

Unbounded Energy – Beat Adrenal Fatigue

Introduction

One of the most overlooked and overworked systems in the body is the adrenal system. Adrenalin is exclusively controlled by the adrenal glands..

Adrenalin is utilized as the primary energy source in an emergency, there is that rush of excitement, fast heart rate and surge of energy you get before a close call that almost resulted in a traffic accident, or when a housewife is able to life the front of a car as it pins her child to the ground.

But did you know, the adrenal glands are also solely responsible for the production and management of Cortisol, which is the body's primary defense system to help fight stress? In addition, the adrenal glands greatly influence the body's ability to maintain steady energy throughout the day. Most of us overstress our adrenal glands everyday thru poor diet, intake of caffeine and other stimulants, stress, lack of sleep, lack of rest and other energy robbing activities. Generally speaking, as the adrenal system continues to be overtaxed it is unable to keep up with production. Like a production line that is severely understaffed, the adrenal glands can only function so long above their means until production suffers.

When the adrenal system is unable to function completely it is unable to manage the energy that your lifestyle is demanding. As the adrenal glands fatigue the production of response hormones decline and there are usually a few tell tale signs of trouble on the horizon. You might be:

1. Gaining weight around your middle and having great difficulty losing it, or
2. Your sex drive not what it used to be, or
3. You are hitting the snooze button once or twice and find it difficult to get up in the morning, or
4. You are having trouble going to sleep and staying asleep, or
5. You have middle of the afternoon sluggishness or cloudy thinking at times during the day.
6. Middle of the afternoon LUL
7. Burst of energy around 6PM
8. Sleepiness around 9PM but a second burst of energy about 11pm to 1am
10. You may find it difficult to fall asleep between these times.
11. Mild depression
12. Muscular weakness and declining endurance
13. Unrelaxing and unfulfilling sleep.

If you have three or more of the above symptoms read on.

The most significant causes of adrenal fatigue are constant physical or emotional stress, the overuse of stimulants and nicotine, lack of exercise and a poor diet.

For most people adrenal fatigue is caused by a combination of these factors. However everyone responds to each of these stressors differently. With the right combination of physical and emotional stress, lack of sleep and poor lifestyle, it is just as easy to burn out your adrenal glands while stimulant free.

Some people feel little effect from physical and emotional stress, yet their lack of exercise poor diet and stimulant abuse are key contributors in damaging their adrenal glands.

It is important to realize that you might think that you handle stress well, but truly it takes a major toll on the body. There are not always clear cut signs that the body is facing stress. As the adrenal glands fatigue you may also notice some signs of depression as your energy decreases, you might have trouble staying motivated, your outlook on life is somewhat grim, you become irritable over minor things, you have a disinterest in hobbies and pleasurable activities including sex.

Besides symptoms of depression, you are probably noticing increased weight gain, and you are finding it hard to shed this fat.

Why is this all happening? Is this just the normal signs of aging? The answer is NO!

In the next chapters we will discuss details of how your adrenal system serves almost like the bodies control center and with little effort you can greatly improve your energy levels and feel young and vibrant again.

Chapter 1 - Adrenal Fatigue Recognized

Dr. James L. Wilson coined the term "ADRENAL FATIGUE" in 1998 to identify a group of signs and symptoms that people experience as a result of decreased adrenal function. This lack of adrenal performance is often associated with the affects of stress on the human body.

Adrenal fatigue can affect anyone who experiences frequent, persistent or severe mental, emotional or physical stress. It can also be 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 misunderstood by the medical community. In order to help the many individuals experiencing the problem, this ebook was written to raise awareness of "This 21st Century Syndrome."

Chapter 2 - Stress Creeps In

One of the most significant problems most Americans face each day is the stress that attacks us from almost every angle. While you may think that you are personally strong and able to face your stressors without any problems, your body might not agree. You

might be mentally able to handle the constant stress but the stressors still trigger your body to operate in stress mode.

In the past century, science and private industry has turned out an almost infinite number of inventions, tools, electronics and even drugs each designed to improve our lifestyles, **all they seem to do is make life more fast paced.**

The problem with today's lifestyle is there are millions of products and businesses that provide convenience, but with each convenience comes a significant cost. Fast food is fast and cheap and available in minutes, but the nutrients are severely lacking and it is loaded with saturated fat, sugar and excessive calories.

Computers continue to become faster and smarter than most of us need, but rather than allowing us to work more leisurely, we are expected to perform more work in the same amount of time. In some jobs we are expected to multitask.

Our tools, equipment and food become faster and smarter but the basic chemistry of our bodies remain the same.

We can always work longer, harder and even smarter, but the human body was not designed to handle this, at least to the degree that society demands.

Most of us get a week or two of vacation time per year, hoping that this little time will be enough time to unwind and recharge. If this is you, then your body may be in trouble.

Chapter 3 - The Endocrine System and Adrenalin

The adrenal glands are part of the endocrine system which is a system of glands throughout your body responsible for the release of hormones. As a whole the endocrine system is responsible for regulating metabolism, energy production and is even significant in many aspects of controlling your mood.

Each of the adrenal glands is made up of two key parts. The first part, the adrenal medulla is the center or core of the gland. The adrenal medulla is responsible for the release of adrenalin and noradrenalin. It is also the body's main source of dopamine.

A normal functioning adrenal is important as the release of dopamine in the brain has been shown to play an important role in cognition, motor function, motivation, sleep, mood, attention and learning. If your adrenal function is repressed and your dopamine levels are lower than normal, you may experience symptoms of depression, fatigue and lack of motivation.

Proper dopamine levels are one of the key components in maintaining a positive outlook on life. The adrenal medulla makes other hormones, including epinephrine and nor

epinephrine. These hormones control the bodies response to stress including the fight or flight adrenalin surge when you face danger or stress.

The outer part of the adrenal gland is the adrenal cortex, which produces a number of different hormones, such as, Cortisol, aldosterone and DHEA. These hormones carefully control metabolism and other characteristics, such as, hair growth and body shape. DHEA is often called the mother hormone since it has the ability to convert into sex hormones, such as, testosterone and estrogen as needed.

Studies have shown that DHEA is increased with regular exercise but the average adult produces about 25mg a day. Adequate levels of DHEA are needed to assure your body can produce to proper hormones it needs to function properly.

When the body's hormones are balanced your mood is constant and you feel lucid, constant and enthusiastic. DHEA is considered by many to be the best feel good hormone in the body. When DHEA levels are low due to improper adrenal function your body cannot regulate proper body function. Improper hormone function can cause you to experience a sense of depression and melancholy.

One of the main hormones produced by the adrenal system is Cortisol. While Cortisol is an essential hormone, if its levels are not balanced in the body it can cause serious health concerns.

Cortisol is the primary stress hormone. Its primary function is to restore stability or homeostasis after stress. To accomplish this task, Cortisol raises blood pressure, increases blood sugar, weakens the immune system, slows the metabolism and even impairs memory and thinking.

These are all negative effects, however, in an emergency these drastic changes help the body cope with stress. Cortisol is essential for survival, but chronically elevated Cortisol levels can seriously injure your health.

When you are stressed your body releases Cortisol to control the stress response. But, what happens when you are constantly stressed? Cortisol levels remain elevated. Looking at Cortisol's function you can see why elevated levels of this hormone are very bad for your health.

Not only will it cause you to gain weight, it hinders your metabolism and can even weaken your immune system. This formula makes you susceptible to illness, while making it almost impossible to control your weight.

While Cortisol can damage the body it is necessary in its intended dose. Cortisol is essential for controlling blood sugar levels because of its ability to control insulin. Serving as the primary hormone in response to stress our bodies need Cortisol to survive emergencies.

In the past some products have attempted to cure stress induced weight gain by blocking or eliminating Cortisol. Without Cortisol your insulin levels would remain elevated for hours after eating and insulin signals the body to pack food (glucose) into the cells. This will again just lead to weight gain.

Rather than eliminate Cortisol the healthy way to control weight, energy, mood and sleep is to allow Cortisol to function in the body within the normal realm of its function. We want Cortisol, just not too much or too little.

Chapter 4- Factors That Effect The Adrenal Glands.

There are several lifestyle factors that can significantly influence or modify adrenal function. When you increase the normal function of the adrenal glands you force the glands to produce more output, produce more energy and increase the output of stress and response hormones. With minor stress reactions this is a normal process, as it is what the adrenal glands were designed to do.

When you give your body adequate rest and time to recover the adrenal glands revert back to normal functioning, as well as, normal energy production.

When the adrenal glands are not given the time and tools necessary to recover they may weaken over time. Then their functionality may become exhausted.

Rest is essential for the recovery, maintenance and repair of the body. Without proper rest quantity and quality the body never gets the vacation it needs. In addition, your adrenal system is greatly influenced by the food and drinks you consume.

By definition, all stimulants like, Caffeine and nicotine are drugs that have the ability to increase the activity of the central nervous system and /or the sympathetic nervous system.

There is no question that caffeine and other stimulants have some very attractive benefits to us. They allow us to work faster, be more alert, typically raise our mood, alleviate headaches, and reduce our awareness of stress, but with most benefits comes a compromise.

Stimulants such as caffeine can play a significant role in your bodies adenosine management. Adenosine is your bodies control center. Adenosine plays a major role producing deep restful sleep and suppressing the body's tendency to get restless sleep.

When adenosine is not received properly in the body energy levels decrease and sleep quality can decrease. The effects of adenosine have been shown to be significantly blunted in individuals who were taking large quantities of stimulants like caffeine, green tea, nicotine and amphetamines

In structure the caffeine molecule is similar to adenosine, allowing caffeine to cause up regulation or buffering of the receptors. The buffering that occurs from abusing stimulants like caffeine, nicotine, ephedrine, and amphetamines causes adenosine to be blocked severely limiting your ability to function from natural energy.

Chapter 5 – Daily Stress From Your Lifestyle

Stimulants are not the only things that have an effect on adrenal health. Stimulants can be the easiest target; however an equal if not greater amount of damage can be contributed by your lifestyle.

As mentioned earlier, the adrenal glands are responsible for the fight or flight response which is one of the most important tools in survival. The fight or flight response is the triggered response you get when you stand in certain danger. Chemical reactions take place in milliseconds and the body quickly reacts to the danger at hand.

When the body is stressed and the fight or flight response is triggered the body responds almost immediately. Heart rate increases, arteries and veins allow maximum blood flow, breathing rate increases bringing more oxygen to the lungs and muscles faster, fat and sugars are metabolized to create instant energy, pupils dilate to give better vision, the digestive system is slowed to provide energy, sweat glands are activated, endorphins are released, mental judgment and clarity is delayed. Most of us don't know it, but the body reacts to daily stress in a similar way.

When the body is mentally and emotionally stressed, it releases hormones to try to combat the situation and maintain homeostasis or a stable functioning condition that is normal until one of two things happen. The body exhausts or the stress is relieved.

Imagine all the minor stressors in your day piling up against your harmony. As the day starts with the morning traffic, with the red light you seem to get stuck at every day, your workload at the office. You do get a few minutes for lunch but is it really enough to counter the assault of stressors? Not for most of us.

As the day continues, the stress continues to pile up. Finally you return home only to be barraged by another assault of stressors. While the work stress is typically involving things that can be solved with time and some thought, the stress at home usually revolves around money and family - things that you do not have complete or any control over. Any parent with a teenager in the house can contribute to this.

Now stress alone will place a significant toll on your adrenal system, but on its own it may not be enough to completely damage the adrenal system. But, stress is just another piece of the pie that causes adrenal fatigue.

When was your last good night's sleep and I don't mean the last time you got 8 hours of uninterrupted sleep. It's easy to have 8 hours of uninterrupted sleep, yet still wake up

groggy or unrefreshed. When was the last time you woke up jumped out of bed and felt completely refreshed? A morning when you didn't need anything to get going, you were ready to face the day without a cold shower or a cup of coffee.

Sleep and/or rest are two of the most important aspects of our lives, yet we seem to give it the least amount of attention. Most of us sleep on twelve your old mattresses, flat pillows and get far to little sleep per night. The notion of catching up on the weekends is almost as far fetched as putting this book under your pillow and expecting it will be committed to memory by morning.

Sleep is the only true resting period your body gets. It is the body's only time to repair, grow and relax. Think about how much brain activity it takes just to read this sentence. Muscles in your eyes scan the page, pupils adjust to the light in the room, the retina transmits the characters to a series of nerves which transmit the findings to the brain. Your brain recognizes the characters, translates their meaning and creates ideas and emotions based upon the text. Simultaneously your hands are holding the book, other muscles are holding your posture up so you can sit without keeling over, your breathing is steady and your blood is pumping thru miles of arteries, veins and capillaries. At the same time your brain is aware of the temperature in the room, the texture of your clothes, the comfort of your chair or background noises. Your brain is constantly working all day long. Even when you are doing the most mundane tasks, there are millions of processes going on each second.

Once you consider the abuse your brain goes thru all day long just for you to function smoothly, don't you think sleep and rest is the least you can do for it?

Consider the intensified impact that stimulants and stress play on your body each day. The human body was engineered to reset during the hours of sleep. Some people need 8 hours of sleep each night and others operate great on lonely 6. We do accept that everyone is similar at their core. Yet, we must identify the fact that every person is different. While the duration of the number of hours you sleep is extremely important, the most important factor of sleep is the quality of sleep.

So, as you continue to live and push yourself at a greater pace just to keep up, your body continues to work harder and harder to provide the energy and mental ingenuity for you to succeed. Most of us take for granted the endurance our adrenal glands provide for us daily. Yet after a barrage of stimulants from coffee, sodas and diet pills running a gauntlet of projects and tasks at work without taking adequate time to relax and a home life that is typically far from relaxing, at this point your adrenal glands may be exhausted.

Chapter 6 - The Solution – Precision Meditation!!

You may now be doing 21st Century work using 19th century coping skills. Trying to keep up with an ever increasing pace of living can kill us or drive us out of our minds, if we don't take definite steps to become more resilient.

Luckily, you can become one of the resilient ones, and meditation is one of the most powerful antidotes to stress. And Precision Meditation is even more powerful in this regard than traditional meditation. See details at Selfhelp-rc.com

Meditation dramatically lowers stress and stress-related physical and emotional problems, say research scientists in thousands of studies. Several studies are included below, just to give an indication of the stature of the researchers.

- The National Institute of Health reports that regular meditation can reduce chronic pain, anxiety, high blood pressure, cholesterol, health care use, substance abuse, post traumatic stress response, and blood levels of stress hormones.
- An American Heart Association study shows heart and artery health improved 69% in meditation test groups.
- Frank Treiber, Phd., of Medical College of Georgia, says that meditation lowers blood pressure, even for healthy young people, creating a 12.5% lower risk of stroke or coronary mortality in adulthood.
- Cedars-Sinai Medical Center researchers say meditation improves stress response, “similar to the physiological impact of exercise conditioning.”
- Researchers at the University Of Maryland School Of Medicine report that meditation relieved stress, reduced rheumatoid arthritis symptoms, reduced cardiovascular risk factors, decreased psychological distress, improved sleep patterns.
- The Mayo Clinic Health Letter says that meditation reduces high blood pressure, anxiety substance abuse, post-traumatic stress syndrome, and visits to health care providers
- Studies at the University Of Toronto, Oxford University, and Cambridge University found that 66% of those recovering from depression who meditated remained stable (no relapse) over a year.
- Dr. Herbert Benson of Harvard Medical School found that meditation releases tension, and creates the will power and consciousness to be in control of one’s life and alleviates depression, loneliness, hopelessness and despair.
- Dr. Adrian White, University of Exeter reported that meditators showed increased electrical activity in the frontal part of the brain associated with lower anxiety and a more positive emotional state. “There is increasing evidence that meditation is a useful and for some people a powerful therapy.”
- Ninety cancer patients who meditated for 7 weeks had 31% lower stress symptoms and 67% less mood disturbance than those who did not meditate.
- One controlled study with a group of healthy workers found more brain activity in an area linked to positive emotional states in those who meditated.
- It has been shown that 20 minutes of deep meditation is equivalent to 4 hours of sleep
- Other studies have shown that meditation lowers elevated Cortisol levels

Stress has a dramatic and positive effect on stress and the physical and emotional problems caused by stress!!

Given the ever increasing pace of life in the 21st century, we all need to become more resilient, more stress resistant. The evidence is clear: meditation is the best of all available stress-busting tools. It is the indispensable 21st century coping skill.

Traditional meditation though is difficult. It's a lot of work. And it takes a long time to learn to do it well and even longer to get positive results. On the other hand, Precision Meditation is easy, effortless, works every time and creates permanent and more powerful results that don't take decades, or even years to happen.

Precision Meditation is based on the natural characteristics of the mind to react to sound. Since the beginning of time, man has responded to the beat of the drum. The tendency of the mind to follow and synchronize with the rhythm of beats led scientists to develop sounds that will help you relax into a desired mental state. [Click here to see pictures.](#)

Further research revealed that specific parts of the brain or specific Neuro pathways could be stimulated with specific sounds. Using the frequency following response, you can meditate like a Zen Master on your first try. As you exercise the proper Neuro pathways you will raise your stress tolerance point, your happiness set point or you can even increase your IQ by as much as 25% by listening to the sound that exercises that part of your brain.

It is easy to protect yourself from Adrenal Fatigue and all the stress-related physical and mental problems associated with the ever increasing pace of life. Go to <http://www.learningtodanceintherain.com> to see a video of the power of Precision Meditation and visualization.

You will find a special program designed to relieve stress and reverse Adrenal Fatigue at <http://www.selfhelp-rc.com/stress.html>