

# Adrenal and Brain Fatigue Assessment

## Adrenal Assessment

### Catecholamine (Epinephrine)

- Dizziness from a recumbent position to standing
- Transient spells of dizziness
- Asthma
- Varicose veins
- Need caffeine to stay alert

### Aldosterone

- Rough sandpaper tongue
- Not thirsty or always thirsty
- Excessive urination
- Excessive perspiration with little to no activity
- Salt cravings
- Non-pitting edema of the extremities

### Cortisol Imbalances

- Fatigue
- Headaches with physical or mental stress
- Weak immune system
- Allergies
- Slow starter in the morning
- Gastric ulcer
- Don't feel rested even after a full night's sleep
- Afternoon headache
- Fullness or bloated feeling
- Crave sweets, caffeine, cigarettes
- Blurred vision
- Reactive hypoglycemia
- Cannot stay asleep
- Cannot fall asleep
- Insulin resistance
- Continuing fatigue, not relieved by sleep and rest
- Increased time needed to recover from illness, injury or traumas
- Increase PMS or Menopause symptoms

### **Low Cortisol**

- Low blood sugar
- Low blood pressure
- Tired, easily fatigued
- Mentally sluggish
- Low immunity
- Nocturnal hypoglycemia
- Insomnia
- Wake up feeling tired with low energy in AM
- Don't feel like eating upon awakening
- Best sleep between 6 – 9 am
- Lethargy, lack of energy to do normal daily activities

### **High Cortisol**

- Feel great!
- Lots of energy
- Wired but tired
- Anxious
- Insulin resistance
- Sleepy after meals
- Insomnia
- High blood pressure
- Perspire easily
- Excessive perspiration even with little to no activity
- Wake up tired even after 6 or more hours of sleep
- Weight gain

### **Brain Assessment**

#### **Circadian Rhythm: Hippocampus**

Low cortisol in AM and high at night:

- Wake-up between 2:30 – 4:00 am
- Nocturnal hypoglycemia (wakes up early in the morning and finds it hard to get back to sleep)
- Memory issues
- Slower mental responses
- More pain overnight
- Don't feel like eating first AM
- Need caffeine to get going in AM
- Hard time falling asleep

More energy in evening

Higher cortisol in AM and high at night:

Don't feel rested even after 6 or more hours of sleep

Crash in the afternoon

Feel sleepy after lunch

Anxiety or worry

### **Circadian Rhythm: Pineal Gland**

Dysregulated circadian rhythm:

Seasonal Affective Disorder

Sleepy during the day

Insomnia

Pain during sleep

### **Irregular Output of Cortisol: Brain Fatigue**

Feel stressed, even though there is only a small amount of daily stress

Vasoconstriction (poor blood flow to extremities)

Insomnia (either have a difficult time falling or staying asleep or both)

Feel fatigued and tired by mid-morning

Inflammation (constant)

Brain fog

Sympathetic stress that goes unabated for long periods of time

Fatigue that comes on too easily (driving, exercise),

Constipation

Increased pain perception

Sound and light intolerance

Very little stimulus generates a stress response

Stressed out more easily

Decreased ability to handle stress

Depression

Get tired easily

Constant sugar cravings

Indigestion

Chronic health issues

Can't handle stress

Mental health issues

Constant worry or feelings of anxiousness

Chronic heartburn

Sensitive to smells, chemicals, fabrics, sounds

- Tired when driving on long trips
- Chronic infection
- Switched circadian rhythm

### **Earliest Signs of an Aging Brain**

- Fatigue promoted by brain activity – driving, reading, brain tasks
- Depression – lack of healthy brain firing leads to depression
- Poor Digestive Function

### **Moderate Signs of an Aging Brain**

- Inability to focus or concentrate
- Difficulty learning new tasks
- Chronic constipation, opportunistic intestinal overgrowth, digestive enzyme insufficiency
- Increased blood pressure
- Increased resting heart rate