

BURNED OUT

A holistic approach to understanding your female client with Adrenal Fatigue

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“States of health or disease are, at the heart, the organisms success or failure at adapting to environmental challenges.”

Rene Dubos

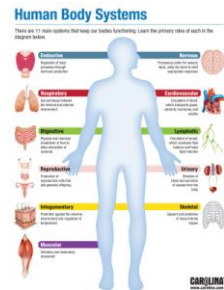


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How does the body stay in balance?

Homeostasis:

The condition where the organisms internal environment is kept stable in spite of changes to the outside environment.



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How has stress changed?



THEN



NOW



Stress Statistics

- 75% of adults reported experiencing moderate to high levels of stress in the past month (2009, APA)
- 73% of adults name money as the number one stress factor affecting stress levels (2004, APA)
- 70% of women and 63% of men say they are stressed about health problems effecting their families. (2008, APA)
- one in six workers reported being "angry enough to hit a co-worker". (2002, The Everything Stress Management Book)
- Estimated 90% of medical illnesses are directly or indirectly caused by stress (WebMD, 2014)



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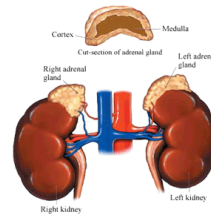
Stress Statistics

- 80% of North American's have some degree of Adrenal Fatigue
- Traditional medical model
 - a) Addison's ■ Cortisol and Steroid deficiency
 - b) Cushing's ■ Cortisol

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The Adrenal Glands



Are often known as the glands of stress but play a vital role in body balance for everyday health.

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Two Pathways activated during stress response



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Stressors

- Internal
- External
- Acute
- Chronic



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Stressors

Internal

1. Malabsorption
1. Illness and infection
1. Genetic disorders
2. Imbalance/Deficiency
3. Mental/Emotional



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Stressors

External

1. Environmental stress
2. Nutritional stress
3. Chemical stress



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Stressors

External

4. Social Stress
5. Lifestyle Stress
6. Trauma



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Adrenal Fatigue

A collection of signs and symptoms, known as a syndrome that results when the adrenals can no longer function at the necessary level. This is usually the result of intense and or prolonged stress. Dr. James L. Wilson



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FACTORS AFFECTING THE ADRENALS



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Who is at risk?

The individual:

1. Females more so than males
2. Shift workers
3. High stress professions- Doctors, nurses, police, EMS
4. Athletes- including bodybuilders
5. A history of trauma or severe illness
6. High emotional stress
7. Poor Diet
8. Lack of Exercise
9. History of Eating Disorder

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Who is at risk?

The mindset and behaviors:

1. Perfectionists
2. All or nothing
3. Rigid
4. Self critical
5. People pleasers
6. Extremely driven
7. Guilt and shame
8. Dieting and restricting
9. Overtraining
10. Ego defined

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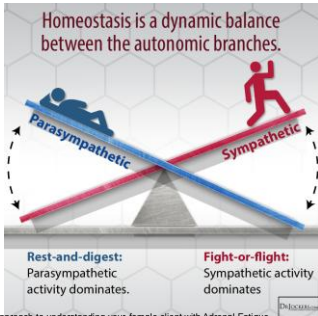
Signs consistent with Adrenal Fatigue

1. Fatigue/ exhaustion
2. Lack of exercise tolerance
3. Muscle loss/ weakness
4. Joint and muscle soreness
5. Insomnia/ poor quality sleep
6. Irregular menstrual cycle
7. PMS symptoms
8. Weight gain/ inability to lose weight
9. Loss of stamina/motivation
10. Salt and sugar Cravings
11. Chronic thirst
12. low mood, brain fog, anxiety

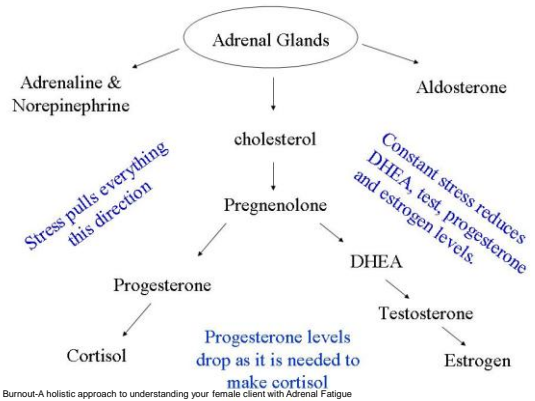
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Adrenal Fatigue and Sympathetic Overdrive

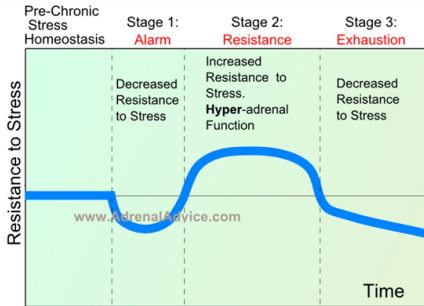


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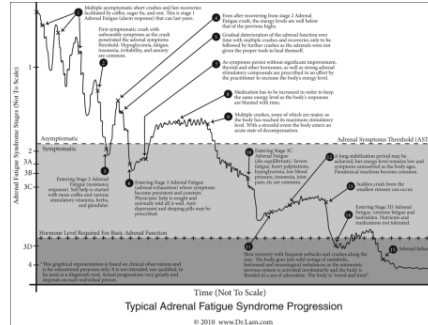
Adrenal Fatigue- Gradual Progression



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Adrenal Fatigue-Progression



Tests to help Identify Adrenal Fatigue

1. Pupil Test
2. Ragland's Test- Postural Hypotension
3. Skin Test- Sergent's White Line
4. Self Test
5. Blood Tests
6. DUTCH- Dry Urine Test for Comprehensive Hormones

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What needs to be looked at?

The whole entire client picture needs to be taken in.

1. Comprehensive Lifestyle and background analysis should be mandatory
2. Eliminate the bubble mentality- integrative approach
3. It's about your client and not your pocket book

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Working with Adrenal Fatigue

1. Nutrition issues must be addressed
2. Exercise needs to be modified and in some cases removed with a focus on restoring energy reserves. Therapeutic movement/ meditation/ yoga Mindfulness and movement training.
3. Eliminate holes in the bucket- conversation- Lifestyle changes
4. Mindset – planting seeds that support recovery
5. Spirituality- nature/energy flow/ faith
6. Patience



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Thank you

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