

## Adrenal Fatigue and Your Balls Not Working...

What up?!

I was chatting with someone about pre-workout supplements yesterday and the pros and cons thereof.

Here's my take on pre-workout stuff. If you feel you need it then take it, if you feel you need it every time you work out you probably need to fix something. This is the deal....

Your body is an amazing piece of kit. It's incredibly adaptive, so far so that in some situations it'll adapt in a way, which is less than ideal.

Realise this - every single organism on the planet's job is to survive.

Makes a ton of sense right?

So ensure you have the best chance of not dying, which is a good thing, your body stores as much energy as it can (although there is ways to make this less efficient) and expends as little energy as it can. Soooo, adrenal fatigue, pre-workout and having faulty manberries.

How is it all connected?

I'll tell you a story :)

Let's say you take a pre-workout supplement to give you a little boost in energy yeah? Cool that's wicked.

You take it and a few minutes later you get a kick of adrenaline and smash your workout.

Wicked mate, I'm proud of you!

I mean, you hit a new PB right? And you had heaps of energy to spare?

That's great, it means that you were very sensitive to the adrenaline response that the stimulants (doesn't really matter what it was) caused. So later on that evening you can't sleep so well, no worries if you wake up tired you can just have a coffee and then later when you start flagging again you can have another, maybe two. You following me here?

You're using a stimulant (coffee) to cause a adrenal response to keep you awake. The next day is a work out day again but you're tired because all that coffee kept you up last night.

No wukkas pal.

More coffee and more pre-workout.



Fresh as a daisy now...

BOOM. Another great workout.

Not as good as last time but who cares, still felt pretty good.

Now we can fast forward some. Feeling a bit run down so as you get to the gym you hit your coffee and pre-workout combo (your morning coffee did sweet fuck all to perk you up you see). Doesn't really do much but at least you're feeling normal now. Workout's okay, just the same as really.

Nice story hey, shitty ending but I want you to know what's happening behind the scenes now because this is important.

**Every time you have a stimulant (coffee, pre-workout, tea, pro-plus etc.) you create a response from your body.**

It releases hormones which give you a boost in energy. Which can be a good thing. But, when the cells in your body are constantly bathed in these hormones the effect they have is lessened. You become less sensitive to the stimulus (on a side note, in the majority of cases the duration that the cells are exposed contributes more to the decrease in sensitivity than the quantity of exposure).

Check this out then.

If you're ingesting enough stimulants to keep your cells constantly bathed in adrenaline firstly, you're going to very quickly drop your sensitivity to it (forcing your body to secrete more thus further decreasing sensitivity, remind anyone of diabetes?) and secondly, and I think more importantly, why would your body bother going to the effort of expending energy to make stimulants of its own if your shovelling a bunch into your body anyway?

Remember how I said your body was incredibly adaptive?

Well some of these adaptations include regulation of hormones. i.e. if you're ingesting (or putting into your body another way) a whole load of whatever it is into your body then your body will just say "fuck it, I don't need to do anything for this" and start shutting down production for that particular thing.

I'm being purposely vague here because it really doesn't matter if we're talking stimulants and your adrenal glands, insulin and pancreatic beta-cells, testosterone and your nuts or any other number of things.

The result is the same if you don't need to produce something your body is going to down-regulate production of it to preserve energy.

Sooner or later this will manifest itself as something bad.

To take this to the next level, we'll talk about something close to all our hearts, balls. Say you've been injecting testosterone, this is when your body says "fuck it, I'm swimming in T lets just shut the nuts down I clearly don't need them anymore". After-all there is a supra-physiological amount knocking around. Your nuts get shut down, shrivel up and generally just get embarrassing. Worst case scenario,



permanent raisin-balls.

No-one wants that.

To finish of with, I actually think the testosterone example is the least serious or the 3 I gave. Imagine if you pancreas had the same result from taking too much insulin (this is my beef with using insulin to control diabetes but that's another story) that's diabetes.

To wrap this excessive rant up.

I love coffee but any overstimulation of the endocrine system is asking for trouble. Just be sensible about your shit. If you're tired go to bed earlier and eat better. In fact I'm going to just leave it all at this: Go to bed earlier and eat better