



DR. TAZ ^M_D

ADRENAL DYSFUNCTION & FATIGUE:
UNDERSTANDING CORTISOL
& HPA AXIS DYSFUNCTION

WHAT IS THE HPA AXIS?

- The HPA axis is the body's central stress response system. It involves the hypothalamus, pituitary gland, and adrenal glands, which work together to regulate stress, energy, and hormone levels, particularly through the release of cortisol. Its role in the body's stress response and hormone regulation.



THE ADRENAL GLANDS & CORTISOL

- The adrenal glands produce hormones like cortisol, which regulates metabolism, blood pressure, and stress response.
- They release cortisol during stress to maintain balance.
- Chronic stress overstimulates the adrenal glands, leading to dysfunction.
- Symptoms include fatigue, weight gain, brain fog, and weakened immunity.



ADRENAL FATIGUE SYMPTOMS

- Common symptoms:



CHRONIC
FATIGUE



BRAIN
FOG



SLEEP
ISSUES



WEIGHT
GAIN

CAUSES OF ADRENAL DYSFUNCTION



CHRONIC
STRESS



LACK OF
SLEEP



POOR
DIET



EMOTIONAL
STRESSORS

DIAGNOSIS & TESTING

- Saliva Testing: Measures cortisol at multiple points throughout the day.
- Blood Testing: A common method, typically measuring morning cortisol.
- Urine Testing: Assesses free cortisol levels over 24 hours.
- ACTH Stimulation Test: Evaluates adrenal gland response to adrenocorticotrophic hormone (ACTH) stimulation.



TREATMENT APPROACHES

- Lifestyle changes.
- Supplements.
- Stress management.



BREATH WORK

A woman with long blonde hair is sitting in a meditative lotus position on a red mat on a wooden floor. She is wearing a black tank top and light-colored leggings. Her hands are placed on her chest and abdomen, indicating a focus on breathwork. The background shows a modern living room with a white brick wall, a black lamp on a wooden stand, a potted plant, and a wooden tripod table with a lantern. The overall atmosphere is calm and serene.

A close-up photograph of several hands being massaged, with the word 'ACUPRESSURE' overlaid in white text. The hands are of various skin tones and are being held and massaged by other hands, suggesting a therapeutic or medical setting. The background is a soft, out-of-focus light color.

ACUPRESSURE

A person with long brown hair is shown from the chest up, wearing a grey t-shirt and a silver necklace with small circular pendants. Their hands are placed on their chest, with fingers slightly spread. A silver chain bracelet is visible on their left wrist. The word "TAPPING" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

TAPPING

A woman with blonde hair is lying on her back, eyes closed, receiving a scalp massage. Her hands are resting on her head, and her face is relaxed. The background is a plain, light-colored wall.

SCALP MASSAGE

JOIN THE CIRCLE



BECOME A PATIENT





DR. TAZ M D

LET'S CONNECT!

Visit: www.doctortaz.com/superwoman-circle
TheEastWestWay.com



SCAN ME



TAKE A LOOK AT MY UPCOMING EVENTS!



DR. TAZ M.D.
INTEGRATIVE MEDICINE