

# **ADRENAL FATIGUE: A LITERATURE REVIEW**

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(JAN 2011 BATCH)**

THESIS SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENT  
FOR THE DEGREE OF MASTER OF SCIENCE (ANTI-AGING, AESTHETIC  
AND REGENERATIVE MEDICINE)

In the Faculty of Medicine and Health Sciences, UCSI

AUGUST 2013

## ABSTRACT

Adrenal fatigue is syndrome which occurs when the adrenal glands are unable to response to stress adequately. This syndrome has been known by many other names throughout the past century, such as non-Addison's hypoadrenia, sub-clinical hypoadrenia, neurasthenia, adrenal neurasthenia, adrenal apathy and adrenal fatigue. Addison's disease is a more severe version of adrenal fatigue and it is due to a deficiency in the function of the adrenal glands. It commonly manifests itself within a broad spectrum of less serious, yet often debilitating disorders that affect many people. It may wreak havoc in the daily life of those suffering from it because it interferes with the ability to function and the capacity to enjoy life.

Unfortunately, until today adrenal fatigue is still not recognized as a distinct syndrome by modern medicine although it affects millions of people around the world. Fatigue is a universal symptom of poor adrenal function but it is such a common complaint and occurs in so many other conditions. Therefore, today's physicians rarely consider pursuing an adrenal related diagnosis when patients complain of fatigue. This ailment was far more likely to be diagnosed correctly by physicians fifty years ago compared to their modern counterparts. Although information about non-Addison's hypoadrenia has been documented in medical literature for more than a hundred years, the diagnosis of this milder form of hypoadrenia is missed or misdiagnosed in doctors' offices every day,

even though the patient presents with obvious symptoms. Adrenal fatigue causes a fun down feeling and inability to cope with daily demands of life.

Adrenal fatigue occurs when the amount of stress overextends the capacity of the body to compensate and recover from it. The stress can be physical, psychological, emotional or environmental. The adrenals respond to every kind of stress the same way, whatever the source. People from every age, every culture and every walk of life can suffer from it. One of the few good things about adrenal fatigue is that patient can do most of what is necessary to recover and regain their adrenal health. Although there are no magic pills for adrenal fatigue, there are certainly key lifestyle changes and nutritional supplements that will greatly facilitate recovery. Fortunately, this is a highly treatable disorder and complete recovery is possible.