



**KALISH INSTITUTE**  
OF FUNCTIONAL MEDICINE

## **Section 1: Introduction**

This course is a culmination of my 25 years experience working with adrenal hormone issues. The language of the lectures is the same language I use in explaining this work to patients and the talks include both patient centered explanations for why the adrenals matter, alongside some of the science behind how we fix adrenal issues which is more doctor oriented.

## **Section 2: Understanding Adrenal Fatigue**

Learn about the fundamental reasons for adrenal fatigue, how it develops, how common it is in our culture to "burn out". Understanding why patients feel tired or can't lose weight is the first step to reversing the problem.

## **Section 3: Fixing Adrenal Fatigue**

We'll cover the key corrections for fixing adrenal fatigue and review how the brain and HPA axis all play a role in the deep levels of exhaustion so many people suffer from. Lifestyle changes in combination with supplement programs have been shown time and time again to move people in the right direction.

## **Section 4: Repairing Supplements**

We'll take a quick look at how supplements can play a role in reversing adrenal fatigue and give patients an initial boost to get enough energy and vitality that the lifestyle changes can be tackled.

## **Section 5: Testing for Adrenal Fatigue**

Lab testing for adrenal fatigue is the perfect assessment tool for difficult to turn around cases and helps to validate patient complaints especially in cases of chronic fatigue and other longstanding significant health problems that have proven resistant to standard non lab based treatments.