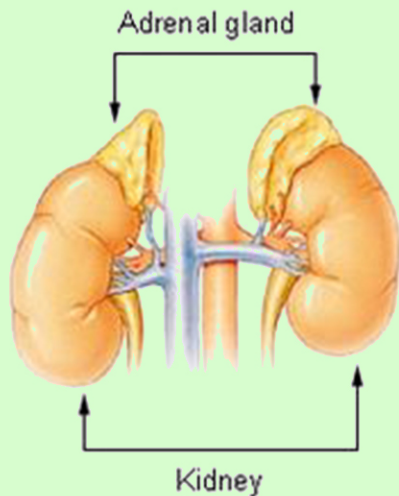


# Recover from Adrenal Fatigue *with doTERRA!*

Your adrenal glands are part of the endocrine system.

They release hormones in response to stress, and govern things like your "fight or flight" reaction. They also help to regulate all of the other hormones in your body and help control your metabolism.

*Every cell in your body depends on the adrenal glands.*



That day when the bucket overflows...



Good Stress & Bad Stress are still STRESS

## Constellation of Issues

First you cycle up and up, then you cycle down and down - repeatedly

STRESS! Why is everything so hard?

Go from "go go go" high energy to NO energy - especially in morning

You feel "wired and tired"

Fall into bed exhausted then can't sleep

NEED caffeine or stimulant

Low motivation

Malaise, sadness, hopelessness

Feel lightheaded upon rising/motion

Digestive discomfort/issues

Craves salts/sweets/fats

Feeling worse when hungry

Gain weight WAY too easily  
Hard to lose weight, esp. tummy

Hair tends to be dry, falling out  
Hair on legs/arms becomes sparse

Draw a white line on your skin  
Wrinkled fingers

Low immune system

Soreness in joints/achy all over

Clumsy

DRY skin  
DRY eyes (may cause vision probs)

Hyperpigmentation

Sweats, flushing, trembling

Over-react (light, toxins, stress)

Head tension

Feeling weak in muscles (split second)

Poor thermoregulation  
Tends toward lower body temp

Lower libido, wrong hormone levels  
monthly or ongoing issues

Sense of fear, anxiousness, dread  
eventual apathy

Tenderness over adrenals

Sleep Difficulties

BRAIN FOG - terrible focus/memory  
"why did I just walk into the room?"

Often feels better on vacation/sunlight

If left unresolved, one can CRASH  
"breakdown"

Can't function or even get out of bed  
"flatline" emotional response

severe/extreme health issues

## Related Diseases and Conditions

Auto-Immune Diseases ~ Thyroid Conditions (including hypo-, hyper-, and thyroiditis)

Estrogen Dominance ~ Low Testosterone ~ Fibromyalgia ~ Type 2 diabetes ~ PCOS ~ Dental Disease

Chronic Fatigue Syndrome ~ Endometriosis ~ IBS ~ MS ~ Psoriasis ~ Eczema ~ Allergies

Asthma ~ Colds and Bronchitis ~ Hypoglycemia ~ Alcoholism ~ Depression ~ Anxiety

Poor Healing/Recovery Time ~ Hormonal Problems ~ Drug/Chemical Sensitivity or Desensitvity

## Do You Have Adrenal Fatigue?

Check off any that apply:

- I am experiencing more than 5 of the issues on the right.
- My stress bucket is full (or was full at the time of symptom onset)
- I have lived a go-go-go lifestyle, and haven't always gotten proper nutrition.
- I feel like my get up and go got up and went.
- I have addressed candida and thyroid issues but still have severe issues.
- I can draw a white line on my skin and it remains white for a long period of time.
- When I shine a light across my eyes, my pupil contracts, then dilates.
- My blood pressure falls, rather than rises, when I stand up.
- Saliva Hormone Testing indicates abnormal cortisol levels.

## Can My Doctor Help?

*Maybe.*

It was not until very recently that traditional Western medicine even began to recognize the existence of Adrenal Fatigue. Although medical practitioners are very good at diagnosing Cushings and Addisons, these are serious, life-threatening health conditions and the traditional blood test is not sensitive enough to detect the less extreme levels associated with Adrenal Fatigue.

Many integrative, holistic, chiropractic and osteopathic doctors now recognize and can assist with Adrenal Fatigue. If your symptoms are severe, a consultation will help you to determine the best course of action. Remember, recovery is a process that can take months, even a year or more in extreme cases.

Oils are just one thing you can do to support your body. Other modalities may help too.

**Since AF has a similar symptom set to other diseases, and can run concurrent with other diseases, you should ALWAYS rule out those other diseases. Being sure of direction and protocol is wise.**