

Adrenal Fatigue/Thyroid Imbalance

When your lack of energy has you feeling that all your molehills have become mountains and like you've run a marathon after just simply taking out the trash, you may be experiencing adrenal fatigue. You may even be exhausted just reading this!

Adrenal fatigue is feeling immensely exhausted and/or overwhelmed and anxious even when you have not been physically active. The adrenal gland is responsible for regulating your body's response to stress and for organizing its heart rate, production, immune function, etc... Adrenal fatigue can occur from either psychological or physical causes. Both are very real and can be disturbing but they are also temporary if due to menopause and can be treated.

Physical causes for adrenal fatigue occur when your progesterone levels drop and force your cortisol (the hormone that regulates tiredness) to become imbalanced. You may often feel weak, exhausted, have headaches and dizziness and feel as though any small task will require too much energy.

Psychological causes take a physical toll when stress and anxiety for prolonged periods of time cause the adrenal gland to malfunction and throw your body into a torrent of hormonal imbalances. Maintaining balanced hormones during menopause is possible through various treatments. Ask your doctor to learn more.

* It is important to note that thyroid imbalance may often be misdiagnosed and confused with adrenal fatigue and/or perimenopause itself. Many of its symptoms are the same such as exhaustion, muscle pain, irregular periods, weight gain, anxiety, etc... Hypothyroidism is a complex disease that can be brought on by perimenopause or it could be a completely separate issue. We strongly recommend having your thyroid levels checked to rule out any misdiagnosis.