Call today 925.826.3858

(see reverse)

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Homeopathy Has Answers to Help with Adrenal Fatigue

Gelsimum sempervirens is a good remedy choice for someone so exhausted they must lie down. The thought of having to do anything can be overwhelming. A person's leg might tremble from the slightest exertion. Headaches might start in the neck and radiate to the forehead.

Another remedy that might be indicated is *Phosphoric-acid*. Great for exhaustion and colitis that develops after grief.

Picric-acid is a remedy that helps women who overcome exhaustion from too much mental exertion, who can no longer concentrate and may have burning pains or a sensation of heaviness in the back.

Helpful Tips to Recover from Adrenal Fatigue

Include: vegetables, fruits, fish, poultry, eggs, and saturated fats such as butter

Avoid: soft drinks, cookies, cereals, fat-free products, low-fat diets, trans fats, soy, caffeine

Relax: walking, breathing exercises, visualizations & meditation can all help.

Try: Vitamin C and Pantothenic acid

Books: *Perfect 10 Diet* by Michale Aziz, MD

Beauty in Bloom: Homeopathy to Support Menopause by Eileen Nauman, DHM(UK)

This is by no means a comprehensive list of solutions. Your best option is to work with a practitioner to diagnose your adrenal fatigue, and to develop a customized treatment program that will help resolve this condition. I work with women with adrenal fatigue, to learn more about my Women's Health Program.

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- Understanding and Regulating Symptoms Associated with Menopause
- Improving Thyroid Health
- Reducing/Eliminating Fibroids
- And More

Call Myra Nissen, CCH, RSHom(NA), Board Certified Classical Homeopath, at 925.826.3858 to schedule a wellness assessment. See what Homeopathy can do for you.

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