

Here's how to tell if you have adrenal exhaustion, and what to do about it.

Dear Rose,

I'm tired all the time unless I drink coffee in the morning. I can't seem to lose this 10 pounds to save my life, even though I exercise and eat pretty healthy. I think I have adrenal exhaustion, but how can I tell?

- Anna, from Chicago

Rose's Answer:

Seems like everybody's under stress nowadays.

When you're body is under too much stress it causes your adrenal glands to be exhaustion for being on overload, and it can make it literally impossible to lose weight, cause depression, and cause you to have little to no energy.

Stress & Adrenal Exhaustion Causes:

- Weight gain - even on a low calorie diet
- Tired or low energy - rely on caffeine for energy
- Speeds up the aging process - look & feel older
- Depression/Anxiety
- Throws off your hormones
- Suppresses your thyroid

I can't tell you how many of my clients will tell me that they started gaining weight 6 months to a year after a traumatic or stressful event like losing a loved one, or a divorce.

How to tell if you have adrenal exhaustion

Are you tired a lot? I mean, when you go without caffeine for a few days? Do you feel like you are under a lot of stress - real or imagined? Are you unable to lose weight, even with regular exercise? Chances are if you think you have it, you do.

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



Adrenal Exhaustion Signs:

1. Do you ever feel light-headed when you stand up too quickly?
2. Do you crave salt and/or salty foods?
3. Look in a mirror and stick out your tongue. Is it shaky? Can you hold it still? That's a sure sign. Seriously - I know it sounds crazy, but it's a tell-tale sign.
4. Are you jumpy or easily startled? If someone jumps around a corner and yells "BOO!" does it always scare you?
5. Do you have difficulty losing weight, even when you exercise and eat right?

If you answered yes to any of these questions, there is a high probability that you are suffering from adrenal exhaustion.

Rose

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