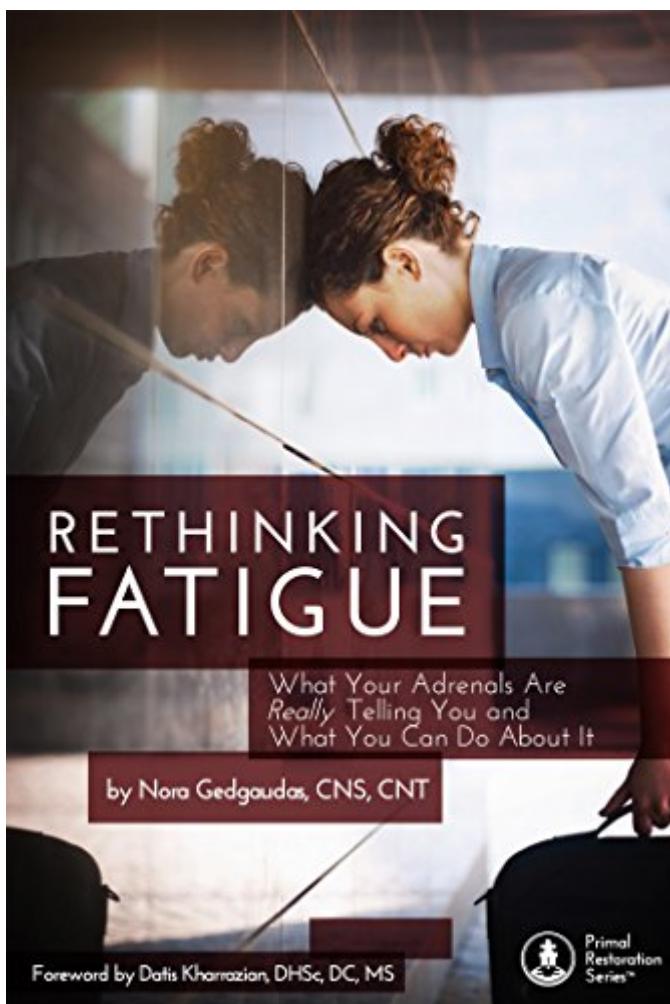


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# RETHINKING FATIGUE: What Your Adrenals Are Really Telling You And What You Can Do About It



## **Synopsis**

Adrenal-related issues are seemingly epidemic todayâ "many people complain of some degree of adrenal fatigueâ • or â burnout.â • This is hardly surprising given the incredibly stressful world we live in today. The unfortunate truth is adrenal-related issues are poorly understood by nearly everyone. Also, most natural health care providers still practice using outdated theoretical models from the 1950s, which fail to hold up in the face of modern stress physiology. In fact, the vast majority of so-called adrenal issuesâ • have nothing whatsoever to do with the adrenal glands themselves! In this book Nora Gedgaudas offers you a cutting-edge paradigm that will not only help modernize adrenal concepts, but also will help you better identify what type of adrenal dysregulationâ • you have and what you can do about it. You will be surprised at what you discover in these pages and thrilled by what youâ "TM"ll learn!

## **Book Information**

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## **Customer Reviews**

I had been waiting eagerly for this eBook to come out. I have actually been doing a lot to support my

endocrine glands especially my adrenals as I was diagnosed with adrenal fatigue 4 years ago. So when I got a retest this last spring I was sure it would be a good report because I felt so much better. But with it showing that I still had it, yet to a lesser degree, I was pretty upset. Hence why the eagerness knowing this book would show up soon. I literally read it in one day. It was fascinating to me that Chapter 5 of the book was like a photo of what is still going on with me. I had been to my NP twice recently and was offered none of the solutions that Nora outlined. Today I implemented a few of the suggestions and I saw immediate improvement. No need for a nap mid-day today. And then stress hit me today from an unexpected source, and I immediately noted that I was sighing. Nora wrote about this specifically and how it would affect my brain which would affect my adrenals so I started doing the breathing technique she taught in the book. It did help me calm down, and the sighing stopped. What I liked most is that she had a significant list of things written in the book that I could do to help myself and I intend to add them as able to my daily routine. Thank you Nora for making this an easy read of the latest research for people like me who really want to find the root cause and the solutions.

I was diagnosed with Adrenal Fatigue four years ago and have been on adrenal supplements/herbs since then without significant and sustained improvement. This book has been a refreshing and hopeful look at why the current prescription for adrenal fatigue (based on the stages of adrenal exhaustion) hasn't worked for me. I highly recommend it to anyone who has had a salivary cortisol test or hair analysis suggesting they have adrenal fatigue - it will expand your understanding of the basis of your symptoms and possibly give a whole new paradigm from which to work to heal yourself.

This book is loaded with great information. I have read it a couple of times. Nora does a great job of explaining things in plain English. I have followed Nora's podcasts and read all of her books. I consider this a valuable reference.

I gave this book a 5-star rating because I truly appreciate the contents and the amount of research involved and I believe everyone with a adrenal dysfunction should give it a good read. Otherwise, I would only give this a 3.7 to 4 star rating and I will list the reasons for that as well. Some of the positive things in the book: (1) it begins with a description of the "classical" view of adrenal fatigue and the theory is quite helpful. (2) new theories related to adrenal dysfunction are presented and this is a huge plus in my view; examples: adrenal dysfunction is not always progressive in nature,

it's not always the result of only one factor, treating the cause of the adrenal dysfunction is much more important to a permanent cure than treating the adrenals themselves. (3) it describes the role of the hormones secreted by the adrenal glands and particularly the role played by cortisol alongside the role played by melatonin. (4) it provides a really good explanation on why one should never take melatonin and it also indicates a good supplement to take instead of melatonin. (5) it includes some sound advice like going to sleep to a good hour and sticking to a healthy schedule, turning off your wi-fi router, "taking" vitamins like B6 (i am not at peace with the whole idea of popping pills even if it's plain vitamins and i think a healthy diet and some whole-food supplements should do more good than pills), avoiding working on a computer late at night (it fails to mention that even watching TV late at night is bad because seeing many, different faces can trigger the need to socialize and this awakes you instead of letting you get a good sleep). (6) it clearly presents the sections of the brain involved with regulating your adrenal function and this is the best part of the book because it points so well to why taking adrenal gland supplements or simply popping vitamins and minerals the adrenal glands need will not provide a permanent cure to the fatigue caused by adrenal dysfunction - the book even provides a second most likely cause for fatigue: mitochondria damage; going back to the role of the brain, the book stresses the fact that we should all focus on its health. some of the most important points made in the book as regards the interaction between the brain and the adrenal glands are: (a) the hippocampus mitigates the stress response and helps regulate adrenal circadian rhythms; the hippocampus holds the highest number of cortisol receptors in the brain; there is also a list of symptoms of hippocampal dysregulation provided (b) the midbrain controls the amplitude of the adrenal/cortisol response and it has the highest number of IL6 receptors in the brain; there is so much detailed info on the symptoms associated with an overactive midbrain and on the importance of breath!!! - this is truly vital information if you are a "chest breather" like myself; (7) there is a good presentation of the brain-gut connection and of the role of gut health; e.g. did you know that *L. rhamnosus* helps regulate GABA levels and thus calm an overactive midbrain? (8) there are comprehensive lists of supplements, products and tests one can take/do in order to get proper and complete diagnosis and presumably get well. The things I don't agree with: (1) the ketogenic diet - the author's main advice is to follow a paleo ketogenic diet; I have tried this diet hoping so badly that it would help me! my personal conclusions: those that are against it are right. I do believe that it is highly important to restrict the amount of carbs we eat but still I would never think of restricting it to less than 75g. A good amount of carbs would be 100 to 125g / day, particularly if you also exercise. Some really good info on the carb/protein/fat ratio and on why starch is needed can be found in *The Perfect Health Diet* by Jaminet. Why do I think starch (albeit in

a low amount) is good for us? Mainly because it feeds our friendly bacteria, includig L. rhamnosus mentioned earlier for its part in maintaing goods GABA levels. (2) the use of adaptogenic herbs like rhodiola, ginseng etc. - whenever I take any of these herbs my immune system gets depressed. Particularly if you have some immune system problem, you should really verify the role of any such herbs before taking as some may overstimulate a part of the immune system and any type of imbalance is bad. (3) the whole chapter on neurofeedback - unless you are a neurologist with decades of experience in the use of the kind of devices advocated in this book (which I highly doubt the author is), I wouldn't personally give the kind of advice provided in this particular chapter; I would rather see a therapist for stress management than use the devices listed in the book any time of the day. I fully agree that some of them may be helpful on the short run and possibly even on a medium term but do we really know for sure they are ok in the long run? If you need theta brain waves, go for cds with sounds of nature like sea waves, and not devices that haven't been tested long enough (at least not long enough for me to declare safe. (4) some of the tests recommended in this book are quite expensive and at times I wondered how useful they truly are; if you want to protect your brain, you definitely need to stay away from wheat and similar plants and, in this particular case, what is the use in paying \$ 400-600 for a test that will confirm that you are sensitive to any particular part of wheat? also, there are some really good books on digestive health that dismiss the need for expensive tests on sensitivity to different foods. some authors even suggest that an elimination diet along with a gradual inclusion of possible problematic foods is far better than relying on a test. and once again, are we really certain those tests only provide sound results? (5) nowhere in the book is the idea of religion/meditation mentioned and this is a much safer and definitely much more verified/time-tested method for stress management than any of the devices covered by the neurofeedback chapter.Despite all the negatives, there is still a lot of good info in this book and it's this that makes me give it a good rating.Unfortunately for us all in the search for health, there is no shortcut - we still need to eat a good diet, maintain good sleep hours, exercise and take any required measures to manage stress. Also we need to be extra careful whenever we decide to take a certain supplement no matter how natural it's supposed to be as even foods can be toxic if eaten in excessive amounts.

This is a very interesting book. Nora does a great job of explaining how the HPA axis hormones work, how to evaluate your own adrenal function and what to do if it is dis-regulated. Dr. Datis Kharrazian has done the forward for this book giving more incentive to read it and a reason to trust in the validity of the information presented.

I think it is excellent information, organized in a very clear way, and the writing is friendly. I do feel, however, that a person wanting to follow these suggestions for improving their health, should have a personal /professional guide who is experienced in this way of healthy living and who understands lab results and symptoms. It is pretty complex in spite of Nora's clarity. And these are quite severe health issues.

If you follow her guidelines. You WILL get better. I did.also a good relationship with God helps get you there as well.Trust the process-you'll make it!

Nora Gedgaudas is an exciting writer; she's taken a very scientific subject and made it read like a top-notch mystery novel. I recommend this very informative book highly!

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Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, and Growth Hormone! Stress Effects: A fascinating look at the effects of stress on breathing patterns, gut microbiome, adrenals and addiction. The Wisdom of Bioidentical Hormones in Menopause, Perimenopause, and Premenopause: How to Balance Estrogen, Progesterone, Testosterone, Growth Hormone; Heal Insulin, Adrenals, Thyroid; Lose Belly Fat

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