



# AMCHARA

## HEALTH RETREATS

### Article References for:

<https://www.amchara.com/hormones/how-to-reverse-adrenal-fatigue-and-balance-your-hormones>

### References

1. Akima T, Kurita A, Ohsuzu F, Takase B, Uehata A. Effect of chronic stress and sleep deprivation on both flow-mediated dilation in the brachial artery and the intracellular magnesium levels in humans. *Clin Cardiol.* 2004; 27 (4): 223-7.
2. Azumano et al. Effects of pantothenic acid supplementation on adrenal steroid secretion from male rats. *Biol Pharm Bull.* 2008; 31 (6): 1205-8.
3. Dagenais S, Mishra LC & Singh BB. Scientific basis for the therapeutic use of *Withania somnifera* (ashwagandha): A review. *Altern Med Rev.* 2000; 5 (4): 334-46.
4. Franz MJ. Protein: metabolism and effect on blood glucose levels. *Diabetes Educ.* 1997 ;23(6):643-6, 648, 650-1.
5. <http://www.yourhormones.info/glands/adrenal-glands/> [Accessed 20.8.18]
6. <https://www.merriam-webster.com/dictionary/stress> [ accessed 23.08.18.]
7. Kageyama et al. Glycyrrhizin induces mineralocorticoid activity through alterations in cortisol metabolism in the human kidney. *J Endocrinol.* 1992; 135 (1):147-52.
8. Lovallo. Caffeine Stimulation of Cortisol Secretion Across the Waking Hours in Relation to Caffeine Intake Levels *Psychosom Med.* 2005 ; 67(5): 734–739. 2.
9. Namasivayam A. Antistressor effect of *Withania somnifera*. *J Ethnopharmacol.* 1999; 64 (1): 91-3.
10. Olsson EM, Panossian AG & Von Scheele B. A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract shr-5 of the roots of *Rhodiola rosea* in the treatment of subjects with stress-related fatigue. *Planta Med.* 2009; 75 (2): 105-12.
11. PubMed Health. Adrenal Glands. <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0022159/> [Accessed 20.8.18.]
12. Tsigos C, Kyrou I, Kassi E, et al. Stress, Endocrine Physiology and Pathophysiology. [Updated 2016 Mar 10]. In: De Groot LJ, Chrousos G, Dungan K, et al., editors. *Endotext* [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK278995/>