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## **I'm Tired**

Are you feeling tired? Do you get adequate sleep at night but when you wake up, you do not feel refreshed? Do you feel like your brain is in a fog and it is difficult to concentrate? In today's fast paced world, fatigue is a very common complaint. Many people present to their physician with the complaint of feeling tired and rundown. These are quite vague symptoms and can be caused from a whole host of disease entities. Health care practitioners do a great job at checking such things as thyroid function, blood studies, and if necessary, additional testing. If all of these tests are normal, often the medical community determines that a patient's fatigue is due to the abundant amount of stress that we undergo on a daily basis. This can often be the case, but many issues of fatigue can be caused by a reduction of hormones released by the adrenal glands, otherwise known as adrenal fatigue. It is imperative that we get educated about adrenal fatigue as it is not typically recognized by the medical community as a cause of tiredness and thus gets overlooked as a possible cause of a person's fatigue.

We have two adrenal glands, both of which sit on top of the kidneys. When our body is under stress, the adrenal glands produce extra hormones such as cortisone and adrenaline to combat the stress that we feel. So, it makes sense in today's world, that our adrenal glands are working extra hard. Over time, these adrenal glands can get burnt out or "fatigued". This adrenal fatigue can then lead to many symptoms with the most prevalent being a lack of energy, poor concentration, and even depression.

Dr. Brass-Jones DO, Dr. Grobe ND at The Center for True Harmony Wellness and Medicine have the forward thinking to realize that Adrenal Fatigue is a very real condition that is becoming increasingly prevalent in today's society. We believe that it is important to explore adrenal function as a possibility of a person's symptoms of fatigue. With this, we also have a myriad of treatments that support the adrenal gland function, thus restoring the body to a state of balance. Some of these include the natural treatments of acupuncture, supplementation, massage, and yoga. If you feel that you may benefit from adrenal function testing and treatment, come visit us at the office. We would love to assist you in regaining the energy and concentration that you desire.

This article was written by Kim Dimock PA-C, as a patient education resource for The Center For True Harmony Wellness and Medicine. Edited and revised by Sherry Fragosa, Dr.Christine Brass-Jones OBGYN, and Dr. Denise Grobe N.D. If you have any questions or comments contact the office at (480) 539-6646 or through email at [info@trueharmonywellness.com](mailto:info@trueharmonywellness.com)