

Adrenal Fatigue: Tests Required? Not Always!



Everyone knows one.

You know – those rare people you meet who have *joie de vivre* oozing from their pores. They've accomplished more in the last year than most of us can in a lifetime.

Each time you see them, you must restrain yourself from asking what they eat, why their skin is so glowing, and the

secrets behind their success.

That's exactly how it is with Suzy. Just one look at her is enough to convince anyone that she must be dabbling in something unknown to the rest of us.

But some things are not always as they seem.

There was a time when Suzy was really dragging, and she hid it from everyone. It was a struggle for her to get up in the mornings and an effort to get dressed. The next battle was to get breakfast for her family and then, do the beastly dishes.

Everything was an effort. Life was a protracted, relentless, effortful drag.

A naturopath she visited offered her the explanation that she suffered from adrenal fatigue. Frankly, all she remembered was that "fatigue" was the operative word in the diagnosis.

The test results left Suzy unimpressed.

Suzy was an ardent student of homeopathy, so she eschewed the recommended supplements, and instead, tasked herself with analyzing her illness through the lens of homeopathy.

Allow me to clarify that in homeopathy (particularly in the method that I employ and teach), we don't identify the adrenals as the cause of fatigue. Indeed, fatigue can emanate from a variety of sources and circumstances.

For example, Suzy's fatigue could have resulted from having had three babies in four years, from her long career of nursing, or following a particularly trying event of influenza.

Several homeopathic medicines are used to correct fatigue (no matter whether the specific fatigue is called adrenal

fatigue, fatigue after grief, fatigue after childbirth, fatigue from having too much coffee or chocolate, fatigue as a side effect of conventional drug therapy or even fatigue stemming from low testosterone in men).

Indeed, for the homeopath, it depends less on how the endocrine system reads on lab reports and more on the individual's predominating circumstances and or symptoms. So, do we need a saliva or blood test? Not necessarily so, if we use homeopathy.

After her last child, while she was nursing, Suzy recognized that the fatigue she felt was big – bigger than any she had experienced in the past.

It didn't seem to correlate with the birth. She had plenty of pep for months afterward; it hit about a year later.

Her baby, Gino, nursed voraciously. Nighttime nursing seemed not to end, and during the day it was like a feeding frenzy!

Suzy did what she could to keep up with Gino's appetite, preparing nutrient dense foods for them both. But he was a gulch of hunger. (There is a way to correct this with homeopathy. Read on to learn how.)

Luckily, Suzy was taking a course in homeopathy. She learned that the homeopathic medicine *China officinalis* also known as *Cinchona officinalis* is specific for fatigue after the loss of bodily fluids.

That made it particularly useful during nursing. Given that Gino's ravenous appetite was likely depleting her, (although it's unnecessary to know for certain via tests), she began taking *China Officinalis* 200 ([*Cinchona officinalis* 200](#)) once every day.

Within about a week or so, (often longer for some), she forgot that she had been so tired! She completely overlooked

her daily nap.

She forgot that she had previously only wanted to sit in front of a computer screen and vegetate, instead of tackling her daily tasks.

She forgot all about it, that is until her husband noticed even before she did that, in addition to her usual duties, she had cleaned the basement, made lasagna from scratch and gone grocery shopping – all in one day!

If you met her today, it would be hard to believe that Suzy was once someone who spent as much time as she could get away with on the couch and did what she could to bribe her kids to prepare the family meals.

Today, she is someone others envy for her energetic demeanor.

As for baby Gino, to correct his voracious appetite, he was given [Calcarea Phosphorica 3](#) and [Lycopodium 200](#) twice daily for a few months.

No longer is his hunger insatiable nor his belly distended. And no –after a few months, he no longer needs to take these.

Nor does Suzy require *China officinalis*.

Why? Because homeopathy aims to correct conditions, not suppress, not supplement, not even support – it simply uproots the ailment and moves on.

I recall the practical use of this *China officinalis* in Kolkata from the doctors under Dr. Pratip Banerji. There, they use it for Indian village women who work tirelessly in the fields in the hot sun.

It is their go-to medicine for physical over-exertion associated with heavy perspiration resulting in fatigue.

China officinalis has since become my go-to medicine for any adrenal fatigue condition that arises from fluid loss. No saliva test needed. No blood test required. Just common sense and Practical Homeopathy.

Suzy initially had learned about the use of *China* in my courses where I teach its use for nursing mothers. Whether you're seasoned in your homeopathic knowledge or a neophyte, consider joining her and others by starting or joining an online or an in-home study group, called [Gateway to Homeopathy](#).

You might be surprised at how easy it is to cure your family and self with information that most in the U.S. know little about. You might also be surprised at how satisfying it is to be the one in the know...way ahead of the curve.



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