

The Case of Adrenal Fatigue

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DT was a 23-year-old college student who was having difficulties with her studies due to fatigue and difficulty concentrating. She was currently on winter break between semesters. She was in her final year at school and she felt her grades from the previous semester weren't good because of her difficulties.

A thorough health history and examination were completed. The exam and history both indicated the possibility of adrenal fatigue. DT was healthy except for the difficulties with concentration and fatigue. She also began to have heavier periods and worse PMS than usual over the past four to five months. She was taking no medications but had been taking birth control pills until six months ago when her parent's insurance would no longer cover her.

Her diet was the typical "American Diet": quick cereal for breakfast, fast food for lunch, and pizza for supper. Snacks usually included popcorn, potato chips and sweets. Her main drink was sugared soda. DT also began to drink caffeinated coffee and drinks recently because she felt they would help with her energy level.

As my findings indicated adrenal fatigue, I approached this case as such. I made the following recommendations:

- Alter her diet to one that is adrenal-friendly: no sugars or processed foods. Foods needed to be as close to as nature made them as possible. Also, she was to eat protein with every meal. I gave her a handout on the "Low Adrenal Diet."
- Eliminate or decrease the consumption of caffeine, as this was a contributing factor to adrenal fatigue.
- A natural supplement to assist the adrenal glands in their recovery.

1 month follow-up: DT stated she started feeling better (more energy) 2 days after starting the adrenal supplement. She was trying to alter her diet, but she was having some difficulty. Her period was still "intense".

3 month follow-up: DT was feeling well enough, and her exam indicated as well, that she could use a less-strong adrenal supplement. She was doing better with her diet but now seriously craving sweets, which I told her was very common. She stated she had less emotional turmoil during her last period.

6 month follow-up: DT is doing much better and her last semester showed better grades; she stated she was able to pay attention better, grasped things more quickly and was less tired. Her periods were also better and more tolerable. No changes made.

This case continues.....

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