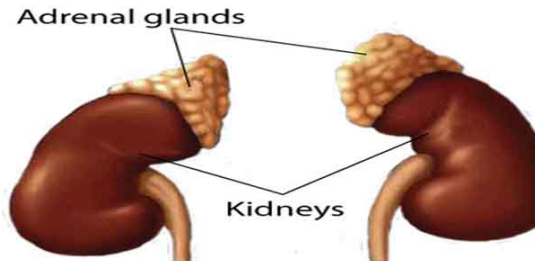




Signs Your Adrenal Glands May Be in a Knot

Adrenal glands produce and secrete hormones that are essential to maintain balance in our bodies, keep us alive and provide vitality.



With Adrenal Fatigue Syndrome - which means the adrenals are tired - the body may experience a number of different symptoms. The most common symptoms caused by tired or worn-out adrenal glands are:

- Excessive sweating or perspiration from little activity
- Lower back pain and/or knee weakness or pain, especially on the side
- Dark circles under the eyes
- Dizziness
- Muscle twitches
- Low blood sugar
- Heart palpitations
- Sensitivity to light, or difficulty seeing at night
- Cravings for salt
- Low stamina for stress, and easily irritated
- Excessive mood responses after eating carbohydrates such as pasta, breads and sugar
- Chronic infections (bacterial, viral, fungal, yeast)
- Low blood pressure
- Light-headedness upon standing up
- Tired but wired feeling, poor sleep
- Cravings for sweets and carbs, intolerance to alcohol
- Premature aging
- Dry, unhealthy skin with excess pigmentation
- Lack of libido
- Cystic breasts
- Tendency to startle easily
- Negative response to thyroid hormone

To learn more about de-stressing and naturally supporting your Adrenals to restore your health, you can work with a HealthWell Health Coach. Call us for a complimentary Health Breakthrough Session at 877-629-2745. www.healthwellcs.com.