

Adrenal Fatigue

Arnold N. Kauffman

The question is: what do you say to a naked lady? Not much, for the truth stands tall: she bares her soul and her body for all to see. So, we look away in disbelief. We take peeks in utter delight or again in utter disbelief. Does she have anything to hide? She shows it all, never lying and never telling the truth. It is the same with the food we eat. There is truth, but never lies. We enjoy the moments with each bite. So, life continues as we stroll in the world of make-believe. I write of disease, and I write of cures. I write of the world in which we live, and I write about seeing my truth. I write about seeing what I know, and seeing those before me as they choose their culinary delight.

Today, I choose adrenal fatigue as my health topic—as my issue of disbelief. I write about how it begins, how it stops, how it slowly destroys our energy—our life force—to the point of debilitation, meaning that our bodies are so weak and void of any life force that all we want to do is sleep. So, it is on this note that I dedicate this article to Megan Elizabeth, who came to me with just that—adrenal fatigue.

Megan suffered from adrenal fatigue for over a year with no hope. Like so many others, her diet was the standard American diet. The vast majority of people believe this diet is the best by far. Everyone eats it. The typical breakfast is the hardy breakfast, and no one questions it further. So, we think of Megan; we think of Debbie; we think of the countless of thousands of people who suffer from adrenal fatigue, and how they are totally clueless of how their morning breakfast majorly contributes to their adrenal fatigue.

First, the toast with butter; toasted, not toasted, rye, wheat—it doesn't really matter. The bread they eat is essentially flour and water, and in some circles this combination is called glue. The butter, which is a dairy product, is high in fat and oil, and void of any nutrients. My friend, what is beyond hard to believe is that butter is the healthiest of the unhealthiest thing they are eating. Next is the eggs; poached, fried, scrambled, and sunny-side-up—none of that matters either. But the egg is a special matter entirely; the egg is an unborn child. Research shows that eggs are not suitable for human consumption. Finally, when we speak of the hardy breakfast, we cannot forget the bacon and the sausage. Most people consider this real food, but this "food" is derived from a dead animal, who has been caged, drugged, killed, skinned, and hung on a hook, and whose family was destroyed for the sake of eating a so-called healthy meal.

So, I sit in silence and in quiet retribute (for lack of better words), and I watch those around me order their breakfast with eggs and meat, as if this is the only way to eat. No one realizes the death and killing involved, and the life force that is destroyed. Neither do people realize that this standard American breakfast can take hours, or perhaps even days, months, or years to digest.

Consequently, Americans are overweight because of the body's design to protect itself from harmful material and foods. Each and every morsel one puts in their month must be either used or discarded. The body requires a lot of energy to uptake, to transport, and to deliver the vital nutrients consumed. These nutrients play a pivotal role in our every moment. But the typical breakfast, which is void of *any* nutrition, must still be dealt with by the body. So, the body must expend a tremendous amount of energy to deal with the typical breakfast, even though the body doesn't even get nutrition

from it! The body's best option to deal with the nutrient-deficient, calorically-rich food is to turn it into slop or acid waste, which most people call fat. The liver becomes so overloaded by the continuous onslaught of devoid, non-useable waste material from the food in the standard American diet, that the liver creates storage facilities throughout the body, which causes the enlarged stomach, the saggy butt, the thunder thighs, the flabby arms, and the enlarged face. Altogether, this results in the sorrowful degeneration of not only ourselves, but also our species as a whole.

America today is one of the sickest countries in the world. We spend the most money on healthcare by far. What is one to do when writing of adrenal fatigue and realizing that adrenal fatigue is directly related to the food one consumes? If one eats processed, fried, baked, or animal-based food, then the body must use a tremendous amount of its energy in order to eliminate, to destroy, or to contain the harmful food. Hence, our body suffers as the liver and kidneys must use their forces to expel the surplus of acid waste in an attempt to heal and to protect the body. This in turn causes kidney and liver overload, which can be seen through signs such as: bodily fatigue; skin blemishes; darkness in the corner of the eyes below the brow; and soreness and pain in the wrists, ankles, back, balls of the feet, and calves. The body needs energy to support the kidneys and liver through this process, and so the body has less energy for its daily activities. This entire process of energy depletion is called adrenal fatigue.

So, I write of love, I write of forgiveness, and I write of doing the right thing—of eating foods that our bodies are designed to eat. Namely, we should eat fruits and veggies in a raw state, with a focus on fruit as the main source of fuel, because fruit has the necessary sugar that our body prefers to use. The body uses fruit sugar more efficiently than any other food source, including veggies. This is the protocol I most often recommend to people who wish to rid their body of adrenal fatigue, and many people have had success following this diet.

Thank you for reading this article. Please check out my book, *The Way of Arnold*, on Amazon or watch some of my 1,400 YouTube videos on the raw vegan lifestyle and healing success stories.