



# Overwhelmed? Effective Ways To Overcome Adrenal Fatigue: The Adrenal Syndrome Explained

*Cross Nathaniel*

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Most of us know that the body is connected. What happens in what part of the body can affect another part; however, most of us don't always understand how this happens and what the true impact is. Take the connection between the thyroid and the adrenal glands. The hypothalamus sends a message to the pituitary gland, which then sends messages to the adrenal glands and thyroid - this negative feedback loop is called the HPTA (hypothalamic-pituitary-thyroid-adrenal) axis. The thyroid hormone is responsible for telling your cells how quickly to produce protein and burn energy. The primary job of the adrenal gland is responsible for producing the correct amount of stress hormones. This is what the book, "Overwhelmed? Effective Ways To Overcome Adrenal Fatigue" by Nathaniel Cross is all about, you can learn the best ways to overcome adrenal fatigue. Did you know that adrenal fatigue is deadly and can be fatal if not treated? For your thyroid to function optimally, you need the correct amount of cortisol. If there is an imbalance anywhere along the HPTA, it can lead to an underactive or overactive thyroid or adrenal gland. This is also why there can be thyroid dysfunction even when your thyroid lab is in the normal range. Graves' disease, which causes hyperthyroidism, often results after a sudden stressful change in a person's life. Too much stress also leads to the thyroid slowing or hypothyroidism.

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