

Adrenal Fatigue Treatment using Functional Medicine Now available in Manhattan

Adrenal fatigue occurs when adrenal glands, responsible for producing cortisol, are unable to maintain proper hormone levels resulting in persistent tiredness.

NEW YORK, NY, UNITED STATES, March 13, 2025 /EINPresswire.com/ -- In today's fast-paced world, many individuals struggle with fatigue that doesn't go away, often due to stress, poor sleep, or underlying health conditions. This persistent exhaustion is often a sign of adrenal fatigue, a condition that occurs when the adrenal glands become overworked due to chronic stress. Dr. Rashmi Gulati, MD, a holistic wellness expert based in Manhattan, provides integrative care to help individuals identify the causes of their fatigue and restore their energy levels through personalized, holistic treatments.



Rashmi Gulati, MD , Reproductive Medicine,
www.PatientsMedical.com

“

I dealt with extreme fatigue for months, and nothing seemed to work. Dr. Gulati's personalized plan, which included hormone therapy and nutritional guidance. I have more energy, and better moods.”

Michael, Patient Suffering from Adrenal Issues

What is Adrenal Fatigue?

Adrenal fatigue occurs when the adrenal glands, responsible for producing cortisol, are unable to maintain proper hormone levels due to prolonged stress. This results in a range of symptoms, including persistent tiredness, difficulty concentrating, disrupted sleep patterns, weight gain, and low immunity. The condition is often exacerbated by lifestyle factors like high-pressure work environments, poor diet, lack of exercise, and insufficient sleep.

Why You Should See Dr. Rashmi Gulati for [Adrenal Fatigue Treatment in Manhattan](#)

Dr. Rashmi Gulati, MD, offers a comprehensive approach to diagnosing and treating adrenal fatigue. Her practice in Manhattan focuses on identifying the root causes of fatigue, rather than just masking the symptoms. Through a combination of advanced testing, holistic therapies, and lifestyle modifications, Dr. Gulati provides personalized solutions that help patients restore balance and feel energized again.

Symptoms of Adrenal Fatigue

Adrenal fatigue manifests in different ways, and its symptoms can range from mild to severe. Patients may experience:

- Chronic tiredness, even after a full night's sleep
- Difficulty waking up in the morning
- Brain fog or difficulty concentrating
- Cravings for salty or sugary foods
- Sleep disturbances
- Increased sensitivity to stress
- Weight gain, especially around the midsection

If you are experiencing any of these symptoms, it may be time to consult

Dr. Rashmi Gulati for a thorough assessment. Dr. Gulati's personalized approach helps pinpoint the underlying causes of adrenal fatigue, offering a holistic path toward healing. We offer Adrenal fatigue treatment in Manhattan and [chronic fatigue recovery in NYC](#)

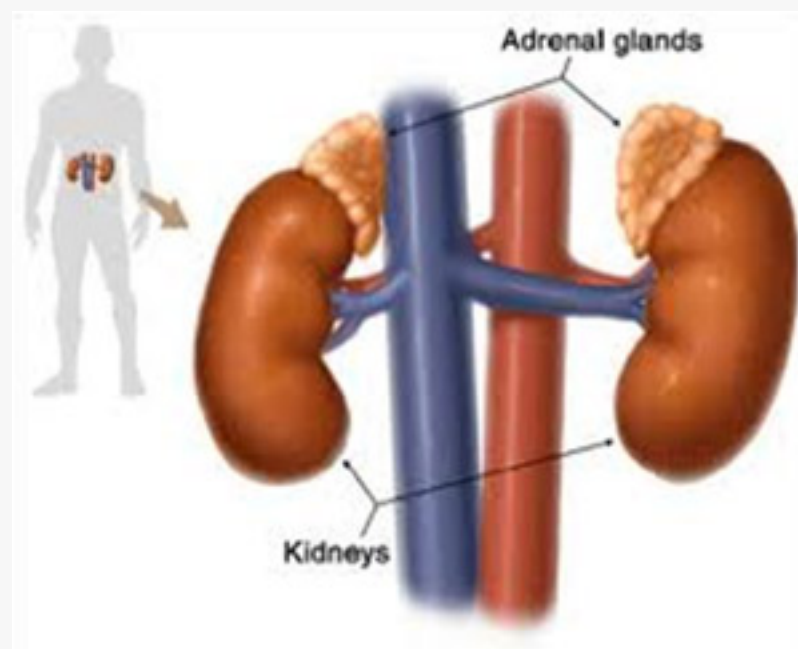
Treatments based on Adrenal Testing

Adrenal testing is used to evaluate the function of the adrenal glands, which are responsible for producing hormones such as cortisol and adrenaline. Treatment options for adrenal dysfunction will depend on the specific test results and the underlying cause of the dysfunction. Some common causes of adrenal dysfunction include:

Adrenal fatigue: a condition characterized by chronic stress leading to the overproduction of



Adrenal Testing at Patients Medical doing Blood Draw



Adrenal Glands

cortisol, leading to fatigue, insomnia, and decreased immunity. Treatments may include lifestyle changes such as stress management, diet and exercise, and supplements such as Vitamin C, B vitamins, magnesium and apoptogenic herbs. Addison's disease: a condition characterized by insufficient production of cortisol and aldosterone by the adrenal glands. Treatment may include hormone replacement therapy and/or supplements such as hydrocortisone. Cushing's disease: a condition characterized by overproduction of cortisol by the



Patients Medical Staff

adrenal glands. Treatment may include medication to suppress cortisol production, surgery to remove the tumor, and/or radiation therapy. Pheochromocytoma: a rare tumor of the adrenal gland that can cause high blood pressure and heart palpitations. Treatment may include surgery to remove the tumor and/or medications to control blood pressure.

It is important to note that adrenal testing is just one piece of the puzzle, and treatment decisions should also take into account a person's overall health and medical history. The test results should be evaluated by a healthcare professional who can help interpret the results and recommend appropriate treatment options.

Holistic Treatment for Adrenal Fatigue

Dr. Gulati's approach to treating adrenal fatigue goes beyond conventional medicine. Instead of simply prescribing medications to address the symptoms, Dr. Gulati focuses on restoring balance to the body's systems through natural and personalized methods. Some of the treatments and therapies she utilizes include:

1. Comprehensive Diagnostic Testing

Dr. Gulati begins with a thorough diagnostic evaluation to understand the extent of the adrenal fatigue and identify any underlying causes, such as hormonal imbalances, thyroid dysfunction, or nutrient deficiencies. This may involve blood tests, saliva tests, and assessments of cortisol levels.

2. Bioidentical Hormone Replacement Therapy (BHRT)

For individuals whose adrenal fatigue is linked to hormonal imbalances, Dr. Gulati may recommend Bioidentical Hormone Replacement Therapy (BHRT). This therapy uses hormones identical to those produced naturally by the body to restore balance. BHRT can be particularly beneficial for individuals experiencing fatigue due to adrenal or thyroid dysfunction.

3. Nutritional Support

Nutrition plays a key role in managing adrenal fatigue. Dr. Gulati works with patients to develop personalized dietary plans that support adrenal health. This may include increasing intake of certain vitamins and minerals, like B vitamins, vitamin C, and magnesium, which are essential for adrenal function. A balanced diet with whole foods and proper hydration can help reduce stress on the adrenals and restore energy.

4. Stress Reduction Techniques

Chronic stress is one of the primary contributors to adrenal fatigue. Dr. Gulati incorporates stress-reduction strategies such as mindfulness meditation, yoga, and deep breathing exercises. These practices help lower cortisol levels and allow the body to recover from long-term stress.

5. Herbal Supplements

Dr. Gulati may also recommend certain herbal supplements that support adrenal function. Adaptogens like Ashwagandha and Rhodiola are known to help the body cope with stress and restore adrenal health. These herbs can support the body's natural ability to adapt to stress and prevent burnout.

6. Sleep Optimization

Sleep is critical for adrenal recovery. Dr. Gulati provides strategies for improving sleep hygiene, including establishing a regular sleep schedule, reducing screen time before bed, and creating a restful sleep environment. Better sleep helps regulate cortisol levels and supports overall recovery.

Patient Success Stories

Many patients who have struggled with chronic fatigue have found significant improvement after receiving treatment from Dr. Gulati. One patient, Jane, shared:

"After years of feeling constantly tired and overwhelmed, I finally sought help from Dr. Gulati. Her approach was truly holistic, and I began feeling more energetic within weeks. Her team created a personalized treatment plan that addressed not just my symptoms, but the root causes of my fatigue. I feel like myself again!"

Another patient, Michael, said:

"I had been dealing with extreme fatigue for months, and nothing seemed to work. Dr. Gulati's personalized plan, which included hormone therapy and nutritional guidance, made a huge difference. I have more energy, and my mood has improved as well."

Why Choose Dr. Rashmi Gulati in Manhattan for Adrenal Fatigue Treatment?

Dr. Rashmi Gulati is known for her compassionate and personalized approach to healthcare. Her

expertise in integrative medicine allows her to treat adrenal fatigue effectively by addressing the root causes. With a focus on holistic wellness, Dr. Gulati provides a comprehensive treatment plan that promotes long-term health and vitality.

Patients trust Dr. Gulati because she combines advanced medical knowledge with a caring, individualized approach to each patient's treatment plan. Whether you are dealing with mild fatigue or more severe symptoms of adrenal exhaustion, Dr. Gulati is here to help.

Get Started on Your Path to Recovery Today

If you are experiencing symptoms of adrenal fatigue, don't wait to seek help. Contact Dr. Rashmi Gulati's Manhattan practice today to schedule a consultation. Together, you can create a personalized plan to restore your energy, balance your hormones, and reclaim your vitality.

Call to Action:

Visit our website at www.patentsmedical.com to learn more about adrenal fatigue treatment and schedule a consultation with Dr. Rashmi Gulati today by calling 1-212-794-8800 . Don't let fatigue control your life—take the first step toward recovery.

SEO Keywords:

- "Adrenal fatigue treatment Manhattan"
- "chronic fatigue recovery NYC"
- "holistic wellness for fatigue"
- "personalized adrenal health"
- "cortisol imbalance treatment NYC"
- "[Dr. Rashmi Gulati Manhattan](#)"
- "adrenal health restoration"

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