

**Adrenal Insufficiency:** Also known as: Addison's Disease; Adrenal Exhaustion; Adrenal Fatigue; Adrenal Maladaptation Syndrome; Chronic Adrenal Insufficiency; Burnout Syndrome; Hypoadrenia; Hypoadrenocorticism

**Description :** Adrenal Insufficiency involves overworked, damaged or depleted Adrenal Glands. Addison's Disease is a syndrome specifically related to inadequate secretion of Corticosteroid Hormones.

### **These Substances may Alleviate Adrenal Insufficiency**

**Hormones:** DHEA (Dehydroepiandrosterone) (50 mg per day) may improve Mood and other symptoms in Adrenal Insufficiency patients.

**Minerals:** Adrenal Insufficiency may occasionally occur as a result of Sodium deficiency - Adrenal Insufficiency patients often have salt cravings.

**Vitamins:** Vitamin B1 may counteract the Adrenal Insufficiency that occurs as a result of Surgery. Vitamin C may alleviate Adrenal Insufficiency.

### **These Foods/Herbs may Alleviate Adrenal Insufficiency**

**Animal-Derived Supplements:** Adrenal Extract may counteract impairment of the Adrenal Glands in Adrenal Insufficiency patients.

**Herbs:** Horny Goat Weed may help to prevent Adrenal Insufficiency.

Licorice may enhance the function of the Adrenal Glands and is often employed by naturopaths to treat Adrenal Insufficiency.

### **Adrenal Insufficiency may be Implicated in these Ailments**

**Cardiovascular System:** Adrenal Insufficiency may be an underlying cause of Hypotension (low Blood Pressure).

**Hair:** Adrenal Insufficiency may occur in conjunction with Alopecia Areata ("patchy" Hair Loss).

**Immune System:** Adrenal Insufficiency may cause suppression of the Immune System.

**Metabolism:** Adrenal Insufficiency is speculated to be the cause of Chronic Fatigue Syndrome (CFS) - the Adrenal Glands of CFS patients are, on average, only 50% of the size of normal, healthy persons.

Adrenal Insufficiency may cause Fatigue.

Adrenal Insufficiency may be an underlying cause of Hypoglycemia (low blood sugar).

**Adrenal Insufficiency may be an underlying cause of impaired Liver function:** Salt cravings may occur as a result of Adrenal Insufficiency.

**Nervous System:** Anxiety may occur as a result of Adrenal Insufficiency.

Poor Concentration may occur as a result of Adrenal Insufficiency.

Depression may occur as a result of Adrenal Insufficiency.

Excessive Drowsiness may occur as a result of Adrenal Insufficiency. Insomnia may occur as a result of Adrenal Insufficiency.

Memory impairment may occur as a result of Adrenal Insufficiency.

### **These Ailments may Cause Adrenal Insufficiency:**

#### **Nervous System:**

Adrenoleukodystrophy (ALD) may cause (primary) Adrenal Insufficiency (Addison's Disease).

Excessive Stress may cause Adrenal Insufficiency (by causing the Adrenal Glands to produce greater quantities of Glucocorticoids in response to Stress than under normal conditions).

**Other Factors that may Cause Adrenal Insufficiency:**

**Medical Procedures:** Adrenal Insufficiency may occur as a result of Surgery.