

The Adrenal Gland and Chronic Fatigue

The adrenal gland secretes many important hormones in the body like cortisol and dhea. These hormones affect a wide variety of systems in the body including the immune system, stress, and energy production. In chronic fatigue syndrome the adrenal gland is often overworked and these hormones can be depleted. In cfs patients it appears that there may be a problem in the hypothalamus-pituitary-adrenal axis. In this hormone system, each gland affects the other's production of hormones. If there is a weak link in any of these glands, then it will throw the whole system off. In chronic fatigue patients, there seems to be a problem originating in the hypothalamus. So far no one knows why the HPA axis is affected. Supplements like dessicated adrenal gland (made from cow or sheep glands) and pantothenic acid can take the stress off of the adrenal gland and can help ease fatigue. Another hormone that is important in chronic fatigue syndrome is dhea. Dhea is a precursor hormone that goes on to make other hormones like testosterone and cortisol. Supplementing with these vitamins can often relieve some fatigue and reduce brain fog in patients. It also can boost the immune system in cfs patients which often have a weakened immune system. It might also help to fight against the bacterial and viral infections that cfs patients might have.

About the Author

Herbal Remedies are products originating from plants or. plant extracts used for their medicinal. Herbal Remedies include traditional.

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