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issue:

# physical fitness

in the Florida Keys

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health  
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# Adrenal glands overworked?

**BY ASHLEY HOYT**

Special to The Citizen

Do you often feel "wired and tired"? Do you drag yourself through the day, getting by on caffeine or soda, then find yourself unable to sleep at night? No energy to exercise, and yet no ability to fully rest?

If this describes your state, you could be suffering from adrenal fatigue. It affects up to 80 percent of adults at some point.

The adrenal glands sit on top of the kidneys and are responsible for our "fight or flight" response, pumping adrenalin into our system to deal with emergency situations. Physical and emotional stress, chronic illness and disease can activate this response as well. The result is overworked adrenal glands that cause the body to react as if it's constantly under threat.

Adrenalin fatigue sounds all encompassing, overwhelming, and it feels that way to those who suffer from it. Correcting the problem, however, is within our ability. How do you fix it? Deep rest and exercise are important, along with some basic healthy dietary guidelines.

Start small. There are other ways to rest the mind and body besides sleep. Meditative types of activities can help the body begin to recoup its lost energy. Massage therapy, therapeutic body work, acupuncture, yoga, walks on the beach, or even a nice bath soak with candles and aromatherapy salts can give your body, mind and spirit a break. Do whatever helps deaden the mental chatter and the drain of everyday demands.

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