

# 腎上腺疲勞： 揮之不去的疲倦



## 您受以下問題困擾嗎？



- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> 暗瘡及過敏              | <input type="checkbox"/> 對化學品敏感      |
| <input type="checkbox"/> 莫名的疼痛              | <input type="checkbox"/> 骨質流失        |
| <input type="checkbox"/> 睡眠障礙（早上很累，但晚上又睡不著） | <input type="checkbox"/> 特別嗜吃甜食或其他食物 |
| <input type="checkbox"/> 易怒、焦慮              | <input type="checkbox"/> 經常生病，很難完全康復 |
| <input type="checkbox"/> 腰間脂肪積聚             | <input type="checkbox"/> 自身免疫性疾病     |
| <input type="checkbox"/> 抑鬱                 | <input type="checkbox"/> 糖尿病         |
| <input type="checkbox"/> 容易疲勞               | <input type="checkbox"/> 難以集中精神      |
|   | <input type="checkbox"/> 缺乏性慾        |

如果您正受3個或以上的問題困擾，  
您的腎上腺素分泌可能已經失調，  
出現「腎上腺疲勞」！

## 腎上腺及荷爾蒙平衡

腎上腺，被稱為「壓力腺」，使身體能夠應對壓力和突如其來的環境變化。

### 主要的腎上腺荷爾蒙：

- 🔥 **皮質醇**（主要針對日常壓力的反應作微調）
- 🔥 **DHEA**（性荷爾蒙的先驅物；平衡皮質醇過高時的負面影響）
- 🔥 **腎上腺素 / 去甲腎上腺素**（應對緊急情況，決定戰鬥或逃跑反應）

### 腎上腺平衡：



當腎上腺分泌平衡時，身體可產生足夠分量的荷爾蒙，支持一整天的能量需要，同時亦可消除過多的壓力。能量供應、免疫力、骨骼和肌肉構建、精神集中、睡眠週期和性慾都與這些荷爾蒙有關。

### 腎上腺失去平衡：



當身體受持續的情緒壓力刺激，身體會釋放大量的壓力荷爾蒙。如果壓力持續，身體可能無法製造更多的壓力荷爾蒙，出現「腎上腺疲勞」。隨之而來就會出現入睡困難、容易生病及腰間脂肪積聚。

### 長期壓力效應

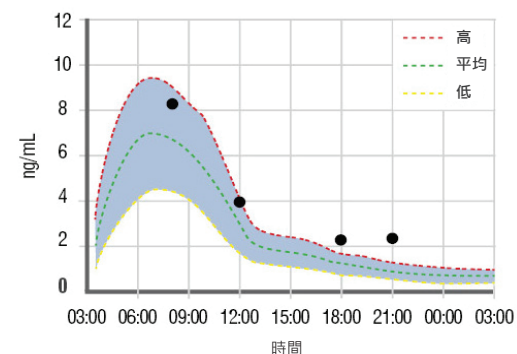
如果壓力持續高企，對抗疾病及維持健康的免疫力會逐漸減弱，令身體處於求生狀態：

- ❖ 長期提高警覺，以致無法入睡
- ❖ 增加食慾來應付需求，變成暴飲暴食
- ❖ 增加脂肪儲備來應付突發情況



## 健康的腎上腺素分泌模式

當我們營養、運動和睡眠三者都充足時，腎上腺能全天候正常運作。皮質醇分泌模式受外在壓力及腎上腺功能所影響。如下圖所示，在健康的情況下，皮質醇會隨著入睡而大幅增加，之後隨醒來而漸漸下降，直至夜晚。



但當我們生活習慣失常，白天過度忙碌，晚上又睡得遲，腎上腺無法好好運作，皮質醇分泌會偏離正常分泌模式。

## 荷爾蒙測試：腎上腺功能

收集一天內4個不同時段的唾液樣本，可以分析DHEA和皮質醇的晝夜水平，以全面評估腎上腺功能，有否超出負荷。

為何使用唾液樣本？因為游離的壓力荷爾蒙只能在唾液中找到。而且唾液是無壓力的採樣方法，不會影響測試結果，可以真實反映壓力荷爾蒙的狀況。

確定激素過多或過少引起的腎上腺失衡

結合測試結果及症狀，以定制治療的方案

# Adrenal Balance: Stress or Distress



## Are you troubled with the following problems?



- |  |  |
|--|--|
| <input type="checkbox"/> Aches and allergies   | <input type="checkbox"/> Chemical sensitivity                          |
| <input type="checkbox"/> Unknown pains   | <input type="checkbox"/> Bone loss                                     |
| <input type="checkbox"/> Sleep disturbances (tired in morning but insomnia at night) | <input type="checkbox"/> Sugar/ food cravings                          |
| <input type="checkbox"/> Irritability & anxiety                                      | <input type="checkbox"/> Frequent infections and hard to recover fully |
| <input type="checkbox"/> Weight gain in waist  | <input type="checkbox"/> Autoimmune diseases                           |
| <input type="checkbox"/> Depression  | <input type="checkbox"/> Diabetes                                      |
| <input type="checkbox"/> Frequent fatigue  | <input type="checkbox"/> Poor concentration                            |
|  | <input type="checkbox"/> Low libido                                    |

If you are troubled with any 3 problems of the above, Your might be having adrenal imbalance, leading to 'Adrenal fatigue'!

## Adrenal Glands and Hormone Balance

The adrenal gland, aka the 'stress gland', enables the body to cope with stress and response to sudden changes within our environment.

### The key hormones involved:

- Cortisol** (primarily finetunes our response to everyday stress)
- DHEA** (precursors of sex hormones; balances negative effects of high cortisol)
- Epinephrine/Norepinephrine** (mobilize body's "fight" or "flight" response in emergency)

### Adrenal in balance:



Produce adequate hormones to power you through the day, taking stress in stride. Energy production, immunity, bone and muscle building, mental focus, sleep cycle and sex drive are related to these hormones.

### Adrenal out of balance:



Under constant stress, the body releases the elevated amount of stress hormones. If the stress persists, the body may not able to make more stress hormones (adrenal fatigue). We will then sleep fitfully, get sick easily, and weight gain around the waist.

### Long term Stress Effects

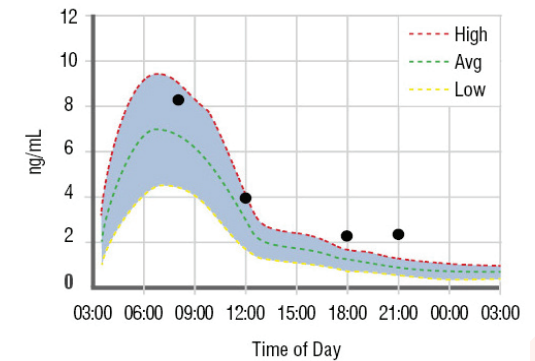
If stress remains high, health and immunity against illness will steadily weaken, and the body remain in survival mode:

- Increases alertness (sleeping difficulties)
- Increases appetite (overeating)
- Increases fat reserve (more belly fat)



## Healthy Adrenal Secretion Pattern

When our lives are balanced by optimal nutrition, exercise and enough sleep, the adrenals perform for us 24/7. The secretion pattern of stress hormones reveals the stress conditions and adrenal health. As illustrated in graph below, a health pattern should be increasing during sleep and dropping when awake till night.



When we are out of balance and burning the candle at both ends, the adrenals become malfunction. The secretion pattern of cortisol would be disrupted.

## Hormone Testing: Adrenal Profile

Saliva testing for DHEA and diurnal cortisol levels 4 times a day for a comprehensive assessment for full adrenal function.



Why testing saliva? The bioavailable form of stress hormones are found in saliva, not blood. And it is a stress-free sampling method without affecting the test result.



Identify adrenal imbalance caused by too much or too little hormone



Match test results with symptoms for a tailor-made treatment plan