

Without adequate **aldosterone** (and related adrenal hormones), normal bodily functions break down. If the HPA axis is non-responsive, the brain cannot properly signal the body to enter an 'activated' or stressed state. For example, when you start running or exerting yourself, the body demands more glucose through these pathways, but the adrenals don't respond – so no extra glucose is released, leading to sudden energy failure and 'silence.' The body keeps signaling for help, but the brain never hears it. It works both ways: if your brain is working hard mentally or emotionally and needs more fuel, the signal to mobilize glucose from the adrenals never gets through.

Cortisol has a strong diurnal rhythm (peak shortly after waking). Its absence is a hallmark of adrenal insufficiency or HPA suppression and directly causes profound fatigue and non-restorative sleep.— you 'run out of gas' instantly. You don't get the normal morning cortisol spike, so you feel sleepy and fatigued all the time. You gain weight because glucose metabolism is impaired and overall metabolism slows, so glucose isn't used properly. giving the body the missing end-products (cortisol and, if needed, aldosterone effects) so the broken signaling chain is no longer required. This provides rapid, reliable relief for the exact symptoms you described (energy crashes, no morning wake-up, poor stress/glucose mobilization, immune over-reactivity, etc.).

Mineralocorticoid (**Aldosterone**) Replacement

- **Fludrocortisone** (Florinef) 0.05–0.2 mg once daily (most adults start at 0.1 mg in the morning).
- **How it helps:** Corrects sodium retention, blood volume, blood pressure, and reduces the “running low / screaming for fuel but nothing happens” feeling. Often dramatically improves energy, brain fog, and exercise tolerance when mineralocorticoid deficiency is contributing.

Glucocorticoid (**Cortisol**) Replacement

- **Hydrocortisone** (most physiological choice) 15–25 mg/day total, split into 2–3 doses (e.g., 10 mg on waking, 5 mg midday, 5 mg late afternoon) to mimic the natural diurnal rhythm.
- **How it helps:** Instantly supplies the cortisol needed for glucose mobilization, anti-inflammatory effects, blood pressure support, and “activation state.” Patients typically report dramatic improvement in fatigue, brain fog, crashes under physical/mental load, allergies/food intolerances, and overall stability within days to weeks when dosed correctly.