

The Ripple Effect Diet

... feel how good health looks on you!

Why You Can't Lose Weight Despite Diet and Exercise

Do you watch what you eat and exercise regularly but still can't seem to lose weight? You could be suffering from what has been termed "the 21st Century Illness": **Adrenal Fatigue**.

What is it?

Sadly, in our busy, stressed out society, this disorder is shockingly common and has been estimated to affect **up to 80% of all Americans** at one time or another. Adrenal Fatigue is a condition in which the two adrenal glands, which are located on top of each kidney, lose the ability to functioning properly due to some sort of prolonged emotional, psychological or physical stress. In a nutshell, adrenal fatigue is a hormonal disorder that affects our primary **stress-handling glands**, (the adrenals) and affects every cell in our bodies.

Here's the Catch

The tricky part of this disorder is that often it can go undetected for years basically because routine lab tests are not sensitive enough to pick it up. Unlike the more severe, but rare adrenal disorders such as Addison's disease and Cushing's disease, proper detection of Adrenal Fatigue is much more subtle and requires a working understanding of an emerging field of medicine called functional endocrinology. Unfortunately this information is not yet part of standard medical care so many people get misdiagnosed and suffer needlessly.

Could This Be You?

How do you know if you or someone you know might be suffering from Adrenal Fatigue? Let me describe a typical scenario for you:

You don't feel well. It seems like you are more tired than usual, you can't get motivated, you seem to need more coffee than usual and you're more irritable and edgy lately. Worst yet, you seem to be getting a little chubbier around the middle despite your regular exercise and healthy eating habits. You just aren't feeling well and you know something is wrong.

You go to the Doctor and your lab tests all come back negative. Your doctor tells you that all the results are within the normal range, so just “get some more rest, watch your diet and take a vacation soon”. Frustrated and confused, you know something is wrong but what can you do?

Help Is Here!

Well good news. There’s a whole lot you can do!

More and more of my work nowadays involves helping people learn **how the way they eat, their lifestyle and the way they handle stress** are contributing to their hormonal dysfunction and unwanted symptoms, many of which involve Adrenal Fatigue. By making a few basic changes, soon they are **feeling better** and best of all, their **zest for life**, which had long been forgotten, returns and they are back to their old selves again.

Here are a few more of the common **Symptoms of Adrenal Fatigue**. If you find yourself with these symptoms, I encourage you to look into getting some help. I assure you, life can be better than you are experiencing it now!

1. Have a hard time getting up in the morning
2. Despite sleeping 8 hours, don’t feel rested
3. Crave salty foods
4. Inability to handle stress. Can’t handle even little things anymore, less tolerance.
5. Tired all the time. Not have energy for anything. Can’t get motivated.
6. Light-headed when stand up quickly.
7. Crave stimulants (coffee, soda, tobacco) to help keep you going
8. Need to eat often/regularly help keep going. Get hypoglycemic if miss a meal or meal inadequate.
9. Lingering illnesses and injuries. Sickesses, bruises and cuts take longer to heal than normally.
10. Afternoon low between 3 and 4PM. (Sometimes can get a second wind if stay up after 10PM.)
11. Brain fog, difficulty making decisions or keep a train of thought.
12. Decreased interest in sex
13. Compulsive behavior: eating smoking, drinking...
14. Depression, apathy, general lack of interest
15. Intensified PMS symptoms

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