

MICHIGAN PHYSICIANS GROUP

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Adrenal Fatigue



Patients with adrenal fatigue have a distinct energy pattern. They are usually very fatigued in the morning, not really waking up until 10 AM, and will not usually feel fully awake until after a noon meal.

They experience a diurnal lull in their cortisol (the stress hormone produced by the adrenal gland) and as a result, they feel low during the afternoon, generally around 2-4 PM. Patients generally begin to feel better after 6 PM; however, they are usually tired after 9 and in bed by 11 PM. These patients find that they work best late at night or early in the morning.

Are you adrenals imbalanced?

If the answer to more than one of these questions is yes, you may consider talking to a functional medicine practitioner about your adrenal glands.

- Are you always on the run?
- Do you feel like you “can never do enough”?
- Does everything seem like it’s a whole lot harder for you than it should be?
- Do you find it difficult to get out of bed in the morning?
- Do you use caffeine or sugar to bolster your flagging energy in the afternoon?
 - Do you feel weary and irritable much of the time?
 - Do you often crave salty foods or binge on sugar?
 - Do you fall asleep while reading or while watching movies?
 - Do you struggle to “come down” at night so you can get to sleep?



If you think you may be experiencing adrenal fatigue

Talk to your Doctor