



Adrenal Fatigue

Your adrenal glands are small but mighty organs that sit on top of your kidneys, producing hormones that help regulate energy, stress response, blood sugar, and even blood pressure. When life places constant demands on your system with things like chronic stress, poor sleep, inflammation, or imbalanced blood sugar, the adrenals can become overworked. Over time, this can lead to a state often called adrenal fatigue, where your stress-response system can't keep up.

Despite its name, adrenal fatigue isn't really about the adrenals wearing out – it starts in the hypothalamus, the part of your brain that regulates the stress response. When this system becomes overtaxed, it can 'turn down' adrenal activity, and this imbalance is often linked with leaky gut and its companion, leaky brain.

How It Can Show Up:

Symptoms may include persistent fatigue (even after rest), difficulty handling stress, brain fog, low motivation, disrupted sleep, cravings for salt or sugar, and sometimes dizziness or low blood pressure. Because adrenal hormones influence so many systems, imbalances can ripple outward, affecting your metabolism, mood, thyroid function, and even your immune system.

What We're Doing About It:

At NuBloom, we don't just treat the symptoms of adrenal fatigue; we work to uncover and address the root causes. This often includes stabilizing blood sugar, improving sleep quality, reducing hidden sources of inflammation, and supporting the adrenals with nutrition and lifestyle strategies. In some cases, supplements or hormone support may be appropriate to help the adrenals recover. Healing is possible, and when your adrenals regain balance, your whole body starts to feel more resilient.