

Googling for Fatigue shows Stress as the major reason for it.

Some farmers have suffered stress over the years because farming can be stressful, but the percentage is becoming worse in many countries shown by increased bankruptcies and suicides.

Farming is a very busy occupation which some thrive on and do very well at, while some should never have got into it. Even the changeable weather, without it's inconsistency, is too much for some.

Governments' lack of understanding of farming and unreasonable bureaucracy, make it too much. In recent decades the lack of practical knowledge in the advisory sector has made things dreadful for increasing numbers of farmers.

As well as farming until 1984, I've been consulting since 1960, and have seen a deterioration of advice to farmers increase, especially in recent years, in New Zealand.

Are you -

Tired for no reason?

Having trouble getting up in the morning?

Depending on coffee or colas to keep you going?

Feeling run down and stressed?

Dragging yourself through each day?

Craving salty or sweet snacks?

Struggling to keep up with life's daily demands?

Unable to bounce back from stress or illness?

Not having fun any more?

Experiencing decreased sex drive?

Simply too tired to enjoy life?

If you answered yes to any one of these, you probably need this information.

Adrenal Fatigue: the 21st Century Stress Syndrome™

What causes adrenal fatigue?

Adrenal fatigue is produced when your adrenal glands cannot adequately meet the demands of stress.* The adrenal glands mobilize your body's responses to every kind of stress (whether it's physical, emotional, or psychological) through hormones that regulate energy production and storage, immune function, heart rate, muscle tone, and other processes that enable you to cope with the stress. Whether you have an emotional crisis such as the death of a loved one, a physical crisis such as major surgery, or any type of severe repeated or constant stress in your life, your adrenals have to respond to the stress and maintain homeostasis. If their response is inadequate, you are likely to experience some degree of adrenal fatigue.

During adrenal fatigue your adrenal glands function, but not well enough to maintain optimal homeostasis because their output of regulatory hormones has been diminished - usually by over-stimulation.* Over-stimulation of your adrenals can be caused either by a very intense single stress, or by chronic or repeated stresses that have a cumulative effect.

Adrenal Fatigue: the 21st Century Stress Syndrome, is a treasure trove of information and help for everyone who regularly experiences any of the above, or the many other signs of stress described in the book. Dr. Wilson explains that healthy functioning of your adrenal glands is essential to virtually all aspects of your health as well as to your ability to handle stress. For this reason, stress and adrenal function often also play a role in many health conditions, such as frequent infections, chemical sensitivities, allergies, autoimmune diseases like fibromyalgia and rheumatoid arthritis, menopause and PMS, thyroid function imbalances, chronic fatigue syndrome, low libido, chronic anxiety, and mild depression. All of these problems and more may be aggravated by the effects stress can have on your adrenal glands.

Under certain circumstances, stress can fatigue your adrenals. It is estimated that most North Americans experience some form of stress-related adrenal fatigue at some time. Although many people realize that stress is a problem in their lives, few understand the actual physical ways stress acts on the

body and mind through the adrenal glands – or more importantly, what to do about it. Unfortunately, even most doctors still do not recognize the common health picture produced by adrenal fatigue. This leaves a lot of people suffering without anywhere to turn for help. That's where Adrenal Fatigue: The 21st Century Stress Syndrome comes in.

In Adrenal Fatigue: The 21st Century Stress Syndrome, Dr. Wilson explains not only how stress affects your health but what you can do to un-fatigue your adrenals, protect your health and become more stress hardy. He has written this book in an entertaining, easy-to-follow style that is designed to guide you through everything you need to know about stress, adrenal fatigue and your health. It contains the questionnaire Dr. Wilson developed and used in his practice plus simple self-tests to help you determine if you are experiencing adrenal fatigue and how much it may be affecting you. Dozens of cartoons, illustrations, charts and fascinating case histories from Dr. Wilson's files make this book hard to put down. From beginning to end it will take you step-by-step to reclaim your life from the negative effects of stress.