

Naturopathic Medicine

FATIGUE

- Tired for no reason?
- Having trouble getting up in the morning?
- Need coffee, colas, salty or sweet snacks to keep going?
- Feeling run down and stressed?

If you answered yes to one or more of these questions you may be suffering from

Adrenal Fatigue

Adrenal Fatigue is a health disorder that can affect anyone who experiences persistent or severe emotional or physical stress. It is also an important contributing factor in health conditions ranging from allergies to obesity. Despite its prevalence in our modern world, Adrenal Fatigue has generally been ignored and untreated by the medical community.

Symptoms of adrenal fatigue:

- Morning fatigue -- You don't really seem to "wake up" until 10 a.m., even if you've been awake since 7 a.m.
- Afternoon "low" (feelings of sleepiness or clouded thinking) from 2 to 4 p.m.
- Burst of energy at 6 p.m. -- You finally feel better from your afternoon lull.
- Sleepiness at 9 to 10 p.m. -- However, you resist going to sleep.
- "Second wind" at 11 p.m. that lasts until about 1 a.m., when you finally go to sleep.
- Cravings for foods high in salt and fat
- Increased PMS or menopausal symptoms
- Mild depression
- Lack of energy
- Decreased ability to handle stress
- Muscular weakness
- Increased allergies
- Lightheadedness when getting up from a sitting or laying down position
- Decreased sex drive
- Frequent sighing

Please see Dr. Hoffmann ND for more information about Adrenal Fatigue and how Naturopathic Medicine can help you.