



Adrenal Fatigue Syndrome: How to Treat Adrenal Fatigue Naturally

Brittany Samons

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Adrenal Fatigue Syndrome is a condition brought about by the adrenal glands' failure in hormone production, thereby disallowing the body to cope with stress effectively. The adrenal gland is supposed to produce the hormone called cortisol which is a very useful hormone for the body to be able to cope with different stress and also to fight infections. But when a person experiences adrenal fatigue syndrome, it means that the production of cortisol is hampered and so the body feels fatigued and lacking of energy most of the time. This is why adrenal fatigue syndrome is also known as intense stress or chronic fatigue that cannot easily be fixed or coped with even if the body has had enough rest already.

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