

Adrenal Fatigue

The following is a link to a “need to know” report about adrenal fatigue. As Dr. Lam cautions in his own report, the information therein is meant to inform you. You are advised not to self-medicate - - even with the nutrients mentioned. Caution, for the sake of your health, must be exercised, and your nutrient status, your personal medical history, your current protocol for supplements and medications, your family medical history, your personal sensitivities or adverse reactions to medications, nutrients, foods, and additives, and more must be evaluated by a licensed, experienced clinician. If you self-medicate you put your health in jeopardy. So, the information found in this report is for your information and your education only. If you believe that any of the information provided pertains to you and your health, please call me so we can discuss your questions and assess the safest and most effective way to respond to your concerns.

http://www.drlam.com/articles/adrenal_fatigue.asp