

## Parkhurst Chiropractic

364 GARDEN AVENUE,  
HOLLAND MI, USA 49424  
Phone: 616-392-9500  
Fax: 616-392-9662

**CONTACT:** DR. KARLA PARKHURST DC

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### When Mama's not happy.....the family is not happy!!!!

Is it hard for you to get going in the morning? Do you run out of energy in the middle of the day? Do you crave caffeine or sweets to keep you going? Do you feel as if you are struggling to keep all of the balls in the air? All of the above? If you are feeling tired all of the time, your lack of energy may very well be an indication of hormonal imbalance.

Fatigue is one of the most common symptoms of hormonal imbalance, affecting as many as 80% of women in their 30's and beyond. Many women and sometimes even their doctors attribute it to "just getting older, after all you're not a kid anymore!" Fatigue is not a forgone conclusion of the aging process. Let's take a look at some of the common causes of fatigue.

Disrupted sleep is a common cause of fatigue. Worry, anxiety, stress and depression can keep women from getting a restful night's sleep. If you are dealing with night sweats, hot flashes or chronic pain it can be difficult to sleep. Adrenal insufficiency, due to chronic stress, is a major contributor to fatigue as well to an overall feeling of low mood and unexplained anxiety.

The adrenal glands are our stress handling glands. They produce a variety of hormones that help us handle physical and emotional stress. In situations of chronic stress these glands can become fatigued. This then can affect the quantity of hormones that are produced. The adrenal hormones are the "vitality hormones" that determine overall strength, energy and stamina. They provide us with a sense of well being and help maintain healthy mood and emotion. They are the back up for sex hormones, especially after menopause and in people with hormonal imbalance.

There are now simple, accurate and inexpensive tests to determine if hormonal imbalance and adrenal fatigue may be contributing to your symptoms. Once the cause and the imbalance are identified there are safe and natural ways to balance mood and energy levels.

Dr Karla Parkhurst DC, ABAAHP  
Lakeshore Wellness Center

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