



Natural and Prescribed Treatments for Adrenal Fatigue : Choosing the Best Treatment for Exhausted Adrenals

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This book (approx. 9,290 in length) is also a section found in my more comprehensive resource titled: The Everything Adrenal Fatigue Book! and is being made available for readers interested in natural and prescribed treatments for Adrenal Fatigue, specifically. This book is compiled from articles I wrote on the subject of adrenal fatigue between the years 2005 and 2009 that contain information on conditions commonly related to the syndrome, with emphasis on treatments that are available, of both the prescribed and natural types. Included in the information is discussion on the most suspected causes for diminished adrenal gland function, resulting in symptoms. Within these discussions, I point out both the successes and failures reported by medical research groups, who have tested the efficacy of cortisol steroid hormone treatments for patients with sub-clinical forms of adrenal insufficiency. I also discuss the positive results that other adrenal fatigue patients experience with alternative and natural self-treatments. The importance for recognition by the medical community for adrenal fatigue syndromes is also an included aspect within the chapters that follow and I dedicate most of the final chapter in this book, to the subject of conventional-medical versus alternative-natural treatments, pointing out the reality that both can be positive or negative, depending on each case they are administered for. This latter aspect is not included, to confuse the reader but to simply point out that patient-individuality comes into play, as well as trial and error, when superior treatments are being sought for individuals with adrenal fatigue syndromes. The point is hopefully conveyed adequately, that options for treatments are not restricted to one type but that some adrenal fatigue patients can respond favorably to more than one type treatment or in some cases, to a combination of them. Through patient self-education and pro activeness, optimal treatment can be found but understanding the causes of adrenal fatigue for an individual and knowing whether or not there are co morbid conditions present (related, coexisting ones) can help with the determination for treatment options. With thyroid disease being common in adrenal fatigue sufferers, I also dedicate a portion of the information that follows, to the relationship of thyroid to adrenal function. It is my sincere hope that readers will benefit from the information contained within the chapters of this book. CONTENTS: CHAPTER 1: Adrenal Fatigue by Any Other Name CHAPTER 2: Adrenal Fatigue and Thyroid Patients CHAPTER 3: Balancing Adrenal Fatigue Treatment with Hypothyroid Therapy CHAPTER 4: Adrenal Fatigue or Hypocortisolemia CHAPTER 5: CFS, Fibromyalgia and Low Cortisol CHAPTER 6: Conditions That Cause Mild Adrenal Insufficiency CHAPTER 7: Cortisol & DHEA Supplements for Adrenal Fatigue CHAPTER 8: The Role Stress in Diseases and Syndromes CHAPTER 9: Another Look at Adrenal Fatigue Treatments CHAPTER 10: The Importance in Confirming Treatment Information

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