# Treating & Beating *Adrenal Fatigue*

A Special Report by
Dr. Rodger Murphree

## How to *Dramatically* Increase Your **Mental and Physical Energy**

**In this special report Dr. Rodger Murphree shares how to dramatically and quickly increase your mental and physical energy, and You'll also learn how to:**

- Reduce chronic pain, aches and pains
- Prevent fibro flares
- Increase your stamina and resistance
- to stress
  Improve your immune system
- Reduce anxiety and depression
- Reduce the effects of chronic stress
- How to self-test for adrenal fatigue
- Step-by-step protocols for repairing adrenal fatigue

# Treating and Beating Adrenal Fatigue:

## Boost your Adrenal Function and Feel 10 Years Younger

### A Special Report by Dr. Rodger Murphree

The adrenals are a pair of pea-sized glands located atop each kidney. The adrenal gland consists of two sections: the medulla (inner portion) and the cortex (outer portion). The adrenal glands release certain hormones that allow us to be able to deal with immediate and long-term stress. These glands and the hormones they release allow us to be resilient to day-to-day stress.

*Dr. Rodger Murphree, DC, CNS*

Dr. Murphree has been in private practice since 1990. He is the founder and past clinic director for a large integrated medical practice located on the campus of Brookwood Hospital in Birmingham, Alabama. Dr. Murphree is the author of *Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome; Heart Disease: What Your Doctor Won't Tell You;* and *Treating and Beating Anxiety and Depression with Orthomolecular Medicine.*

Dr. Murphree has treated well over 5,000 patients who suffered from fibromyalgia, chronic fatigue syndrome, anxiety, and many other illnesses such as adrenal fatigue.

# Adrenal Fatigue Questionnaire

| How Much Stress Are You Under? | Points |
|---|---|
| 1. Death of spouse | 100 |
| 2. Divorce | 73 |
| 3. Marital separation | 65 |
| 4. Jail | 63 |
| 5. Death of a close family member | 63 |
| 6. Personal injury or Illness | 53 |
| 7. Marriage | 50 |
| 8. Fired from work | 47 |
| 9. Marital Reconciliation | 45 |
| 10. Retirement | 45 |
| 11. Illness of family member | 44 |
| 12. Pregnancy | 40 |
| 13. Sexual difficulties | 39 |
| 14. Addition of new family member | 39 |
| 15. Business adjustment | 39 |
| 16. Financial change | 38 |
| 17. Death of a close Friend | 37 |
| 18. Change to different line of work | 36 |
| 19. Increased arguments with spouse | 35 |
| 20. Large mortgage | 31 |
| 21. Foreclosure of loan or mortgage | 30 |
| 22. Change of work responsibilities | 29 |
| 23. Your child leaving home | 29 |
| 24. Trouble with in-laws | 29 |
| 25. High personal achievement | 28 |
| 26. Spouse begins or stops work | 26 |
| 27. Beginning or end of school | 26 |
| 28. Change in living conditions | 25 |
| 29. Revision of personal habits | 24 |
| 30. Trouble with boss | 23 |
| 31. Change in work conditions | 20 |
| 32. Change in residence | 20 |
| 33. Change in schools | 20 |
| 34. Change in recreation | 19 |
| 35. Change in church activities | 19 |
| 36. Change in social activities | 18 |
| 37. Small mortgage | 17 |
| 38. Change in sleeping habits | 16 |
| 39. Change in # of family reunions | 15 |
| 40. Change in eating habits | 15 |
| 41. Vacation | 13 |
| 42. Christmas | 12 |
| 43. Minor violation of law | 11 |

## Could you have stress-induced adrenal fatigue?

**200 points or more in one year's time highly increases ones risk for adrenal fatigue and serious illness. A score of 100 or above is enough to bring on adrenal fatigue, especially if any of the following apply:**

- I've been under stress for long periods of time.
- I work or my spouse works over 50 hours a week.
- I work full time.
- I have one or more children living at home.
- I've been unhappy for more than 2 months.
- I'm unhappy at work.
- I'm overweight.
- I have a chronic illness.
- I have a nervous stomach.
- I have been on a low fat or low calorie diet in the past year.
- I don't exercise.
- I exercise more 14 hours a week.
- I drink more than 2 cups of coffee a day.
- I drink sodas on a daily basis.
- I smoke.
- I drink 2 or more alcohol beverages a day.
- I can't sleep at night.
- I get less than 7 hours of sleep each night.
- I eat sugary foods on a regular basis.
- I've had surgery in the last year.
- I've had more than one surgery in the last 2 years.
- I'm a professional or family care-giver.
- My spouse doesn't understand my illness.
- I take prescription or over the counter medicines to lift me up.

*"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.*

*—Thomas Edison*

***Adrenal fatigue is known to cause:***

- **muscle or joint pains**
- **Fibro flares-stress becomes more pronounced**
- **mental and physical fatigue**
- **decreased mental acuity/Fibro Fog**
- **hypoglycemia (low blood sugar)**
- **hypotension(low blood pressure)**
- **neural mediated hypotension (become dizzy when stand up)**
- **low body temperature (a sign of low thyroid function)**
- **decreased metabolism**
- **a compromised immune system**
- **decreased sense of well-being**
- **(depression)**
- **hyperpigmentation (excess skin color changes)**
- **loss of scalp hair**
- **excess facial or body hair**
- **vitiligo (changes in skin color)**
- **auricular calcification (little**
- **calcium deposits in the ear**
- **lobe)**
- **GI disturbances**
- **nausea**
- **vomiting**
- **constipation**
- **abdominal pain**
- **diarrhea**
- **crave salty foods**

# Stress, Stress, Stress, and More Stress

Persistent, unrelenting stress will ultimately lead to adrenal "burn-out." Adrenal "burn-out" and exhaustion render the person defenseless against the continuous chemical, emotional, and physical damage that occurs with chronic stress.

## Beyond adrenal lows is Addison's disease

This is severe adrenal insufficiency which results from the actual destruction of adrenal glands. This major disease is usually permanent and occurs when cancer or an infection like tuberculosis invades and destroys the glands. A relatively simple blood test can diagnose it rather quickly.

Conversely, the adrenal weakness or fatigue, such as accompanies chronic stress, has a marginal and temporary insufficiency much more difficult to diagnose.

This so-called stressed out adrenal gland may enlarge a bit, but otherwise it appears structurally sound and usually produces normal blood levels of cortisol, however, a saliva blood test can accurately uncover any problems with adrenal fatigue.

A book entitled, *Safe Uses of Cortisol*, by Dr. William Jefferies, a prominent endocrinologist, clarifies the nature of adrenal stress and how to test for it. Dr. Jefferies concludes that weak adrenal glands can supply adequate cortisol when the body suffers little stress. Therefore, single determinations of blood cortisol in a person with marginal adrenal insufficiency are usually normal. However, expose the same person to a major stressor event, or chronic stress, and the adrenals may flunk the challenge due to their low reserves.

This is why a saliva lab-test, which takes 4 different samples through out the day and at night is more accurate.

## The General Adaptation Syndrome

The general adaptation syndrome (GAS) is divided into 3 phases.

### 1. Fight or Flight

The first phase is known as the "fight or flight response." This response is an alarm reaction triggered by messages in the brain that cause the

pituitary gland to release adrenocorticotropic hormone (ACTH). This hormone then causes the adrenal glands to secrete adrenaline, cortisol, and other stress hormones.

The fight or flight response encourages the body to go on red alert and be ready for physical and mental activity. The heart beats faster to provide blood to the muscles and brain. The breath rate increases to supply extra oxygen to the muscles, heart and brain. Digestion, and other functions not essential for maintaining the alarm reaction are halted. The liver rids itself of stored glycogen and releases glucose into the blood stream. The body is now ready for any real or imagined danger.

## 2. The Resistance Reaction

The next phase is known as the "resistance reaction." While the alarm reaction is usually short lived, the resistance phase can last for quite some time. The major player in this phase is the hormone cortisol.

Cortisol is secreted by the adrenal glands that rest above each kidney. The adrenal gland is divided into the outer cortex and the smaller inner medulla. The cortex produces cortisol and dehydroepiandrosterone (DHEA).

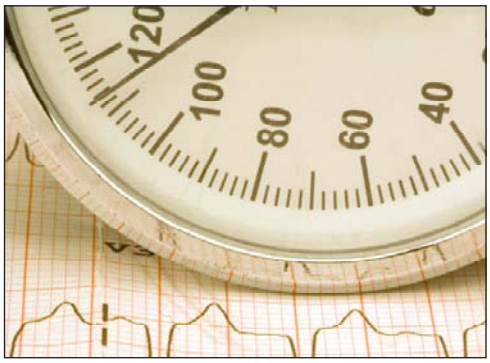
Since its discovery some 50 years ago, the adrenal hormone, cortisol, has gained increasing prominence in treatment of autoimmune diseases, allergies, asthma, and athletic injuries.

Over the years, researchers have developed powerful synthetic forms of these steroids (prednisone) with stronger anti-inflammatory effects. When first introduced, synthetic corticosteroids hormones were hailed as wonder drugs.

Unfortunately in continued high doses, these prescription corticosteroids cause adverse side effects, which include depression, fluid retention, high blood pressure, bone-loss, gastrointestinal ulcers, cataracts, and breathing disorders.

Fortunately, as you'll soon learn, there are safe and effective ways to restore and boost your adrenal function without the need for potentially dangerous prescription corticosteroid drugs.

Cortisol helps increase cellular energy and acts as a potent anti-inflammatory. It can be a lifesaver when used in allergic reactions (anaphylactic shock). The resistance reaction allows the body to endure ongoing stress (pain, fatigue, injury, etc.,) for long periods of time.

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DHEA, along with other corticosteroids, convert fatty acids, carbohydrates and protein into energy. These hormones increase sodium retention and therefore when needed, increase blood pressure (a sign of adrenal fatigue is low blood pressure or hypotension). They also help to regulate the blood sugar.

## 3. Exhaustion

The third stage is a result of chronic over secretion of cortisol. This leads to adrenal exhaustion. Adrenal exhaustion accelerates the downward spiral towards chronic poor health. Chronic headaches, nausea, allergies, nagging injuries, fatigue, dizziness, hypotension, low body temperature, depression, low sex drive, chronic infections, and cold hands and feet are just some of the symptoms that occur with adrenal exhaustion.

**Between years of poor sleep, unrelenting fatigue, chronic pain, excessive stimulants, poor diet, and relying on a plethora of prescription medications, the adrenal glands, and the hormones they release, have been used up.**

**Once adrenal exhaustion sets in, it's not long before the body begins to breakdown.**

The majority of patients I see for chronic illnesses, including those with chronic illnesses like fibromyalgia and chronic fatigue syndrome, are suffering from adrenal exhaustion.

They've literally burned their stress-monitoring adrenal gland out. Between years of poor sleep, unrelenting fatigue, chronic pain, excessive stimulants, poor diet, and relying on a plethora of prescription medications, the adrenal glands, and the hormones they release, have been used up.

Once adrenal exhaustion sets in, it's not long before the body begins to breakdown. Getting "stressed out" and staying "stressed out" is the beginning of chronic illness for most, if not all, patients with unshakable illnesses, whether chronic fatigue, high blood pressure, or diabetes– stress is the catalyst for poor health.

## Secretory IGA, Immune Function and Stress

The antibodies, or immunoglobulins (Ig), offer protection against viruses and bacterial pathogens such as Haemophilus influenzae, streptococci, and staphylococci. Secretory Immunoglobulin A is found in saliva, tears, colostrums (breast milk), as well as respiratory and gastrointestinal tracts.

It provides antiviral and antibacterial defense. Secretory IgA acts as a first line defense and the single most important aspect of immunity in mucous secretions of the digestive system, mouth, lungs, and urinary tract.

**Drugs (aspirin, non steroidal anti-inflammatory, etc.), pollutants, pesticides, heavy metals, parasites, yeast overgrowth, food sensitivities and allergies can all overwhelm the intestinal tracts immune capabilities.**

The lining of the digestive tract is populated by mucosal cells. These cells adhere to any unwanted foreign substances, including bacteria that enter our stomachs and digestive system.

The antibodies in the digestive tract must be able to recognize the good substances from the bad. This is not an easy task since our intestinal tract is populated by trillions of mostly good bacteria that help digest and manufacture certain nutrients.

The antibodies (SIgA) orchestrate a delicate balance of destroying the foreign invaders that arrive along with the foods we eat, while avoiding the friendly bacteria (micro flora) that make up the digestive tract. When the SIgA defenses are compromised or overwhelmed by chronic exposure to foreign invaders, poor health is inevitable.

Drugs (aspirin, non steroidal anti-inflammatory, etc.), pollutants, pesticides, heavy metals, parasites, yeast overgrowth, food sensitivities and allergies can all overwhelm the intestinal tracts immune capabilities. Any decline in the levels of Secretory IgA decreases one's resistance to unwanted bacterial and viral agents and, of course, poor overall health.

The ability to produce secretory IgA also appears to be influenced by stress. Higher levels of the catecholamine stress hormone, epinephrine, are significantly associated with lower Secretory IgA concentrations.

Daily problems, even a lack of a sense of humor or negative emotions, can decrease Secretory IgA levels. Seyle found a single five-minute experience of anger can produce a significant decrease in Secretory IgA levels that can still be measured up to five hours after the emotional experience.

To examine the impact of stress on the intestinal tracts micro flora, Lizko et al., investigated a preparation for, and participation in, space flight. During the preparation phase they found a distinct decrease in the numbers of diphidobactrum and lactobacilli (good bacteria) and a corresponding increase in the numbers of E. coli and enterobacteria (bad bacteria). Stress decreases the body's good intestinal bacteria and increases the bad intestinal bacteria- this can lead to a condition known as dysbiosis (yeast or bacteria overgrowth).

**Read more about dysbiosis and yeast overgrowth by going to this link: yourfibrodoctor.com/yeast-overgrowth**

Billie Jay Sahley, Ph.D., author of The Anxiety Epidemic writes, **"over secretions of the stress hormones (cortisone, cortisol, and corticos-**

**terone), caused by long-term mental or physical effort, and could lead to cancer, arthritis, and susceptibility to infections. Many psychosomatic disorders are transmitted from the brain to the skeletal muscle system. Anxiety, stress, anger, or any other psychic state can greatly change the amount of nervous stimulation to the skeletal muscles throughout the body, and either increase or decrease the skeletal muscular tension.**

**These same stimulatory responses that affect the muscles also cause changes in various bodily organs; abnormal heart beats, peptic ulcers (too much stomach acid being secreted), elevated blood pressure, spastic colon, and irregular menstrual periods.**

**This why you can't separate emotional stress from physical stress. Stress is stress, there is a difference in how the body perceives and reacts to physical, mental, chemical, or emotional stress."**

From Dr. David Walther's book, Applied Kinesiology: The Advanced Approach in Chiropractic, comes this discussion on adrenal fatigue or hypoadrenia, **'Hypoadrenia displays itself in a variety of ways, such as severe depression, suicidal tendencies, asthma, chronic upper respiratory infections, hay fever, skin rashes, colitis, gastric duodenal ulcers, rheumatoid arthritis, insomnia, headaches, fatigue, fainting spells, obesity, heart palpitations, edema in the extremities, learning difficulties - the list goes on and on……**

**The tragedy is that thousands of persons today are suffering from some manifestation of adrenal fatigue. They may have sought help for their problems, and been given tranquilizers and psychotherapy for the emotional depression; analgesics for rheumatoid arthritic pain; sedatives for insomnia; amphetamines and diuretics for obesity; anti-cholinergic and a bland diet for colitis; antihistamines and bronchial dilators for asthma…..**

**They may have had extensive examination, with no pathology found. Therefore, these victims of adrenal fatigue are given treatment to diminish the symptoms rather than eliminate the cause."**

In adrenal fatigue, the adrenal cortex does not respond as well as it should to this autonomic feedback system (another sign of dysautonomia or dysfunction of the autonomic nervous system). More sodium is lost than usual, and more potassium is retained and the kidneys reabsorb less water than is needed by the body.

The blood pressure may drop with decreased volume leading to fatigue. Too little sodium ion re-absorption can cause spillage of bi-

carbonate ions in the urine, resulting in acidosis. The major effect of acidosis is depression of the central nervous system. This then causes an increased rate and depth of respiration.

Those with low adrenal function usually have low blood pressure and fatigue. Increasing water and salt intake may help boost adrenal function and eliminate fatigue.

However, if you suffer from high blood pressure, increasing your salt intake may pose a problem. I recommend that you monitor your blood pressure a few times a day. You can purchase a sphygmanometer (blood pressure cuff) at most pharmacies. If your blood pressure begins to go up while increasing salt to your diet, simply reduce your salt intake once again.

**DHEA increases our mental abilities, including our memory, increases the effectiveness of our immune systems, increases stamina and over all strength, increases energy, improves mood, and counters the effects of stress.**

## DHEA

The adrenal cortex, when healthy, produces adequate levels of Dehydroepiandrosterone (DHEA). DHEA boosts our energy, sex drive, resistance to stress, self defense mechanisms (immune system), and general well-being. I find DHEA to be notoriously low in the majority of patients I treat for chronic illness.

Chronic stress causes the adrenals to release extra cortisol and DHEA. Eventually the adrenal glands can't produce enough DHEA. Adrenal exhaustion results in an elevated cortisol-to-DHEA level.

All steroid hormones, including cortisol and DHEA, are made from dietary fats. Cholesterol, contrary to what the public is told, is essential for good health! Cholesterol is needed to produce vitamin D, DHEA, and cortisol. Your body needs cholesterol to be healthy. Low cholesterol is much more dangerous than high cholesterol! For more information on the medical myths of cholesterol please see my book entitled, *Heat Disease: What Your Doctor Won't tell You.*

**-->Read more about the Heart Disease Book HERE.**

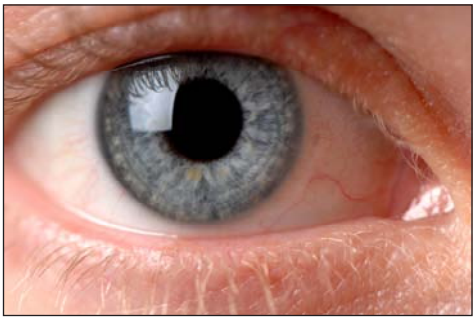
Normally, cholesterol is converted into the hormone pregnenolone. Pregnenolone acts as a reservoir and changes into DHEA, or progesterone, when needed.

Unfortunately, as we get older we begin to loose the ability to convert cholesterol to pregnenolone. This increases the likelihood of developing a DHEA deficiency.

DHEA is also able to be converted into estrogen and testosterone. DHEA levels begin to drop after the age of 30. The levels continue to decline until by the age of 70, they are about 20% of their peak. DHEA helps increase cortisol levels, restore adrenal function, and in turn increase cellular energy.

I've found most of my patients with adrenal fatigue have low to very low DHEA levels. DHEA is an extremely important hormone. It helps increase immune function, energy and mental acuity.

- **DHEA increases our mental abilities, including our memory.**
- **DHEA increases the effectiveness of our immune systems.**
- **DHEA increases stamina and over all strength**
- **DHEA increases energy.**
- **DHEA improves mood.**
- **DHEA counters the effects of stress.**



**Pupil Dilation Exam – To test for this reflex you'll need a flashlight and a mirror. Face the mirror and shine the light in one eye. If, after 30 seconds, the pupil starts to dilate, adrenal deficiency should be suspected.**

## The Adrenal Medulla

The inner portion of the adrenal gland is known as the medulla. The adrenal medulla produces epinephrine (adrenaline) and norepinephrine, both are stimulants which increase mental and physical energy.

## Testing for Adrenal Fatigue

I routinely use saliva adrenal hormone profiles to test for adrenal and DHEA deficiencies. Please see this link for more information about the adrenal cortex/DHEA saliva stress test...

**However, you can do this at home self-test to see if you have adrenal fatigue...**

A quick blood pressure test that monitors lying and standing systolic numbers is all you need to begin a trial treatment of adrenal boosting supplements.

## Self Testing

**Ragland's Sign** – this is an abnormal drop in systolic blood pressure when a person arises from lying to a standing position. There should be a rise of 8-10 mm in the systolic number. **A drop in systolic blood pressure indicates adrenal fatigue.**

**Pupil Dilation Exam** – To test for this reflex you'll need a flashlight and a mirror. Face the mirror and shine the light in one eye. **If, after 30 seconds, the pupil starts to dilate (black part gets larger), adrenal deficiency should be suspected.**

The hormone epinephrine is released under stress and causes dilation of the pupils. During adrenal fatigue there is a deficiency of sodium and an abundance of potassium. This imbalance of potassium causes the inhibition of the sphincter muscles of the eye.

These muscles normally initiate pupil constriction. Normally the pupils will constrict in the presence of bright light. However, when there is a sodium deficiency (adrenal insufficiency) the pupils actually dilate when exposed to light.

**Individuals with low adrenal function are usually not hungry when they wake-up. They instead rely on chemical stimulants (coffee, soda's, cigarettes, etc.,) to get them going. Your morning cortisol level is at its highest around 8 A.M. The increased cortisol will often cause people to not feel hungry. Eat anyway!**

## Correcting Adrenal Fatigue

**1. Drink plenty of water.** I recommend you drink half your weight in ounces of water each day. If you weight 120lbs, you should consume at least 60 ounces of water a day. Nothing else counts (cola's, teas, coffee, etc.) only pure water. You can add a lemon or lime wedge if you want to, but please drink plenty of water.

**2. Get plenty of rest!** Remember, you won't get well unless you're getting a minimum of 8 hours of deep restorative sleep. If possible, periodically sleep late. This allows the adrenal glands an opportunity to rest and regenerate. Mid day naps of 15-20 minutes are also helpful.

**3. Reduce your stress!** Don't over do it. Once patients start to feel better, they have a tendency to try to do too much. Don't try to be the Tasmanian Devil, only to be wiped out in the next few days. It may take months for your energy reserves to build back up. Pace yourself and enjoy the new found energy.

**4. Always eat breakfast and never skip meals.** Individuals with low adrenal function are usually not hungry when they wake-up. They instead rely on chemical stimulants (coffee, soda's, cigarettes, etc.,) to get them going. Your morning cortisol level is at its highest around 8 A.M. The increased cortisol will often cause people to not feel hungry. Eat anyway! A small snack (avoid simple sugars) is all you need until you get hungry, usually a couple of hours later. Then eat another balanced snack to tie you over until lunch. Don't skip lunch!

**5. Use Adrenal cortical extracts.** This will help repair and restore

normal adrenal function. Adrenal extracts have been recommended and successfully used for a variety of conditions that involve low adrenal function, including asthenia, asthma, colds, burns, depletion from infectious diseases, from colds, coughs, dyspepsia (poor digestion) early Addison's disease, hypotension (low blood pressure), infections, infectious diseases…neurasthenia (low energy/weakness), tuberculosis, lightheadedness and dizziness, and vomiting during pregnancy.

Adrenal cell extracts in liquid and tablet forms were once produced by several drug companies. By the late 1930's they were being used by tens of thousands of physicians. As recently as 1968 they were still being made by some of the leading pharmaceutical companies (Upjohn and Eli Lilly, among others).

Adrenal Cortex Glandular extract supplements are used to replenish and eventually normalize adrenal function. I recommend that my patients take 500mg of adrenal cortex glandular extracts, twice-a-day, with food.

For more information, or to order adrenal cortex glandular supplements, visit: **https://yourfibrodoctor.com/adrenal-fatigue**

If you're not comfortable with taking an animal (bovine) glandular supplement then you can use Adrenal Support Formula.

If you want to jump-start your adrenals and especially if you've been under chronic stress and have a Stress Questionnaire score above 200 then you should use the Adrenal Jump Start Package located here...

**https://yourfibrodoctor.com/adrenal-fatigue**

As a general rule females may need between 25-50mgs a day and males 50-100mgs a day. I've found sublingual (dissolves underneath the tongue) to be the best form of DHEA. Learn more at:

**https://yourfibrodoctor.com/adrenal-fatigue**

I know that you are going to feel better than you've feel in a long time if you follow my suggestions. I see it happen on a daily basis in my practice working with people just like you. I recommend you self-test to see if you have adrenal fatigue. If you do then start the protocols I suggest above or learn more at:

**https://yourfibrodoctor.com/adrenal-fatigue**

Wishing you all the best,

Dr. Murphree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