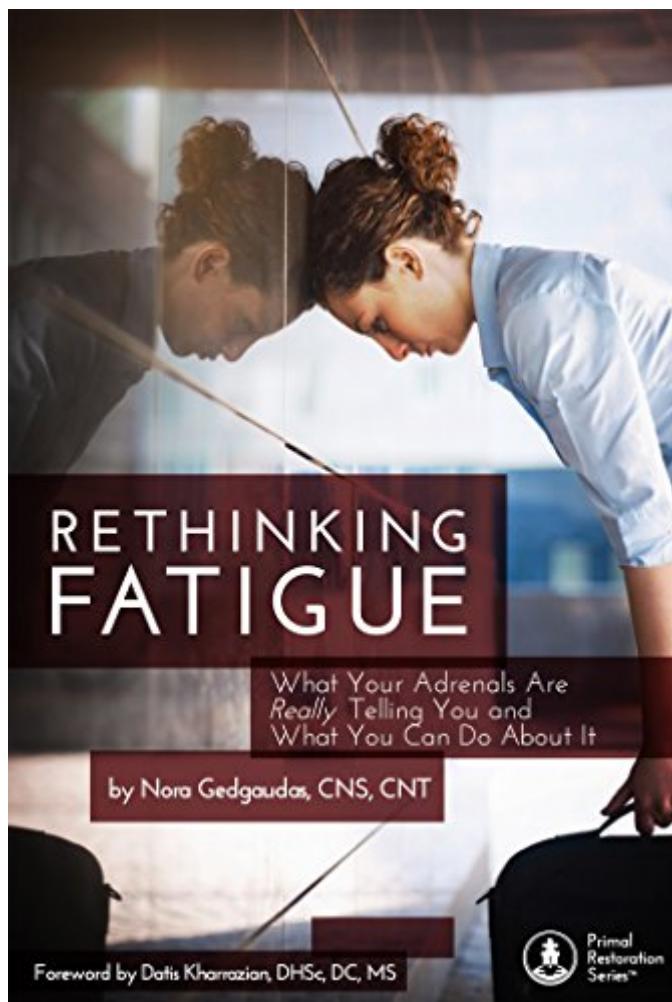


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# RETHINKING FATIGUE: What Your Adrenals Are Really Telling You And What You Can Do About It



## Synopsis

Adrenal-related issues are seemingly epidemic todayâ "many people complain of some degree of adrenal fatigueâ • or â burnout.â • This is hardly surprising given the incredibly stressful world we live in today. The unfortunate truth is adrenal-related issues are poorly understood by nearly everyone. Also, most natural health care providers still practice using outdated theoretical models from the 1950s, which fail to hold up in the face of modern stress physiology. In fact, the vast majority of so-called adrenal issuesâ • have nothing whatsoever to do with the adrenal glands themselves! In this book Nora Gedgaudas offers you a cutting-edge paradigm that will not only help modernize adrenal concepts, but also will help you better identify what type of adrenal dysregulationâ • you have and what you can do about it. You will be surprised at what you discover in these pages and thrilled by what youâ "ll learn!

## Book Information

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## Customer Reviews

I gave this book a 5-star rating because I truly appreciate the contents and the amount of research involved and I believe everyone with a adrenal dysfunction should give it a good read. Otherwise, I

would only give this a 3.7 to 4 star rating and I will list the reasons for that as well. Some of the positive things in the book: (1) it begins with a description of the "classical" view of adrenal fatigue and the theory is quite helpful. (2) new theories related to adrenal dysfunction are presented and this is a huge plus in my view; examples: adrenal dysfunction is not always progressive in nature, it's not always the result of only one factor, treating the cause of the adrenal dysfunction is much more important to a permanent cure than treating the adrenals themselves. (3) it describes the role of the hormones secreted by the adrenal glands and particularly the role played by cortisol alongside the role played by melatonin. (4) it provides a really good explanation on why one should never take melatonin and it also indicates a good supplement to take instead of melatonin. (5) it includes some sound advice like going to sleep to a good hour and sticking to a healthy schedule, turning off your wi-fi router, "taking" vitamins like B6 (i am not at peace with the whole idea of popping pills even if it's plain vitamins and i think a healthy diet and some whole-food supplements should do more good than pills), avoiding working on a computer late at night (it fails to mention that even watching TV late at night is bad because seeing many, different faces can trigger the need to socialize and this awakes you instead of letting you get a good sleep).

First, let me say that there are few books I've been as excited to see coming down the pike as this one, and I'll tell you why. As a naturopathic physician, I can attest that it's difficult to overestimate the enormous number of people for whom fatigue or "adrenal burnout" are frustrating and debilitating drags on their health. Yet, despite the prevalence of this miserable scenario, the medical model most doctors use to treat it is completely antiquated, stubbornly stuck back in the 1950s. Until now, that is, because suddenly all this has changed. In one fell swoop, with the publication of *Rethinking Fatigue: What Your Adrenals Are Really Telling You and What You Can Do About It*, Nora Gedgaudas, CNS, CNT, has brilliantly and entirely revamped the way we look at fatigue from all causes. For one thing, we learn that "adrenal" fatigue is often not adrenal at all. The adrenal glands, which mediate stress in the body, are but "hormone factories" doing the "bidding of the brain," Gedgaudas explains, and to understand the whole picture we must look upstream to that organ, which is what's really calling the shots. In other situations it can be autoimmunity that's driving it all, the adrenal glands simply the unlucky target organs of what is essentially an immune problem, the wages of our toxic world. Cases like these and others -- all of which Gedgaudas elegantly elucidates -- shed light on why it is that so often merely taking handfuls of adrenal supplements doesn't cut the mustard. Any doctor worth their salt will recognize all of this as cutting-edge thinking.

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