

# Adrenal Fatigue The 21st Century Stress Syndrome

Jul 21, 2024 · Your adrenal glands, which are small organs above your kidneys, respond to stress by releasing hormones like cortisol and adrenaline. These hormones are part of your "fight-or-flight" ... Adrenal glands, also known as suprarenal glands, are small, triangular-shaped glands located on top of both kidneys. Adrenal glands produce hormones that help regulate your metabolism, immune system, ... Dec 8, 2025 · The adrenal glands are two small glands located on top of the kidneys. They produce hormones that help regulate heart rate, blood pressure, the immune system, physical stress ... Although they are small, adrenal glands are powerful hormone factories that regulate many functions of the body such as your metabolism, immune system, blood pressure, response to stress and other ... Your adrenal glands are endocrine glands located on top of your kidneys. They produce many important hormones, including cortisol, aldosterone and adrenaline. The adrenal glands are two small triangle-shaped glands in the upper abdomen. One gland is located on top of each kidney. 5 days ago · Learn what adrenal means, how these small glands produce cortisol and adrenaline, and what happens when they don't work as they should. Oct 13, 2025 · The adrenal glands, also known as the suprarenal glands, are small triangle-shaped glands that sit on the surface of each kidney. It is part of the endocrine system and produces ... The adrenal glands (also known as suprarenal glands) are endocrine glands that produce a variety of hormones including adrenaline and the steroids aldosterone and cortisol. [1][2] They are found above ... Apr 17, 2026 · Adrenal gland, either of two small triangular endocrine glands one of which is located above each kidney.

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[Adrenal glands: MedlinePlus Medical Encyclopedia](#)

### Adrenal gland - Wikipedia

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