



The South African Porphyria Foundation

DEPLETED ADRENAL GLAND

This is a typical symptom that has been noted in PORPHYRIA.

It's hard to believe, but adrenal fatigue is estimated to affect around 80 percent of people in the world. According to James Wilson (author of "Adrenal Fatigue: The 21st Century Stress Syndrome"), chronic stress and lifestyle affect the body's ability to recuperate from physical, mental or emotional stress.

In fact, whether for a short time or a chronic condition, most people struggle with adrenal fatigue at some point in their lives.

Symptoms include:

- body aches
- trouble concentrating
- racing thoughts
- moodiness and irritability
- always tired
- feeling overwhelmed
- hormone imbalance
- cravings for sweet and salty foods

These symptoms can be indicative of a few different disorders and are often overlooked by doctors, but more and more people are starting to realize that a combination of these could indicate the onset of adrenal fatigue, also known as adrenal insufficiency.

And if you have adrenal fatigue, it can also be a major cause of excess fat storage and low energy levels. Luckily, you can heal adrenal fatigue with three simple steps: dieting, taking supplements and reducing stress.

Source - Dr.Axe

Source - <http://www.holistichehelp.net/adrenal-fatigue.html>