

Toronto Naturopathic Doctor Discusses How A Naturopathic Approach May Improve A Patient?s Adrenal Fatigue

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The Toronto, Ontario based Naturopath, Dr. Amauri Caversan of the Dr. Amauri Wellness Centre recently published a new article discussing the benefit of a naturopathic approach to adrenal fatigue. Adrenal Fatigue is a condition that affects many Canadians. While a person?s condition may improve through diverse ministrations, there are specific natural remedies to aid the recovery of the adrenal glands. This prompted the Dr. Amauri Wellness Centre to publish an article shedding light on this topic.

The article discusses several topics related to this affliction, including its causes, common symptoms, and tests used to diagnose the condition. They express that they hope to raise awareness of adrenal fatigue, while sharing some of their knowledge and experience regarding natural methods by which the condition can be addressed (depending on each individual?s specific circumstances).

First and foremost, the article covers two common sources of adrenal fatigue, a condition where the adrenal glands produce insufficient amounts of hormones for the body. According to the center, such fatigue is most often caused by ongoing, elevated levels of stress. Those who suffer from this condition will experience many

symptoms including craving salt and sugar, intense fatigue, an inability to deal with stress, agitated and restless feelings, not feeling refreshed upon waking up (even after a long sleep), trouble falling asleep and waking up, and a weakened immune system.

Knowing the symptoms of Adrenal Fatigue, the Toronto naturopathic doctor moves on to explain some of the other causes, along with a natural approach that may help improve the patient's condition, depending on the situation. For instance, people who have deeply empathetic personalities are known to be struck by adrenal fatigue more often than those who are not. The center believes that this is because empaths are deeply sensitive individuals who are highly attuned to the emotions and energy of others. It is this susceptibility to other people's emotions that affects their own bodies, as they end up absorbing the pain and stress of others. This may eventually lead to them feeling fatigued, with difficulty falling asleep or getting up from the bed.

People whose adrenal fatigue is caused by their empathic personality may benefit from natural de-stressing methods, as the center notes that studies mention the positive impact natural treatment methods may have on a patient's condition. Some of the methods by which a patient may improve their condition, according to the Dr. Amauri Wellness Center, include meditation, yoga, acupuncture, proper whole food nutrition, getting enough rest and sleep, nutritional supplements, and the consumption of adaptogenic herbs such as Ashwagandha and Rhodiola.

Other common causes of adrenal fatigue include ongoing chronic stress, pain, and blood sugar imbalances. According to the center, all of these factors affect the proper function of the adrenal glands, compromising the production of Cortisol and other hormones, and resulting in symptoms such as increased fatigue, pain, and inflammation. Over time, these symptoms may worsen and evolve into others such as weakness, low blood pressure, dizziness, and sluggishness.

The Dr. Amauri Wellness Centre explains that patients dealing with stress-caused Adrenal Fatigue may benefit from seeking a natural way to relieve their stress. They advise patients to experiment and find a solution that works in relieving their stress, as the effectiveness of these methods varies from patient to patient. Some of the most simple ways to relieve stress that may aid a patient's recovery include exercise, music therapy, and massage therapy.

The Dr. Amauri Wellness Centre has maintained a great commitment towards helping the community overcome their afflictions and illnesses through a natural approach.

Parties interested in learning more about the different wellness services provided by the local center, will find a thorough description of each of their therapies on their website. You can also check the Toronto Naturopath?s recent article on the topic of toxicity.

The center encourages patients to reach out to Dr. Amauri Caversan and schedule a consultation to learn more about their naturopathic approaches to improve adrenal health. More information can also be found on their website.

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Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

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