



## Mardian Natural Medicine

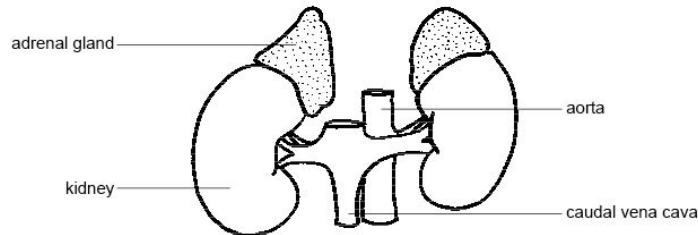
347 Old Chicopee Trail, Kitchener, Ontario, N2A 4G5

Telephone: (519) 896-4800 Fax: (519) 896-4806

Email: [info@MNM.ca](mailto:info@MNM.ca) Website: [MNM.ca](http://MNM.ca)

### Adrenal Gland Dysfunction

The Adrenal glands are the size of a walnut and sit on top of the kidneys.



The adrenal glands secrete over 100 hormones and are vital to good health and hormone production and balance.

With living a modern busy lifestyle along with every-day stress and unexpected stress, these important glands can either be OVER functioning (hyper) or UNDER functioning (hypo) – which leads to ADRENAL GLAND DYSFUNCTION.

**Signs & Symptoms** of adrenal dysfunction can include:

- \* unexplained tiredness/needing afternoon naps
- \* waking unrefreshed, even with adequate sleep
- \* low back pain, upper back/shoulder pain
- \* feeling light-headed upon standing
- \* inability to lose weight
- \* feeling rundown or overwhelmed
- \* need coffee or stimulants to get going
- \* sugar/salt cravings
- \* mid-section weight gain
- \* low blood pressure
- \* sensitive to light
- \* fatigue after exercise
- \* energy after 6pm
- \* low sex drive

#### **How To Restore Adrenal Function – this can take 6-24 months**

- 1) Rest/get to bed earlier – get to bed before 10 pm, even if you get your “second wind” getting to bed earlier is essential



## Mardian **Natural** Medicine

347 Old Chicopee Trail, Kitchener, Ontario, N2A 4G5

Telephone: (519) 896-4800 Fax: (519) 896-4806

Email: [info@MNM.ca](mailto:info@MNM.ca) Website: [MNM.ca](http://MNM.ca)

- 2) Spend time in nature daily – breathe in fresh air, watch and observe the beauty of nature, this helps to calm the nervous and endocrine system
- 3) Spend time with people who are fun – laugh, enjoy a hobby, relaxing activities help you know we live in a safe place
- 4) Keep blood sugar levels even – eat something healthy every 2-3 hrs.
- 5) De-Caffeinate your diet – the artificial energy from caffeine/sugar/chocolate or nicotine will deplete adrenal function even more.
- 6) Start relaxing by 9pm – turn off the computer/T.V, get away from electronics – electromagnetic gadgets overstimulate your nervous system – try reading a book, do some simple stretching.
- 7) Gentle exercise – walking/rebounding trampoline/ Tai Chi/Chi Gong/yoga – anything that is relaxing and slow.
- 8) Nutritional Supplements (consult your ND for the right ones for you) – Vitamin C, B5, B-complex, Licorice, Rhidolia, Relora, Schisandra, Ashaganda, Ribes nigrum, adrenal glandulars, HAD and other homeopathics.
- 9) Stress Management – have clear boundaries, say “no” to unnecessary projects and obligations