

## UNDERSTANDING HPA AXIS DYSREGULATION

Adrenal fatigue and exhaustion could be part of a much bigger issue.



### PHYSIOLOGICAL RESILIENCE

Our bodies have an inbuilt resilience that enables our cells, tissue and organs to respond to physiological needs (stressors) in an instant.



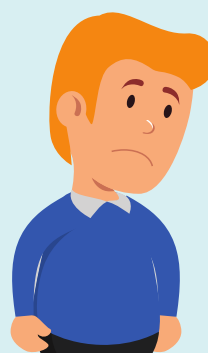
### METABOLIC RESERVE

Supporting our resilience is our reserves. This enables us to withstand repeated and ongoing challenges, and get us back to normal operating function - allostasis.



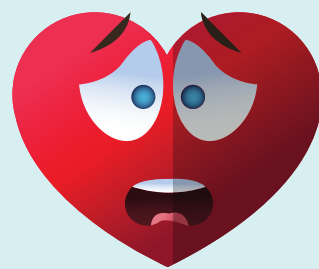
### HPA AXIS DYSREGULATION

The system that regulates reserves and resilience is our hypothalamic-pituitary-adrenal axis (HPA Axis). Constant stress can lead to dysregulation showing as symptoms of fatigue and exhaustion.



### LONG TERM RISKS

Ongoing dysregulation can increase risk of cardiovascular disease, blood pressure issues, chronic fatigue, thyroid dysfunction, chronic infections, insulin resistance and hypoglycaemia.



### WHERE CAN I GET HELP

Start with your GP describing your symptoms in detail, so they can run some initial tests. Then make an appointment with a good naturopath to bring your pathology results for a thorough health assessment.



For more information and health tips for improving your health, visit [www.lavidahealth.com.au](http://www.lavidahealth.com.au)!

#### SOURCES:

[HTTPS://WWW.LAVIDAHEALTH.COM.AU/BLOG/ADRENAL-FATIGUE-SYMPTOMS-HPA-AXIS-DYSREGULATION/](https://www.lavidahealth.com.au/blog/adrenal-fatigue-symptoms-HPA-axis-dysregulation/)  
[HTTPS://WWW.LAVIDAHEALTH.COM.AU/BLOG/ARE-STRESSED-ADRENALS-THE-SOURCE-OF-YOUR-HEALTH-PROBLEMS/](https://www.lavidahealth.com.au/blog/are-stressed-adrenals-the-source-of-your-health-problems/)