



Knowledge is
your secret
weapon to good
health.

STRESS & SLEEP

Adrenal Exhaustion

The adrenals are two small glands that sit on top of the kidneys that release hormones into the blood stream. Hormones associated with the adrenal glands are aldosterone, testosterone/estrogen, adrenaline and cortisol (our “stress hormone”). When we are under chronic stress, cortisol levels remain elevated which can tire out our adrenal glands! Adrenal exhaustion can contribute to hormone imbalances, blood sugar imbalances, weight gain, poor immune function, fatigue, insomnia, mood swings, menstrual issues, skin conditions, digestive issues and inflammatory conditions.

Contributing Factors

Adrenals respond to stress of any kind, whether physiological, physical, chemical or environmental. Excess caffeine, poor diet, blood sugar fluctuations, alcohol/drug intake, food sensitivities, inflammation, dehydration, toxins, lack of sleep, physical trauma (surgery, accidents), emotional & mental trauma (overwork, death of a loved one, relationship struggles, financial hardships) can all cause a stress response in the body. This stress response (“fight or flight”) is our body’s way of preparing us to deal with a stressor, but can lead to chronically elevated cortisol levels and eventually adrenal exhaustion.

Lifestyle Recommendations

- Eat a wholesome diet full of natural, alive and good quality foods. Drink plenty of water and ensure adequate protein intake (consider a protein powder to incorporate into your diet).
- Manage stress. Consider stress management techniques such as meditation, massage, journaling, counselling, being out in nature, moderate exercise or other activities that can ease stress levels.
- Get enough sleep. Depending on the person, 7-9 hours beginning before 11 pm is ideal.

Product Recommendations

- Core nutrients to aid in overall good health: Multivitamin, High EPA Fish Oils, Probiotics, Vitamin D
- Key nutrients which are depleted under stress: B Complex, Magnesium, Vitamin C
- Adaptogenic herbs which aid the body in adapting to and dealing with stress: Siberian Ginseng, Rhodiola, Ashwagandha, Suma, Schisandra, Holy Basil (many adrenal formulas will incorporate a blend of these herbs as well as some nutrients)
- Herbs/nutrients to quiet the nerves, promote restful sleep, increase focus and calm anxiety: Valerian, Passionflower, Lemon Balm, Hops, Skullcap, Chamomile, L-Theanine, GABA, L-Tyrosine

Book a free 15 minute consult with a GNN Product Advisor!

116 Park Rd W, Steinbach, MB R5G 1V6 PH.204.326.9565

goodnnatural.ca

Connect with us – @goodnnatural