



Dr Michael Elstein

Eternal Health Medical Centre

Adrenal Fatigue and Thyroid Hormone Dysfunction

If you're struggling to get out of bed as the day begins, have diminished morning energy, need a cup of coffee to get going, suffer from light headedness, often associated with dizziness when you sit up and attempt to stand after lying down, chances are you are suffering from adrenal fatigue and low cortisol levels. This condition can also lead to sugar and salt cravings, moodiness, irritability, poor frustration tolerance and an almost irrational compulsion to be argumentative and demanding in a somewhat disturbing childlike manner. This is a very common disorder often associated with long-term unresolved stress, insomnia and anxiety. Some would say that the multi-tasking demands of 21st century living and our constant need to stay connected to our iPhones and social media, have overwhelmed our adrenal glands so that they can no longer provide us with sustainable energy. Lethargy, lack of motivation and enthusiasm as well as fatigue are the consequences.

This might be compounded by inadequate production of thyroid hormones which can also lead to debilitating fatigue. Those who suffer from underactive thyroid hormones might also have to deal with weight gain, which is difficult to reverse, cold extremities, hair loss, constipation, sluggishness and diminished mental capabilities. Everything slows down when thyroid hormones aren't functioning at peak capacity.

Cortisol, the primary hormone that is manufactured by the adrenal gland, and thyroid hormones depend upon optimal nutrition for their production. Conventional medical assessments don't always identify cortisol or thyroid hormone insufficiency. A [comprehensive evaluation](#) which explores [the pillars of health](#), including the digestive system, food intolerance, nutritional status including an appraisal of vitamin, mineral, protein and fatty acid levels, heavy metal overload and an all-inclusive hormone panel, is needed to determine the underlying cause of compromised hormone function.

Eternal Health Medical Centre

Suite 603, Level 6
3 Waverley Street
Bondi Junction NSW 2022
Phone: 02 9337 3589

Email: drelstein@eternalhealth.org Web: www.eternalhealth.org