



Hi, <<First Name>>!

Adrenal Fatigue?

If you've spent time consuming information in the running community, you've probably come across articles, blogs, or other podcasts that have talked about adrenal fatigue and what a problem it may be for runners. The purpose of this week's episode of Science Of Ultra was to dispel this myth; adrenal fatigue isn't a real medical condition. The term was invented in 1998 by chiropractor James Wilson to describe a constellation of common signs and symptoms with the chief complaint of fatigue.

Proponents of the adrenal fatigue theory attribute the signs and symptoms to chronic dysfunction of the adrenal glands. However, there is no evidence to support the theory. This is distinctly different from adrenal insufficiency, which is a rare but very real medical condition.

The biggest concern is that treating a person for adrenal fatigue will delay accurate diagnosis and appropriate treatment for the actual condition(s) they may have. Additionally, they may be treated for symptoms that improve with lifestyle modifications rather than sham treatments or supplements that are ineffective or harmful.

A great overview can be found on WebMD [HERE](#).

The Hormone Health Network, which is the public education arm of the Endocrine Society, developed a myth vs fact sheet. You can read that report [HERE](#).

Another good article is [HERE](#) from the Mayo Clinic.

Science Of Ultra is a passion, and I do this for you. Please become a sustaining partner in the Ultra Clan and support the podcast [HERE](#). Have a great run today!

All the Best,

Shawn

Chief Running Officer, [Science Of Ultra](#)

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