



Constant hyperstimulation of the adrenal glands ultimately results in adrenal exhaustion. This is the result of being in a prolonged state of stress.

The key to reversing adrenal exhaustion is to identify the sources of stress that have become chronic in nature. Evaluating both clinical and subclinical sources of chronic stress is paramount to clinical success. Positive lifestyle practices along with specific hormonal and nutritional support protocols will enhance recovery. However, failure to properly diagnose and treat the cause (source) of chronic stress will result in further adrenal exhaustion, and over time, hormone, immune and metabolic systems breakdown.