

# SOP: ADRENAL FATIGUE

RESTORING ENERGY AND ENHANCING COMMUNICATION  
BETWEEN BRAIN AND BODY



## OVERVIEW

- **Definition:** Chronic stress leading to hormone imbalances and adrenal dysfunction.
- **Target Audience:** Women over 40 experiencing chronic fatigue and burnout symptoms unintentionally making it worse with exercise.



## SIGNS & SYMPTOMS

- ✓ Desire or need to nap after exercise.
- ✓ Persistent fatigue, even after rest or long sleep.
- ✓ Noticeable sluggishness with low appetite early in the day.
- ✓ Cravings for salty or sugary foods.
- ✓ Difficulty waking in the morning.
- ✓ Afternoon energy crashes.



## WHAT TO TRY: INITIAL STEPS & PROGRESSION

### STEP 1: REDUCE STRESSORS

- **Sub-step 1:** Prioritize sleep and downtime.
- **Sub-step 2:** Eliminate high-intensity and long workouts: opt for short "snacks".
- **Sub-step 3:** Implement daily vagus nerve stimulation (breath, pre-meal practice).

### STEP 2: NUTRITION ADJUSTMENTS

- **Sub-step 1:** Increase protein and healthy fats.
- **Sub-step 2:** Avoid caffeine after 10 a.m.
- **Sub-step 3:** Eliminate refined sugars by adding small snacks throughout the day.
- **Sub-step 4:** Consider micronutrient deficiencies, addition of maca or other herbs.

### STEP 3: GENTLE MOVEMENT

- **Sub-step 1:** Use yoga or walking.
- **Sub-step 2:** Limit intense and cardio workouts in mid zones.
- **Sub-step 3:** Add short strength sessions after energy improves.



## SUGGESTED TOOLS FOR TRACKING

- **Metrics to Monitor:** Subjective energy levels, mood, sleep patterns.
- **Recommended Tools/Apps:** HRV measures in existing trackers, sleep scores.
- **Frequency of Check-ins:** Bi-Weekly or daily if given a major change.



## COMMON CHALLENGES & TROUBLESHOOTING TIPS

- **Challenge 1:** Client struggles to slow down or make dietary additions.
  - **Solution:** Substitute vs remove.
- **Challenge 2:** Poor sleep quality.
  - **Solution:** Follow nighttime hygiene SOP.



## CLIENT COMMUNICATION TIPS

- **Tone & Approach:** Gentle, reassuring, patient.
- **Key Phrases to Use:**
  - *"Fitness occurs in the rest between workouts, not during the workout." - Joe Friel*
  - *"Sick, injured and exhausted don't get fit." - Debra Atkinson*



## REFERENCES & RESOURCES

- Flipping 50 Specialist Adrenal Fatigue bonus, blogs, podcasts.
- <https://endocrinenews.endocrine.org/myth-adrenal-fatigue/>
- <https://patient.info/hormones/adrenal-fatigue>



## NEXT STEPS FOR PRACTITIONERS

- ☐ Remove from "apparently healthy programming".
- ☐ Re-evaluate progress every 4 weeks.
- ☐ Suggest cortisol saliva, micronutrient testing.
- ☐ Refer to a functional medicine practitioner.



## NOTES SECTION

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