

Metabolic Assessment Form Interpretation for Adrenal Support

Category VIII: Adrenal Hypofunction

The adrenal glands are two small glands that sit on top of the kidneys. They produce several important hormones: cortisol to regulate glucose levels, aldosterone to regulate sodium and potassium levels, DHEA which has immune-modulating impacts, and catecholamines which act as both hormones and neurotransmitters to excite the sympathetic nervous system. The adrenal glands are called the anti-stress glands because they allow the body to deal with stress. Stress can be mental/emotional from unhealthy relationships, or chemical from inadequate diets such as reactive hypoglycemia, food sensitivities, or physical from over training. Those that present with adrenal exhaustion must avoid caffeine, alcohol, sugar, as well as any foods they may be sensitive to.

Category IX: Adrenal Hyperfunction

Adrenal hyperfunction is the initial adrenal response to stress in which the adrenals will increase their release of cortisol. This response is called the alarm reaction and can last for years. Adrenal hyperfunction has the tendency to induce insulin sensitivity and vice versa.