

I'm Burned Out – Now What?

"I'm tired and anxious all the time."

"I can't lose weight no matter what I do."

"I get one cold after another."

"I can't get my mind to shut off and I know I'm not getting enough sleep."

"What's with the dark circles, sagging skin and muscle aches?"

"Why am I craving sugar?"

TV ads are filled with recommendations for weight loss, anxiety, fatigue, insomnia, mood swings, depression, digestive disturbances, high blood pressure, PMS, muscle aches and pains and more. These are all symptoms. Treating each individual problem may miss the root cause. Often, the problem stems from adrenal fatigue.

Many of us live fast-paced lives. More often than not, we are supporting this lifestyle with sugar, caffeine and adrenaline. And then we wonder why we are so tired and burned out. Life becomes a roller coaster ride and we're not sure what to do to balance ourselves physically, mentally, emotionally and spiritually.



The following are some books and suggestions for finding solutions to feeling burned out.

1. I highly recommend the book, ***Are You Tired and Wired?*** by Michele Pick, MSN, OB/GYN NP and co-founder of Women to Women (see #2). She outlines solutions to adrenal dysfunction including dietary suggestions, supplements, lifestyle changes, emotional work and more.
2. Women to Women - www.womentowomen.com - a website and medical clinic focused on "changing women's health - naturally"
3. *Rhodiola rosea* is an herbal supplement that works on the cellular level to balance the relationship between stress and energy. I don't start my day without it. To understand more about the supplement, I highly recommend the book, ***The Rhodiola Revolution*** by Richard P. Brown, MD and Patricia L. Gerbard, MD.
4. *Macrocarpa* is an Australian Bush Flower essence that supports and recharges the adrenal glands. It also helps to reinforce the need for rest as well as giving extra energy.

5. Take time for yourself each day even if it is only 5 minutes. Stop what you are doing, look around, bring yourself into the present moment, do "nothing" and enjoy a few minutes of peace and calm.
6. When you are feeling overwhelmed and a little crazy, try this simple energy exercise called *Sedating Triple Warmer*: Place your fingers of one hand on the opposite temple and trace around your ears and down your shoulder and release or shake off the energy. Repeat on the other side. Repeat several times on both sides.
7. If you have never experienced acupuncture, this might be a good time to find a practitioner. Chinese medicine is the oldest health care system still used today. The goal is to unblock and free acupuncture points so that the body's life force energy is restored.
8. As a kinesiologist, I can't overlook the biofeedback tool of muscle testing. The only source of information about you is YOU. Your body wisdom directs a kinesiology session and the best path for healing.
9. Burn out is your body's way of telling you that something has to change. Whether the change is physical, mental, emotional, and/or spiritual is for you to decide. Get help, take charge of your health and live a more energized life!