

6224 Fayetteville Road Durham, NC 27713 **919.484.7600**



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WEIGHT LOSS



WELCOME TO OUR MONTHLY NEWSLETTER

At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely, Jennifer L. Burch, Pharm.D., CDE

Feeling Drained, Foggy, or Stressed Out? Your Adrenals Might Be Overworked.

The adrenal glands help the body respond to stress by producing important hormones, especially cortisol. When stress becomes constant, the adrenals can struggle to keep up, leading to what many refer to as adrenal fatigue or adrenal burnout.

Common Signs of Adrenal Fatigue

- Waking up tired, even after 7+ hours of sleep
- Crashing mid-afternoon and craving sugar or caffeine
- Feeling "tired but wired" at night
- Mood feels off, and it's hard to concentrate
- Relying on stimulants just to get through the day
- Feeling overwhelmed by even small stressors

Start by Trying to Rebalance Naturally

- Reduce Stress Incorporate calming activities daily, like deep breathing, a short walk, or quiet time before bed. Even 10 minutes can make a difference.
- Nourish The Body Wisely Eat small, well-balanced meals every 3–4 hours. Focus on whole foods, quality protein, leafy greens, and healthy fats. Limit refined sugars and processed snacks.



- Sleep Smarter Create a calming bedtime routine. Try to go to bed and wake up at the same time every day, even on weekends.
- Hydrate + Replenish Minerals Add a pinch of Celtic sea salt or trace mineral drops to your water to support electrolyte balance, especially if you're feeling dizzy or lightheaded.

Nutrients & Supplements That May Help

Many people benefit from targeted adrenal support. Our team can talk with you and your provider about nutritional supplementation, but commonly recommended options include:

- Vitamin C Helps with cortisol production
- B-Complex Vitamins Especially B5 and B6 for adrenal function
- Magnesium Glycinate Supports relaxation and stress resilience
- Adaptogens Herbal ingredients like Ashwagandha, Rhodiola, and Holy Basil may help the body adapt to stress
- Licorice Root (Deglycyrrhizinated) May support cortisol levels when used properly

We carry professional-grade supplements you can trust.

Compounded Medications That May Support Adrenal Health

When the adrenal system is under long-term stress, the body may not produce hormones as efficiently as it should. In certain cases, compounded medications may help restore balance. These may include:

- **DHEA (Dehydroepiandrosterone):** DHEA is a hormone made by the adrenal glands and plays a role in creating other important hormones like estrogen and testosterone. Supplementing with DHEA may be helpful when levels are low due to adrenal burnout or ongoing stress.
- **Pregnenolone:** Pregnenolone helps make several other hormones, including cortisol, estrogen, progesterone, and testosterone. Under chronic stress, the body may use most of its pregnenolone to produce extra cortisol, leaving less available for everything else. This is sometimes called "cortisol steal." Replenishing pregnenolone may help support overall hormone balance.
- Low-Dose Corticosteroids: In more severe cases of adrenal dysfunction, the body might struggle to produce enough cortisol. In these situations, short-term, low-dose corticosteroid therapy may be considered.

Whether you're starting your adrenal recovery journey or already working with a provider, our pharmacist is here to help. Contact us to learn more about adrenal health.

Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

REVIEW US ON GOOGLE

ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult. **READ MORE**

REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



are \$175. Call Mary, our Patient Care Coordinator, to schedule your appointment.



HOURS: Monday - Friday 9am - 5:30pm Closed for lunch 12:30pm - 1pm Closed Saturday and Sunday

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