

Guillermou

Indeed, the classic model of adrenal fatigue is more complex. The new model is seen in the interconnection of neurotransmitters, hormones, and the immune system. But first, let's look at some problems that can arise with the HPA axis. High Cortisol can be a real problem, especially with regards to getting results in the gym. A summary of the negative impacts of elevated cortisol includes:--- 1. Suppression of TSH, decreased conversion of T4 to T3, increased reverse T3 (rT3) production and decreased binding to the cellular thyroid receptor.

--- 2. Increased blood glucose levels.--- 3. Suppressed pituitary function, leading to low luteinizing hormone and low testosterone. 4. Decreased liver detoxification.--- 5. Suppressed secretory IgA, increasing the potential for intestinal inflammation, infection and permeability.--- 6. Decreased immune system function, leading to increased risk of infection. 7. Insomnia.--- 8. Neurodegenerative disorders, including degradation of the blood-brain barrier and destruction of the hippocampus.

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Guillermou

Cortisol should be highest in the morning and lowest at night. However, an inverted rhythm can result in:--- 1. learning and memory problems. (Neuroendocrinologists are using circadian cortisol rhythm as an early biomarker for Alzheimer's disease.)--- 2. Insomnia and difficulties.---- The function of the adrenal gland and the release of cortisol is a coordination of three different structures in the brain:--- 1.Hippocampus Within the temporal lobe of the brain, the hippocampus regulates the circadian rhythm of the hypothalamic-pituitary-adrenal (HPA) axis.---- 2.Mesencephalic reticular formation (MRF) Within the brainstem itself, the MRF is responsible for promoting a sympathetic response in the body.

It does this through excitation of the intermedial-lateral column (IML) cell in the spinal cord, which stimulates the adrenal medulla to release epinephrine and norepinephrine.--- 3.Hypothalamus There are a series of nuclei within the hypothalamus, one of which is called the paraventricular nucleus (PVN). The PVN of the hypothalamus receives a variety of inputs that ultimately result in the secretion or suppression of cortisol by the adrenal glands---- www.askdrray.com/heart-health-improves-with-hormone-replacement/.---- onlinelibrary.wiley.com/.../clc.22891.--- www.sciencedirect.com/science/article/pii/S001502821732112X.---- www.ingentaconnect.com/content/wk/gme/2018/00000025/00000001/art00005... www.lifeextension.com/Protocols/Metabolic-Health/Dhea-Restoration/Page..

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juststeve

Indeed Gui, more complex. While useful to identify there is this or that system, at the same time, contrary to the Allopathic look at one thing and mostly one thing only, things are in general more complex. A dance of many complex systems working together, taking turns, side by side, taking time outs. Type 2 diabetes has turned out to be a whole wheelbarrow load of many different factors. Even more so, many different factors while certain overall symptoms can be shared, there may also be additional other contributing systems impacted and totally missed by pumping up insulin and why this is turning out to be trying to stuff 10 pounds of sugar into 5-pound bags. Eventually after learning how several systems may work in concert, we may learn how a collection of systems work with other collections of systems. Fine-tuned Sizes to Fit Me, instead of the old model this Size Fits All and if it doesn't, sucks to be you.

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Just, your points and suggestions are always correct. In connection with the proposals of Mr. Mercola. SUPPLEMENTS FOR ADRENAL FATIGUE www.verywellhealth.com/supplements-for-adrenal-fatigue-8409434 (2024).-- www.womenshealthnetwork.com/adrenal-fatigue-and-stress/supplements-for.. (2023).-- healyournervoussystem.com/best-adrenal-support-supplements (2023).--

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BiomedMom1

So what suggestions/therapies are there for folks who have taken the DUTCH test and have HPA axis dysfunction but can't take those natural herbs suggested since they produce an opposite effect? My naturopath jokingly says I'm one of those "delicate little flowers" who don't respond positively to some of the therapies recommended for such a condition.

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josephunger

Look into Protomorphogen therapy.

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Almond

NIH Refuses to Release Details of Covid-19 Vaccine Royalty Agreement www.planet-today.com/2024/04/nih-refuses-to-release-details-of-covid.h.. Is there a conflict of interest when the gov't agencies and individuals that promote the vaccine profit from every vaccine sold?

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josephunger

I find a fair amount of adrenal issues and some "experts" claim the condition to be rather prevalent. According to Iridological diagnostics I have one nearly dead adrenal and it has proven most difficult to treat. There are other potentially useful tests such as pupillary contraction, the Scratch test and Raglands.

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DebbyW

I have a friend who recently found he has high levels of cortisol. I suggested Ashwagandha. He lets his job be more high stress than it needs to be. He also recently has protein in his urine that his doctor is monitoring. I think at least one of these is related to taking the Covid shots.

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.Michelle

Not exactly true, there are some who have Addison's as mentioned but then there are some who have a genetic defect called CAH in which they do not produce enough cortisol on a day to day basis so without supplementation such as Cortef the body stays in fight or flight trying to produce cortisol when not stressed. Supplements such as those mentioned including all adrenal supplements and minerals such as magnesium, calcium and even melatonin will "lower" aka tank cortisol which is dangerous for those who have CAH making it just as dangerous as someone with Addison's.

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