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Real athlete, Real food, Real results

ADRENAL STRESSORS

- Anger
- Chronic inflammation
- Chronic pain
- Depression
- Excessive exercise
- Fear
- Guilt
- insufficient sleep
- Overwork (physical or mental strain)
- Temperature extremes
- Trigger emotions
- injury
- Worry/anxiety

SYMPTOMS ASSOCIATED WITH AND CONSEQUENCES OF ADRENAL DYSFUNCTION

- Alcohol intolerance
- Apprehensions
- Craving for sweets
- Difficulty building muscle
- Dizziness that occurs upon standing
- Dry and thin skin
- Excessive fatigue
- Excessive Hunger
- Feelings of frustration\
- Inability to concentrate
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- Insomnia
- Lightheadedness
- Low body temperature (cold hands and feet)
- Mental depression
- Moments of confusion
- Nervousness/irritability
- Palpitation (heart fluttering)
- Poor Memory
- Sternomastoid/Trapezius pain and spasms
- Tendency to inflammation
- Tenderness in adrenal area]
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