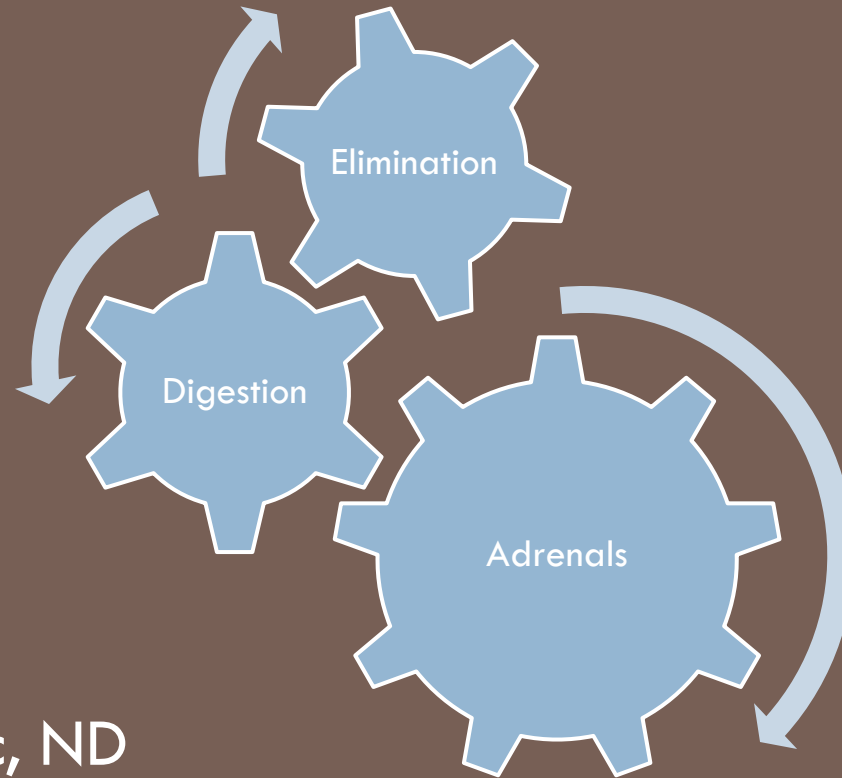


ADRENAL FATIGUE AND COLON HYDROTHERAPY



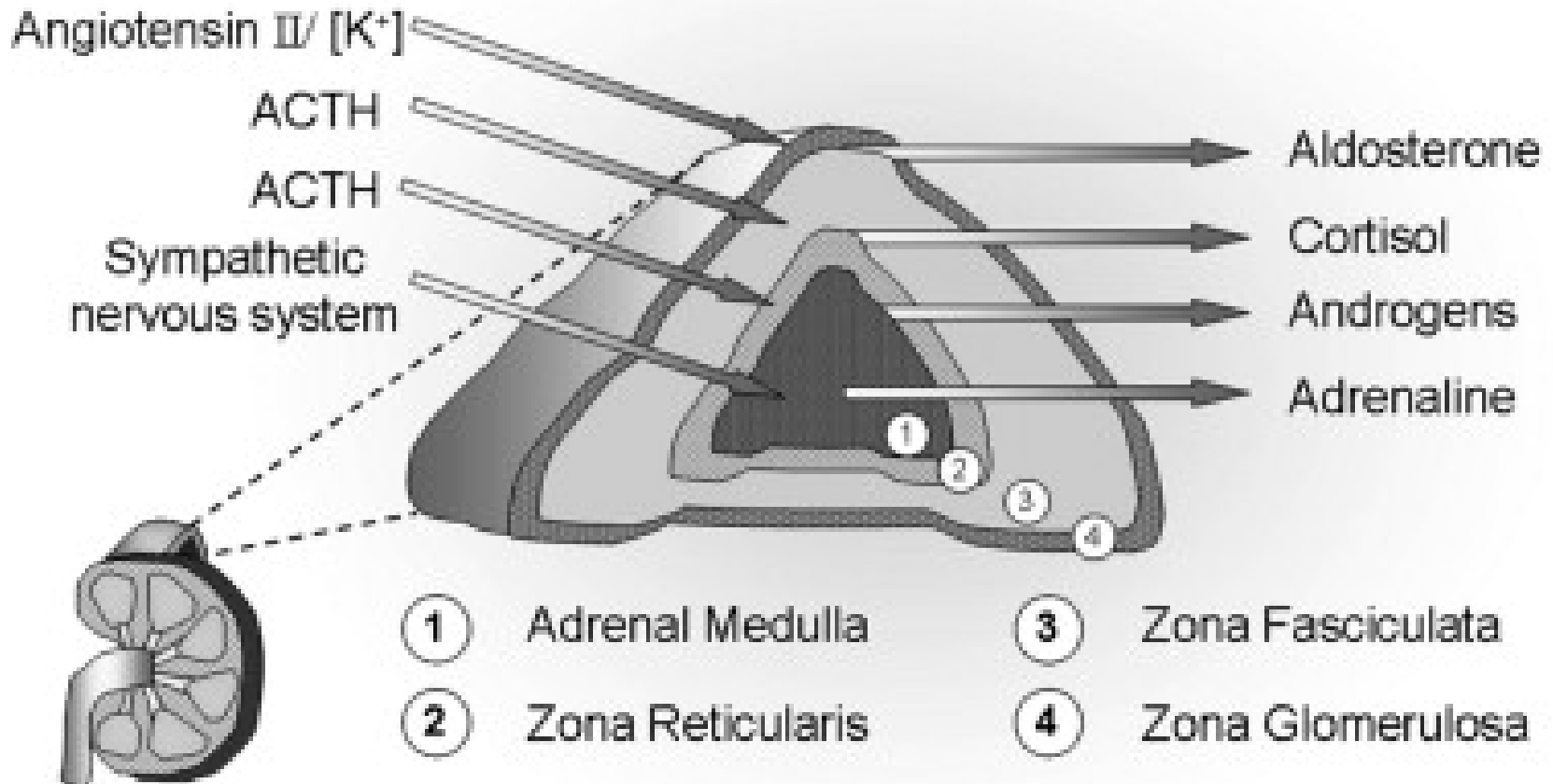
Shoela Detsios, BSc, ND

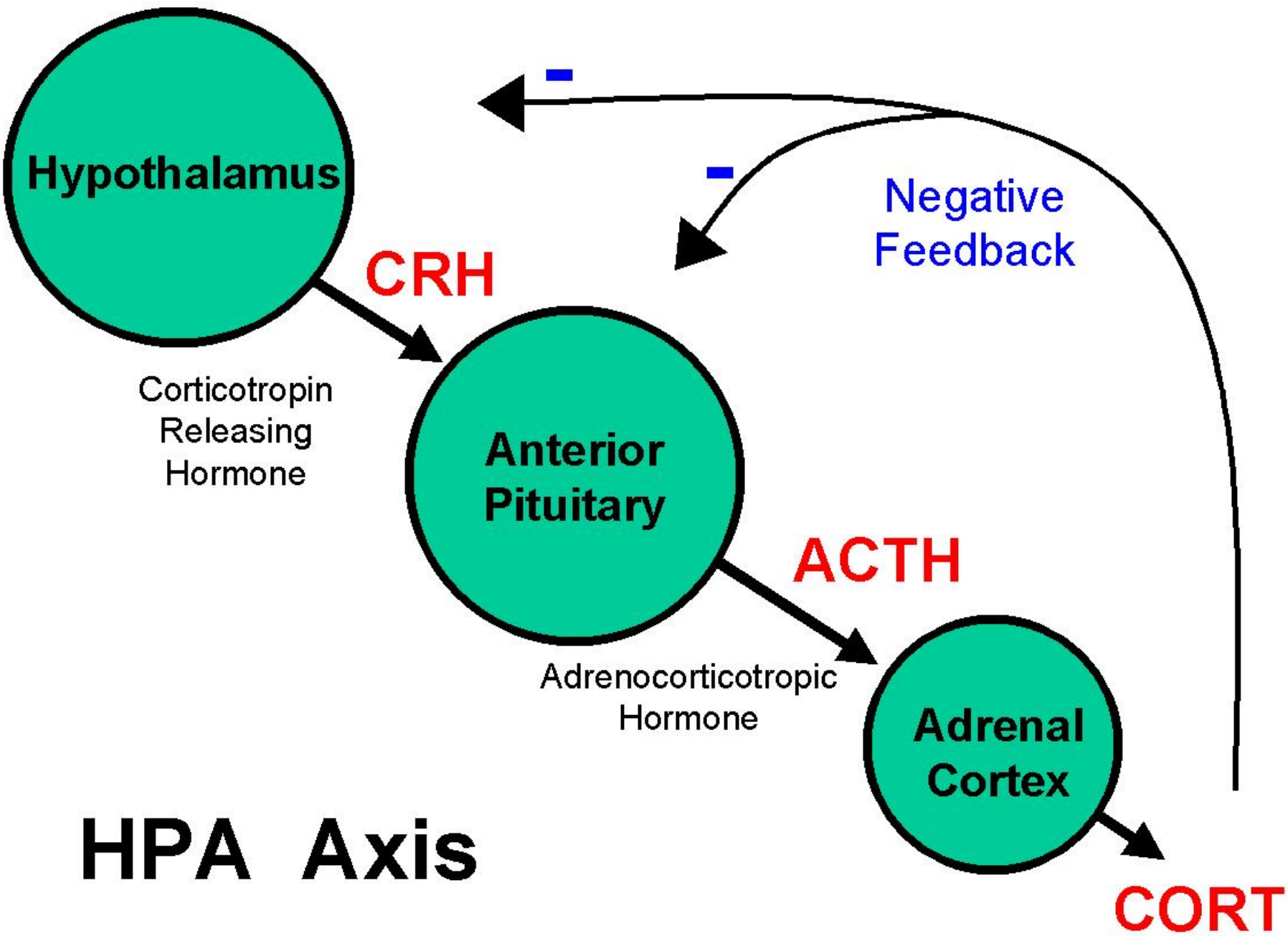
Naturopathic Physician and Educator

Aim of session

- Reviewing the adrenal glands and key players
- Exploring Adrenal fatigue
- Integrating simple tools during your treatment

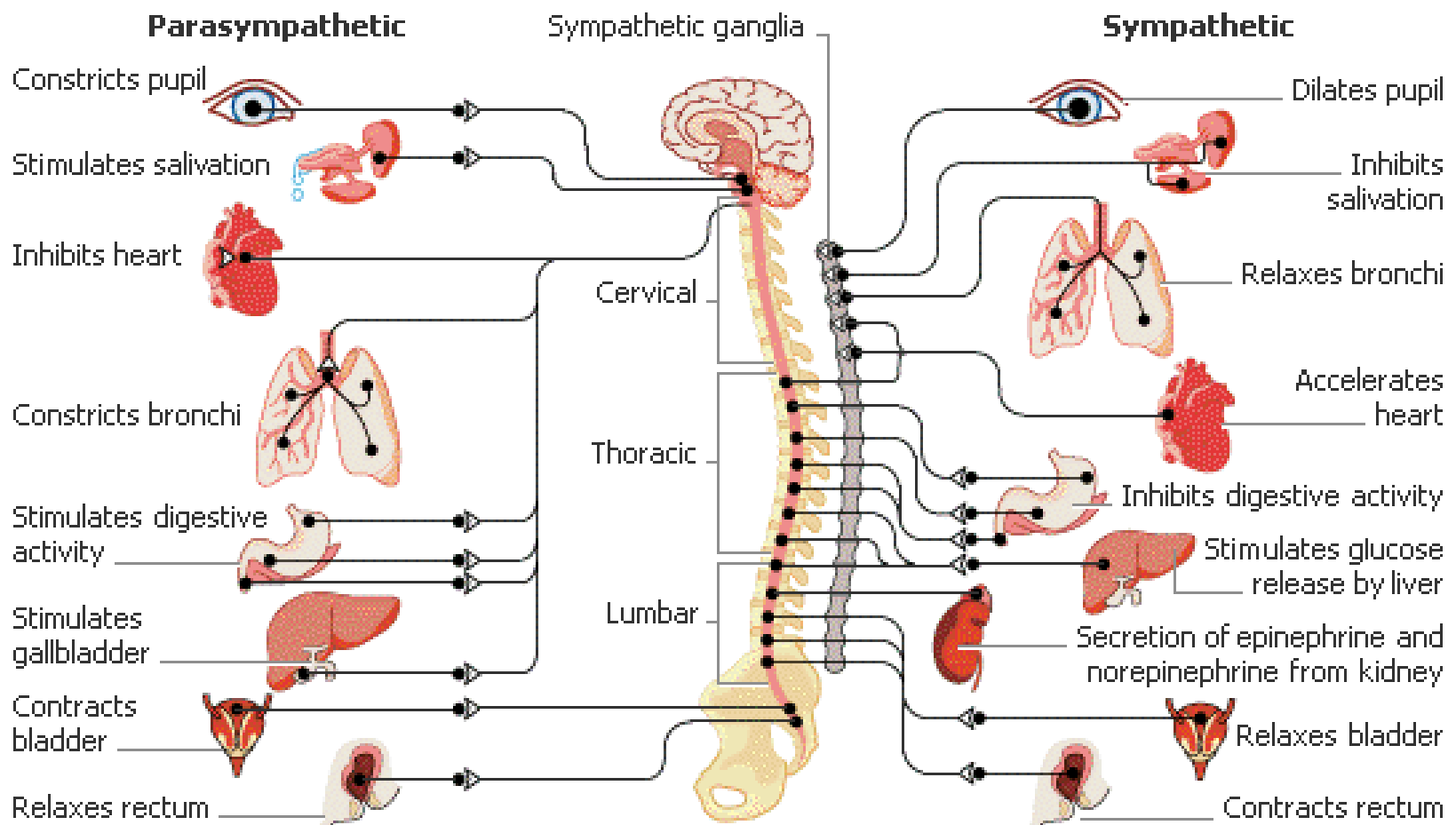
The Adrenal Glands





HPA Axis

PNS/SNS



Function of Cortisol

- Works with other hormones and neurotransmitters
- Circadian Rhythm : high a.m., low p.m.
- 'Fight or flight' response
 - Increased memory
 - Decreased sensitivity to pain
 - ▣ Energy liberation:
 - Short burst of energy
 - Conversion carbohydrates, fats or proteins to glucose
- Regulate blood pressure , blood sugar to ensure survival

Factors Affecting the Adrenals

LIFE ISSUES:

Financial Pressures

Death of a Loved One

Emotional Stress

Unwanted Unemployment

Marital Stress

Psychological Stress

Negative Attitudes & Beliefs

FEAR

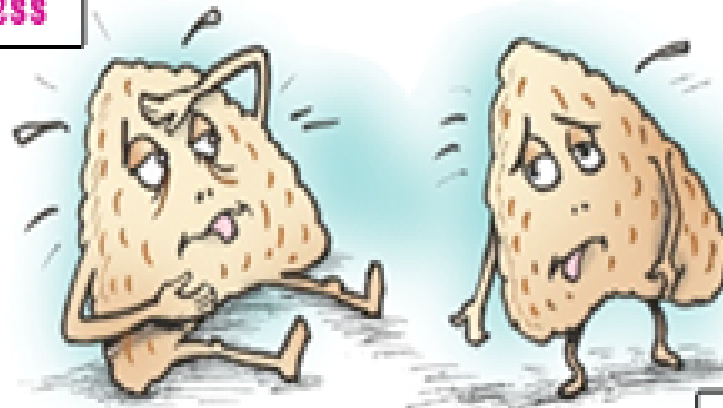
BODY ISSUES:

Allergies

Infections: Acute & Chronic

Prescription Drugs

Wound Healing



LIFESTYLE

Smoking

Lack of or Excessive Exercise

Lack of Sleep

Over Exertion

Lack of RELAXATION

TOXINS

POOR EATING HABITS

DIET

COFFEE

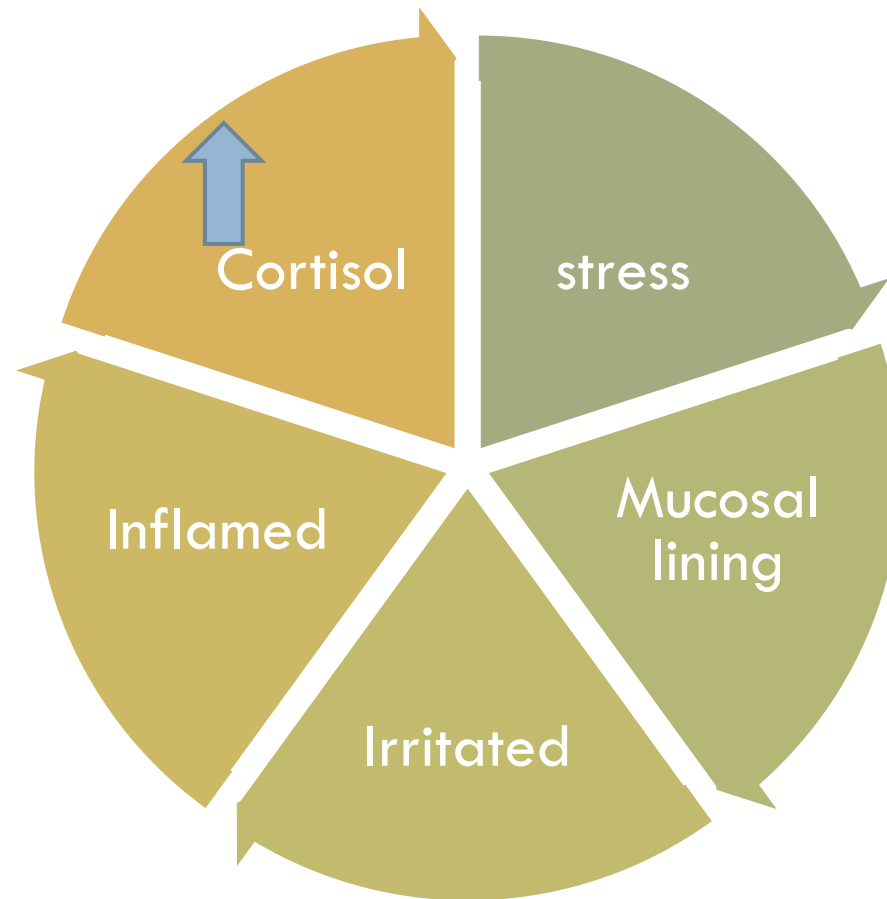
Lack of Good Food

CAFFEINE

WHITE FLOUR PRODUCTS

SUGAR

Cortisol Effect on GUT: Vicious Circle



ADRENAL FATIGUE

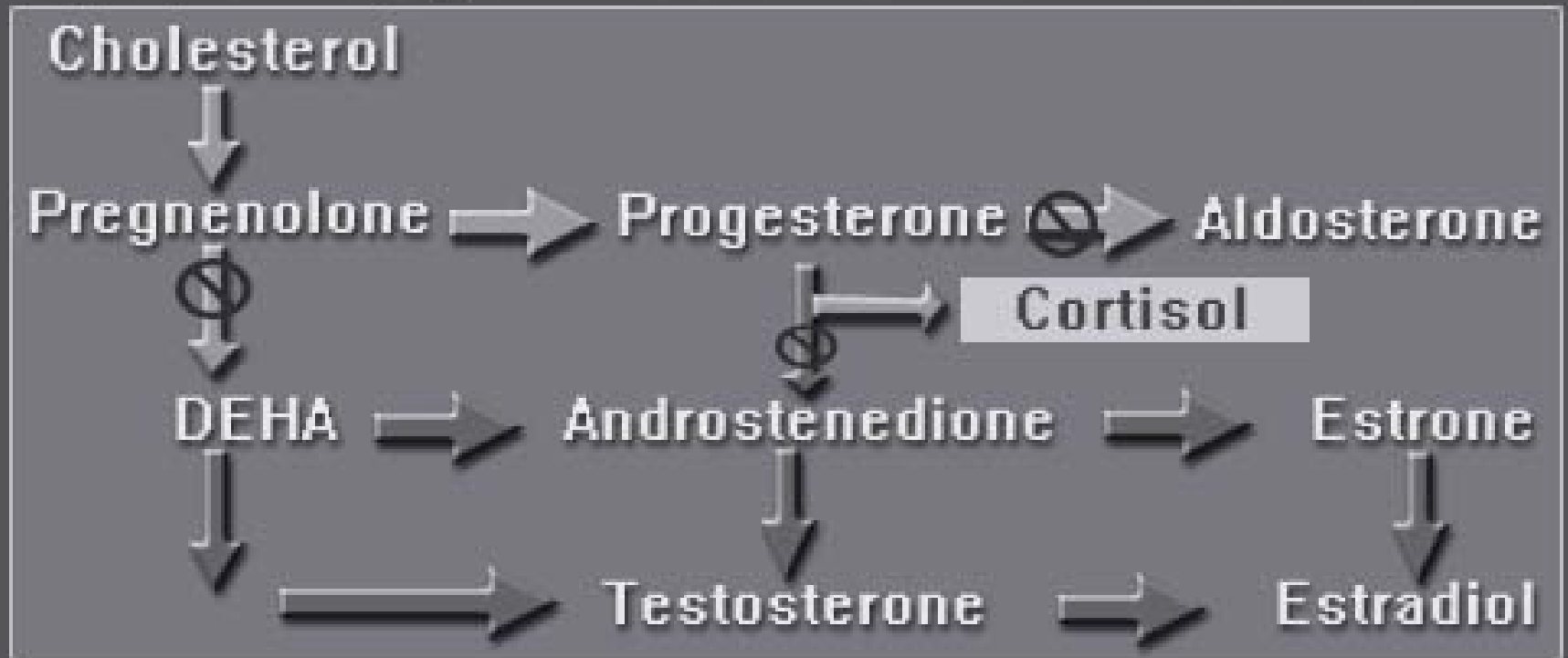


Definition and Prevalence

- Adrenal fatigue is a collection of signs and symptoms=syndrome
 - ▣ Adrenal glands function below necessary level
 - ▣ Accepted as functional disorder
 - ▣ Not widely accepted within the orthodox community
- Suggested to affect at one time or other estimated 80% of people living in industrialized countries

'The Cortisol Steal'

Steroid Synthesis-Chronic Stress



Patho-physiology

- Adrenal glands
 - ▣ Essential for life
 - ▣ Produce Cortisol and DHEA
- Over secretion of cortisol
 - ▣ Daily stress, family, work, wears down internal system and causes fatigue
 - ▣ DHEA may be compromised, affecting other functions

Some Signs and symptoms

- Tired for no reason
- Difficult getting up in the morning, even when go to bed a 'reasonable' hour
- Feeling rundown or overwhelmed
- Difficulty bouncing back from stress or illness
- Feel more awake, alert and energetic after 6PM compared with the rest of the day

Case Study

- 49 female, female banking consultant
 - Bloating all the time and constipated
 - Poor sleep
 - Irregular periods
 - No breakfast
 - Light lunch, trying to lose weight
 - Been to the gp, suggested that maybe entering menopause. Nothing abnormal detected.
 - Wants to do a fast, what do you think?

Tools to integrate

- Encourage CALM
 - ▣ Breathing
 - ▣ Laughing
 - ▣ Gentle
- Hydration
- Less is more
- Listen



Suggestion for client

- Eating before 10 am.
 - ▣ Proteins: Glycaemic index
 - ▣ Salt
- Building rather than cleansing
- Stress Management

□ REST

□ LAUGH

□ SMILE

□ TIME

Summary

- Adrenal fatigue is a common dysfunction
- Stress is unique to everyone
- Supporting the client rebuild with simple GENTLE methods can help break the viscous circle

Resources

- <http://www.todaysdietitian.com/newarchives/111609p38.shtml> (Accessed 10 October 2012)
- http://www.drlam.com/images/arcr_andrenal_fatigue_progression.png (Accessed 10 October 2012)
- Epel E, Lapidus R, McEwen B, Brownell K. Stress may add bite to appetite in women: A laboratory study of stress-induced cortisol and eating behavior. *Psychoneuroendocrinology*. 2001;26(1):37-49.
- Jones DS, Quinn S (eds). *Textbook of Functional Medicine*. Gig Harbor, Wash.: Institute for Functional Medicine; 2006.
- 10. Kudielka BM, Hellhammer DH, Wust S. Why do we respond so differently? Reviewing determinants of human salivary cortisol responses to challenge. *Psychoneuroendocrinology*. 2009;34(1):2-18.