

Adrenal Fatigue and Essential Oils


SIGNS & SYMPTOMS OF ADRENAL FATIGUE SYNDROME



 Lethargy and lack of energy

 Hypoglycemia

 Low body temperature

 Infections that tend to last longer than usual

 Mild depression

 Reduced sex drive

Adrenal fatigue and Essential Oils

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PLEASE NOTE: The information contained in this Ebook is for dōTERRA Essential Oils and Other products. Testimonials and information provided is from using dōTERRA products. Substitution for another brand is not recommended as you may not achieve the same results.

The results achieved may vary from person to person and it is recommended you talk to your health provider.

Consistency in using the supplements and essential oils is key to any long term results.

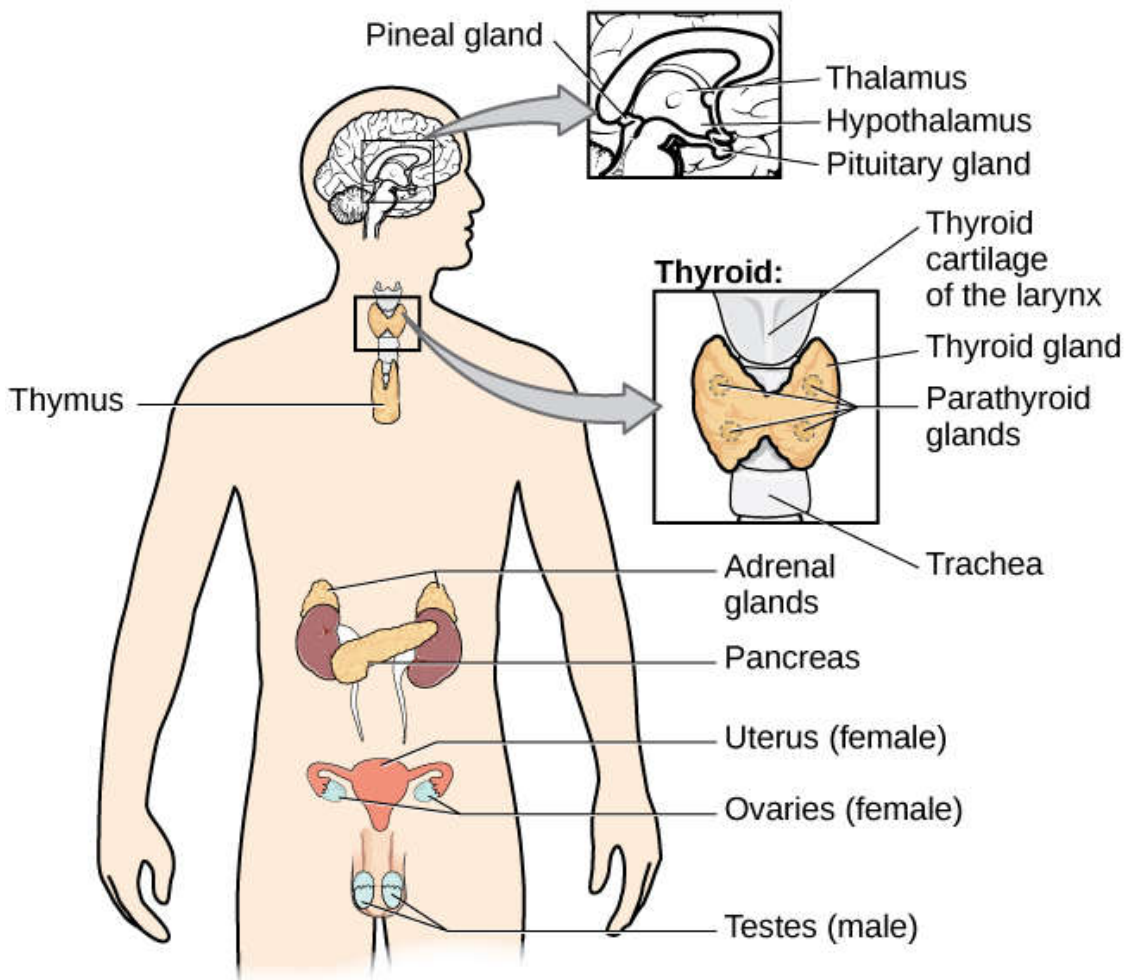
ENDOCRINE SYSTEM

The endocrine system is the collection of glands that produce hormones that regulate metabolism, growth and development, tissue function, sexual function, reproduction, sleep, and mood, among other things.

Function

The endocrine system is made up of the pituitary gland, thyroid gland, parathyroid glands, adrenal glands, pancreas, ovaries (in females) and testicles (in males), according to the Mayo Clinic.

Excessive stress can tax the endocrine system. Several essential oils can support the health of the endocrine system, including Clary Sage, Fennel, Rose, and Melissa.





ENDOCRINE TIPS

<https://www.doterra.com/US/en/body-system-endocrine>

- Inhale Rosemary or Lavender to help you relax in a stressful situation.
- Apply Clary Sage or ClaryCalm to the abdomen for a soothing massage during menstrual cycle.
- Take Fennel internally to reduce occasional monthly discomfort commonly experienced during menstruation.
- Take Grapefruit, Smart & Sassy, or Melissa internally to support healthy metabolism and to support healthy blood sugar levels already in the normal range.*

The endocrine system manages your hormones, which are responsible for regulating metabolism, growth, sleepiness, heart rate, blood sugar, the release of adrenaline, and sexual maturity, among many other things.

The endocrine system is made up of glands (the pituitary gland, thyroid, adrenal, ovaries, and testicles) throughout the body that produce, store, and release hormones. Hormones are chemicals that serve as a form of communication within the body. The endocrine system triggers the glands to release hormones into the bloodstream, which distributes the hormones throughout the body. These hormones are critical to our survival; they help maintain homeostasis, which includes regulating blood pressure, blood sugar, sex hormones, digestive enzymes, stress response, and more. Keeping the glands functioning well is key to overall health and quality of life.

There are many different kinds of hormone molecules, and each kind sends a different message that triggers different responses. The endocrine system regulates the release of adrenaline, cortisol, insulin, progesterone, melatonin, estrogen, testosterone and many other hormones that send messages throughout the body.

The pituitary gland is known as the master gland. It controls all other glands in the endocrine system. A special part of the brain called the hypothalamus controls the pituitary gland, so the endocrine system is actually under the control of the nervous system. Hormones controlled by the endocrine system control the function of the many organs and body systems, including the skin, kidney, stomach, liver, pancreas, reproductive system, and heart.



ADAPTIV™ Calming Blend Capsules



Clary Sage



Slim & Sassy®



Phytoestrogen Essential Complex

Essential oils can be used to support the endocrine system and promote balance and homeostasis. Several essential oils may be useful in supporting the healthy functioning of the endocrine system, including Clary Sage, Fennel, Lemongrass, Melissa, Rose, and Rosemary. Diffusing these oils, applying them topically, or taking them internally can be helpful.

Exercise and Stress Resilience

<https://www.doterra.com/US/en/blog/science-wellness-exercise-stress-resilience>

You’ve heard it a thousand times: you need to reduce your stress. But what really is stress, and is it actually that big of a deal? When we get stressed, our adrenal glands produce and secrete a hormone known as cortisol. Cortisol is a fundamental part of the normal stress response, but too much can cause weight gain, joint discomfort, negative emotions, and other problems. Aside from these bigger issues, stress decreases quality of life. It all adds up, so what can you do about it?

Research has shown that individuals who exercise regularly cope better. When the body is stressed, the cardiovascular system is forced to work harder as heart rate and blood pressure increase. However, individuals who exercise regularly are better able to regulate the heart rate and mood in response to stress. Studies suggest that the stress caused by exercise helps the body adapt to the changes brought on by the sympathetic nervous system response—the fight-or-flight response—such that the body responds more effectively when other stressful situations arise¹. In other words, the same nervous system activity that prepares the body for the metabolic needs of exercise also prepare the body to handle stress. Therefore, with regular exercise, the body becomes better



prepared and more resilient, thus decreasing the wear of stress on the body.

Many people don't take stress as seriously as they should because they believe it is just a state of mind that won't affect them physically. However, recent neurological tests argue that organ function is partly tied to mental state. Research has found that the movement center in the brain, the primary motor cortex, is connected to the adrenal glands, where hormones such as cortisol and adrenaline are produced during the stress response². This suggests that movement, particularly that which involves the core, could play a profound role in stress resilience and may explain why those who exercise regularly respond better in stressful situations. Furthermore, these findings provide explanation for why exercises that focus on the core, such as yoga and Pilates, are often associated with stress relief.



So what can you do to build your stress resilience?

The American Heart Association recommends 30 minutes of exercise a day, five days a week, to improve cardiovascular health⁴. Exercise can be broken up into shorter time periods to fit into your daily schedule, such as several 10-minute bouts of exercise per day. Because the axial area of the motor cortex is strongly connected to the stress response, adding in a few core exercises can help your body build stress resilience. Taking the time to reduce your stress each day can dramatically improve your quality of life and long-term health. The foundation of a stress resilient lifestyle is regular exercise, a healthy diet, and consistent sleep habits. Be sure to consult your health professional before making any significant changes to your daily regimen.

Essential Oils and Adrenal Fatigue

<https://www.oilsbyjo.co.uk/news/article/essential-oils-and-adrenal-fatigue.html>

By Jo Hunt, Thursday, September 13, 2018

Natural suggestions and information regarding Adrenal Failure/ Fatigue

In the last 6 months I have lost count of how many clients have contacted me for suggested oils and help for adrenal issues.

Since its conception in the late 1990s, supporters of adrenal fatigue have claimed that the disorder exists and affects multiple people.

The term first came about after a chiropractor came up with the diagnosis and published the information. This article looks at the term "adrenal fatigue" and debunks myths about the condition, as well as examining the role of the adrenal glands and some medical issues that impact them.

What is adrenal failure ?

A condition in which the adrenal glands do not produce enough of the adrenal hormones that control important functions. The adrenal glands sit on top of the kidneys. They produce hormones that help control the heart rate, blood pressure, the way the body uses food, and other vital functions. Adrenal fatigue is a term applied to a group of non-specific symptoms. Although the term has found a level of popularity among alternative health practitioners.

According to people who propose adrenal fatigue as a real condition, it strikes people who endure long stretches of mental, physical, or emotional stress.

Despite this, there are certainly genuine conditions that affect the adrenal glands.





Symptoms

The symptoms of adrenal fatigue are said to include:

- tiredness
- trouble getting to sleep and waking up
- craving salt and sugar
- unexplained weight loss
- reliance on stimulants such as caffeine
- nonspecific digestive problems ongoing fatigue
- muscle weakness
- abdominal pain, nausea and diarrhoea
- low blood pressure
- depression and irritability
- hypoglycemia
- a headache
- excessive sweating
- irregular menstruation in women

All of the above symptoms are relatively generic but could indeed signal some type of illness. Many of the symptoms, however, could also be due to nothing more than a busy life and a lack of sleep, or, alternatively, a caffeine addiction, bad nutrition, or heightened stress levels.

The theory behind adrenal fatigue is that the adrenal glands, which are activated during stress, are overworked. Long-term stress causes these glands to become fatigued and unable to keep up with the demands of the body.

Diet

A balanced, nutritious diet can offset many of the symptoms associated with adrenal fatigue.

Some sources recommend a specific diet for adrenal fatigue. High-protein foods or supplements may be recommended.

Given the lack of evidence surrounding this condition, it is unclear what role, if any, the diet should take, or whether the additional protein is a good idea. However, any nutritious, balanced diet is likely to promote your immune system, sense of well-being, and overall health.

This includes regular intake of fresh fruit and vegetables, low intake of fatty, sugary, and processed foods, and limited consumption of alcohol and caffeine. Eating a balanced diet is a major key to overall wellness and may help prevent many of the symptoms assigned to adrenal fatigue.

Diagnosis

Certain alternative health practitioners might take blood samples or use salivary cortisol testing to prove whether or not an individual has adrenal fatigue.

To fully understand the real condition, in contrast to which adrenal fatigue is not, adrenal insufficiency, here is a brief introduction to the functions of the adrenal glands:

Your adrenal system carry out a number of vital tasks including:


- maintaining metabolism, including the management of inflammation and blood sugar levels
- regulating salt and water balance
- regulating blood pressure
- maintaining pregnancy
- signalling the start of sexual maturation and controlling its progress through puberty
- controlling the stress-related "fight or flight" response

Disorders

Adrenal insufficiency is the medical term applied for conditions in which the adrenal glands do not release adequate amounts of their hormones. Cortisol is often the worst affected hormone.

Below are some medically proven adrenal gland disorders. Some of these can lead to adrenal insufficiency if not treated correctly:

- **Adrenal tumours:** These include adrenal adenoma, adrenocortical carcinoma, and pheochromocytoma.
- **Addison's disease:** This condition means the adrenal glands do not produce enough of the glucocorticoid, cortisol, and also usually involves deficiency of production of the mineralocorticoid, aldosterone. Symptoms include abdominal pain, weakness, and too much skin pigmentation.

- 
- **Congenital adrenal hyperplasia:** This is a group of disorders that involve mutations in genes that code for enzymes responsible for the production of cortisol in the adrenal glands.
 - **X-linked Adrenoleukodystrophy:** A genetic disorder causes damage to the myelin sheaths that coat nerves. Very long-chain fatty acids accumulate in the brain and adrenal glands. This build-up causes adrenal insufficiency.
 - **Cushing's disease:** Cortisol levels produced by the adrenal glands are increased, due to a tumour in the pituitary gland.
 - **Hyperaldosteronism:** The adrenal glands produce too much aldosterone, leading to high blood pressure, high sodium in the blood, and an increased excretion of potassium and hydrogen ions. This causes low potassium in the blood and a condition involving alkali levels called metabolic alkalosis.
 - **Hypoaldosteronism:** The adrenal glands produce too little aldosterone, leading to decreased sodium and excessive potassium levels in the blood and low blood pressure.

Support

Many alternative practitioners will start "treating" adrenal fatigue by recommending that an individual quit alcohol, drugs, caffeine, and cigarettes. They will also recommend eating healthily, exercising more, and sleeping better. All of these changes will, of course, make anyone feel better.

There is a range of products to support despite a lack of scientific basis. These products often take the form of supplements and vitamins.

Taking adrenal hormone supplements without an underlying medical condition can be dangerous. The adrenal glands can become reliant on or suppressed by the supplements and might not begin working again for some time if they are stopped. This can cause adrenal insufficiency or crisis and become potentially life-threatening.

For anyone experiencing worrying symptoms, it is important to take advice from a medical professional. Although it can be frustrating having symptoms that defy diagnosis, taking advice from untrained practitioners can be ineffective at best and dangerous at worst.

1. Follow the adrenal diet.

This means getting rid of foods that you are sensitive to and foods that cause inflammation, and eating lots of brightly coloured vegetables, lean clean protein, and whole grain gluten-free carbs. A strict no-carb diet can stress the body even more, worsening adrenal burnout.

2. Go to bed early.

Getting to bed before 11pm is a must in any stage of adrenal fatigue. Many people get a second cortisol surge after 11pm, which further disrupts sleep patterns.

3. Flood the adrenals with B vitamins.

B vitamins (B5 and B6 in particular) are food for the adrenals and can be low in a high-fat, low-carb diet. B12 and folate also help with energy production.

4. Cool inflammation.

Using omega-3 fatty acids, curcumin, and vitamin C supplements we lowered her systemic inflammation levels allowing the adrenals to recover.

5. Replace important nutrients.

Vitamin D, selenium, magnesium and zinc are all important for proper thyroid function and adrenal function.

6. Focus on hydration.

Dehydration is also a hallmark of adrenal fatigue. You can also add Essential Oils to your water - lemon or Himalayan sea salt.

7. Use adaptogenic herbs.

Such as licorice root, ashwagandha and rehmannia, a Chinese formulation that helps balance and stimulate the adrenals.

8. Build rest and relax into the day.

The last thing anybody needs is a high-intensity cardio that would further burn anybody out, so try yoga - Iyengar yoga twice a week and also have two 20-minute rest breaks a day, time outs alone to breathe and restore. Listening to calming music is also a great idea. Mindfulness sessions are also a great way to relax the whole body. Writing a gratitude diary is away to feel happy and relax. Nice long soak in the bath with a diffuser, essen-



tial oils in the water with Epsom salts too – bliss. Cut out the electronic devices as early as possible in the evening.

9. Change your perspective.

Is your definition of success killing you? In many cases, what you perceive as success is driving you into adrenal overload. Helping people internalize the idea that "it" doesn't have to be perfect to be great made a huge difference in stress levels.

10. Use Essential Oils.

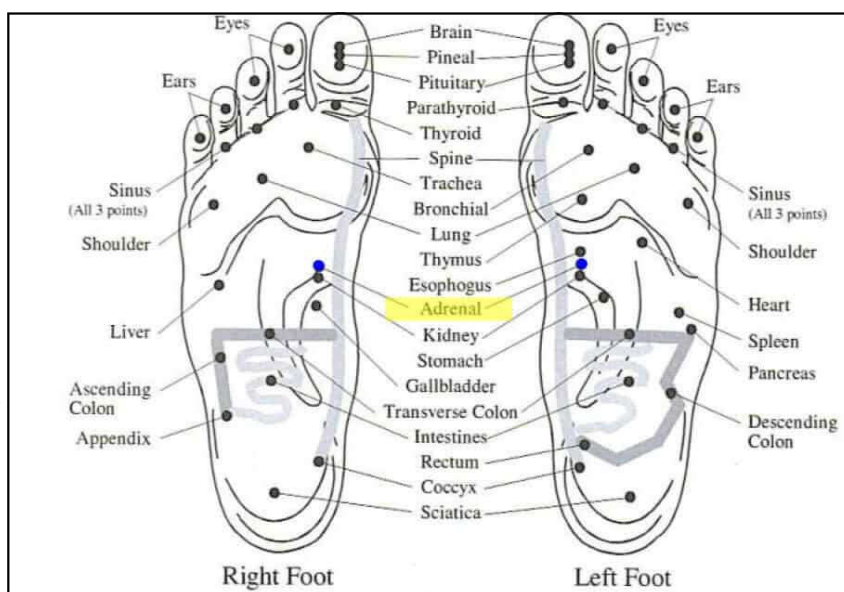
Essential Oils can be used different ways to support adrenal function and renewal. In a diffuser both at home and in the office. They can create a relaxing environment for you to deal with your everyday to do list. You can add a drop to your drinking water throughout the day and also a drop to your bath in the evening to start the bedtime relax routine. Here is a link to show how Essential Oils can support you <https://www.ncbi.nlm.nih.gov/pubmed/17291597> - this study shows that smelling Rosemary and Lavender decreased cortisol production in saliva (which is the stress hormone)

1. Cinnamon Bark

Cinnamon bark is known to strengthen the endocrine system (our adrenals are part of this system), the nervous system, and could support blood sugar levels. It promotes physical energy and stimulates the immune system. One great thing about cinnamon bark is that it can amplify the action of other essential oils just like copaiba essential oil.

Cinnamon bark enhances self-love, acceptance, and allows us to release negativity.

Apply diluted cinnamon bark essential oil over the adrenal points on the bottom inner arches of the feet. See chart.



2. Clove

Clove stimulates the vagal nerve to activate a digestive cascade which improves overall digestive health. Clove is also known to stimulate healthy circulation, higher energy levels, and relieve fatigue associated with adrenal burnout. It boosts the mood and relieves stress.

The best place to apply diluted clove essential oil for adrenal support is behind the ears on the jaw bone.

3. Helichrysum

Helichrysum helps regenerate and heal damaged nerves and connective tissues and is an exceptional pain reliever. It supports the liver, gall bladder, and pancreas and alleviates stress and negativity. I enjoy using this oil for mental clarity and energy when adrenal burnout clouds your mind.

Apply helichrysum diluted on the temples or back of the neck.

4. Lavender

Lavender essential oil has long been known to aid those with sleeping troubles and stress related conditions. Its soothing and calming effects help prevent the adrenals from springing into action needlessly which allows them to recover and restore themselves.

Use lavender in a calming room spray, in the diffuser, or in a bed-time roll-on applied to the chest for best results.

5. Lime


Lime essential oil is amazing for providing a calming/balancing aroma. It is known to refresh mental tiredness, uplift and dissipate negative thinking, and stimulates positive energy. It's a wonderful essential oil to use when feeling depressed. Lime works exceptionally well when blended with clove to create a relaxing parasympathetic blend.

Apply lime diluted behind the ear on the jawbone for best results. Keep the area of application out of direct sunlight.

6. Rosemary

Rosemary is known to rapidly reduce cortisol levels in minutes just by smelling it. This is one of the best ways to help alleviate and control stress in the body. When you are able to lessen the burden on the adrenals they will be able to restore themselves. I highly recommend everyone own a bottle of rosemary essential oil for this reason!





Smell rosemary from the bottle for 2-3 deep breaths, use in relaxing room and pillow sprays, or diffuse.

7. Thyme

Thyme's fragrant influence allows it to help one overcome fatigue and mental exhaustion. It helps balance the hormones associated with the adrenal glands, strengthens the nerves, and helps you feel a sense of calm and relaxation. Thyme is an excellent essential oil for relieving emotional fatigue.

Restore Adrenal Fatigue Naturally

BY REBECCA CARDEN — JUNE 20, 2015

Flatlined, burnt out, foggy brain – check. You may just have Adrenal Fatigue. Too many late nights working, burning the candle at both ends & sprinting from one thing to the next catches up with us eventually.

There are ways to restore adrenal fatigue naturally though.

When our adrenals get over taxed from too much physical, emotional, and/or psychological stress they get depleted resulting in adrenal fatigue. Basically you don't have a reserve to respond to burn out. Your immune system is shot, your ability to metabolise your food properly is shot, you can't keep up with the little things, you want to nap all the time & your brain starts to freak out.

Now to get over adrenal fatigue naturally there is a LOT of self care involved. That means, loads of organic whole foods with plenty of healthy fats and good quality protein to help stabilise and reset your hormones. Rest, sleep, no coffee or stimulants, gentle exercise and getting a meditation practice stat are all absolutely crucial.

Essential oils can also play a significant role in supporting your adrenals get back to full health. Warren and I use doTerra oils daily in so many ways to help manage the stress of running MGO and keep our own battles with Adrenal Fatigue in check. For Bec, staying on top of her thyroid health is paramount and so much support has been found in using these oils.

These guys below are renowned for their ability to renew the nervous system, strengthen the adrenals and balance hormones. They are awesome.

Basil Essential Oil- known as “The Oil of Renewal.” It brings rejuvenation of vital forces after long periods of burnout and exhaustion. It also strengthens the adrenals and builds resilience to stress. Basil helps restore the body to its natural rhythms of sleep, activity and rest.” It is excellent for exhaustion and fatigue. Combine with Peppermint in the diffuser first thing in the morning to increase levels of alertness, concentration and energy. It's the ultimate antidote to no coffee!

Geranium Essential Oil is balancing & uplifting. It's reported to reduce the symptoms of chronic fatigue syndrome, improves the immune system and is a great balancer and regulator of moods and hormones no matter which way they are swinging. Geranium brings the body back into balance. Many people with adrenal issues have reported that just Geranium applied topically over the adrenals has been a great help for them.


Rosemary Essential Oil decreases cortisol levels in the body very effectively so if that is something you are wanting to achieve it would certainly be a powerful oil for you. Excess cortisol has been linked to decreased learning and memory and increased weight gain, as well as blood pressure, cholesterol and heart disease issues.

Grapefruit Essential Oil is wonderful for pulling excess cortisol from the body and for this reason alone, we use it each and every day to keep our stress hormones on an even keel. It targets xeno-estrogens and endocrine disruptors that are residing in the body and gets to work eliminating them via our detoxification channels.

DDR Prime Essential Oil Blend is an essential oil cellular complex which is absolutely remarkable and a must have for overall cellular health as well as targeted energy/ adrenal/ immune support. It is a blend of essential oils that have been shown in clinical studies to help protect cells against free radical damage while supporting healthy cellular function. It's a favourite for those recovering from chronic fatigue and nervous system disorders.

The blend includes Clove, Thyme, and Wild Orange essential oils providing powerful antioxidants that help protect against free-radical damage. It also includes essential oils from Frankincense, Lemongrass, Summer Savoy, and Niaouli that have been shown to support overall cellular health and boost the immune and nervous systems.





We cannot stress the importance of using the **Lifelong Vitality Supplements** as key to the success of returned health and thriving adrenals. They nourish our Mitochondria which are at the epi-center of our energy production. Without happy and supported mitochondria, we are without life. As we age the output of our mitochondria decline and we need to look after them in every way possible.

The Lifelong Vitality Supplements actively work to reduce inflammation, balance hormones and fill in the gaps between our baseline nutrition and optimal nutrition. There are testimonials galore from recovered individuals who experienced a significant turn around in their symptoms within a month of beginning the LLV.

Oh and there is a 30 day money back guarantee on these supplements too so you really have nothing to loose and everything to gain.

How To Use These Recommendations-

Basil, Rosemary and Geranium can be used topically on the pulse points, soles of feet and the back of the neck but specifically it should be applied over the adrenals themselves which are located on our lower back around our kidneys. Combine in a 10ml roller bottle using 10 drops of each and filling the rest up with carrier oil. Use 2-3 times a day and if you can, apply a hot compress (flannel/face washer) over the adrenals after applying to really drive those essential oils in where they can work their magic.

DDR Prime comes in both a 30ml liquid blend or pre made soft gel capsules. You get more value for money with the liquid just as an FYI. There are 4 drops of DDR per soft gel and you would take one in the AM and PM. If you have the liquid blend you can take it internally in a simple teaspoon of olive oil or place in an empty veggie capsule. You can also mix it in a roller bottle and apply it down the spine.

Lifelong Vitality Supplements are taken in the morning with breakfast and again with lunch. Start with a half dose of 1 capsule of each supplement AM and PM for a week before increasing to the full dose of 2 of each capsules.

If you don't yet have an account with dōTERRA, it's really easy to do so and your orders will be drop shipped to your door direct in a matter of days.

The cost of this Adrenal Support Kit is as follows-

Basil \$31.50

Geranium \$37.50

Rosemary \$21.50

DDR Prime Capsules \$64

Lifelong Vitality Supplement Pack \$115 for a little over a months supply.

+ wholesale membership \$35

= \$304.50AUD





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