

glands are generating too much of a hormone, they may also suggest drugs as well as radiation treatment.

Surgery is another option for treating some adrenal diseases. Your doctor may advise surgery if:

- you have malignant tumors that can be removed
- you have tumors on your adrenal or pituitary glands
- hormone suppressants fail

During therapy, your doctor will need to monitor your hormone levels in your blood regularly. Because your adrenal glands are linked to other organs in your endocrine system, your doctor will most likely examine your pancreas, sex organs, thyroid gland, and pituitary gland for symptoms of illness as well.

The Adrenal Fatigue (AF) Diet

The adrenal fatigue diet is a dietary strategy to reduce stress on the adrenal glands. The adrenal glands are found above the kidneys. They generate hormones that aid in the metabolism of fat and protein, the regulation of blood sugar and blood pressure, and the stress response.

Although adrenal fatigue is not a legitimate medical diagnosis and is not widely accepted by medical experts, it is said to develop when your adrenal glands fail to operate correctly. The adrenal fatigue diet is said to enhance normal adrenal gland function.

This adrenal fatigue diet follows the same rules as other well-balanced diets, which often include:

- lean sources of protein
- vegetables
- whole grains

The stated purpose is to naturally enhance your energy levels so you don't burn stored nutrients.

Keep in mind that the adrenal fatigue diet has not been studied to see if it can reduce stress on the adrenal glands. However, it has been demonstrated that eating a more balanced diet and making certain lifestyle adjustments can improve your physical and emotional well-being.

Foods to Avoid

If you opt to attempt an adrenal fatigue diet, it is typically suggested that you restrict foods and beverages heavy in refined and processed sugar, as well as harmful fats.

Limit your intake of the following foods:

- white sugar
- white flour