



Natural Solutions That Work

DR. BRIAN MCGUCKIN

Adrenal Gland Health

Know Your Rhythm

Dr Brian McGuckin
Chiropractic Internist
219 - 531 - 1234
www.DrMcGuckin.com

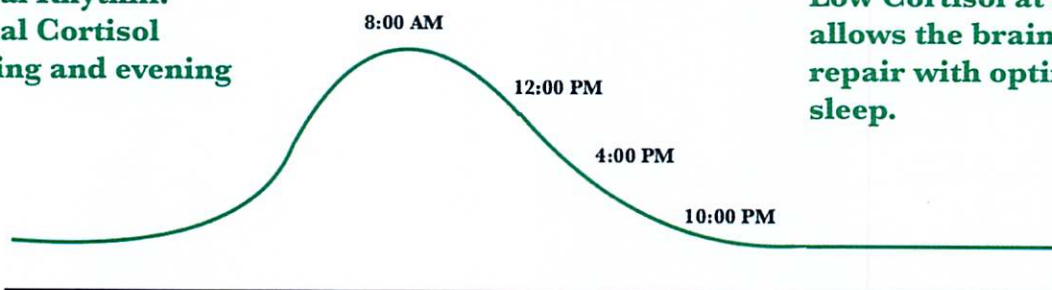
The Adrenal Gland works on a **24 hour Circadian Rhythm**. We are supposed to get a surge of Cortisol when we wake up. It is the “get up and go” hormone. The Cortisol stimulates the liver to release stored sugar so our muscles have the energy they need to get our body going.

By 5:00 in the afternoon, we are ready to go home. The fading Cortisol is letting your body relax and slow down. By evening, the Cortisol will drop to a low level letting your body rest and repair with deep dream sleep.

If we are stressed, the Adrenal Gland will overwork. This will cause poor sleep and weight gain. If the Adrenal Gland gets exhausted it can completely fatigue leaving a person feeling tired all day.

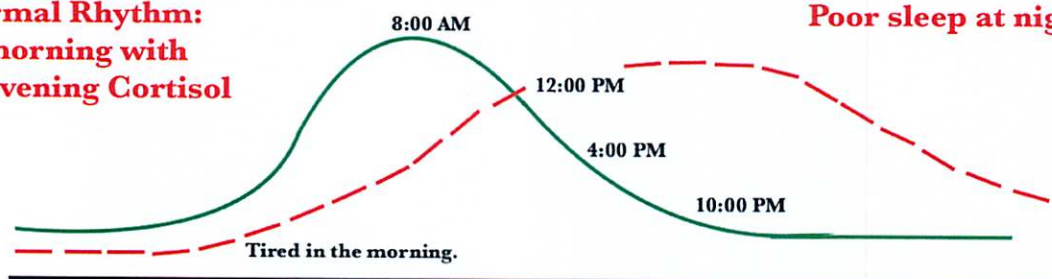
We use a **saliva test** that requires samples taken throughout the day to get a **functional map of the “get up and go” hormone called Cortisol**. We want to see output based on the time of day and at bed time.

Normal Rhythm:
Normal Cortisol
morning and evening



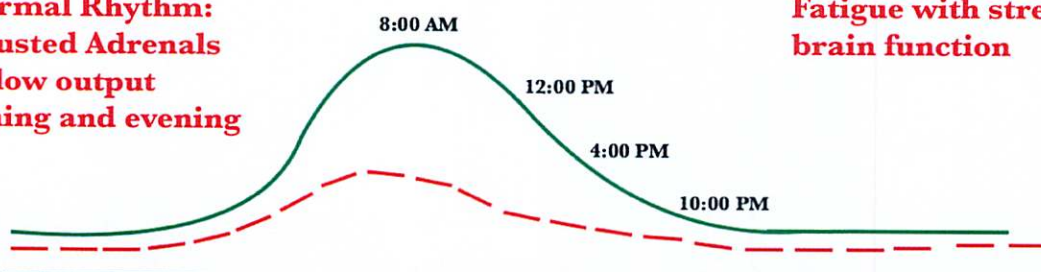
Low Cortisol at night
allows the brain to
repair with optimal
sleep.

Abnormal Rhythm:
Low morning with
high evening Cortisol



Poor sleep at night

Abnormal Rhythm:
Exhausted Adrenals
with low output
morning and evening



**Fatigue with stressed
brain function**

Find out which Rhythm you are