

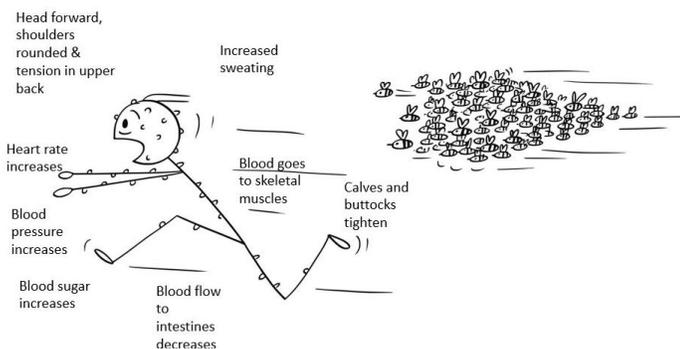
STRESS & ADRENAL

STRESS KILLS

People with high scores may have some of the following symptoms:

- Fatigue
- Insomnia
- Crave salt, sugar, and junk food
- Catch cold or get the flu easily
- Depression/anxiety
- Allergies
- Back pain
- Knee pain
- Tension headaches
- High or low blood pressure
- Digestive problems
- Arteriosclerosis
- Severe menopause or PMS symptoms

What does a high score in this section mean? This section is about stress and the adrenal glands. Your adrenal glands work to help you to survive an extreme situation. They make your body ready for “fight or “flight”. Your blood pressure and heart rate increases. Blood clotting ability increases. Blood supply decreases in the intestines and increases in the muscles. Your upper back, hamstrings, and calves tighten, and your head thrusts forward.



In 2015 the New York State attorney general's office accused four major retailers of selling fraudulent herbal supplements. Most products (80%) from GNC, Target, Walgreens and Wal-Mart did not contain ANY of the herbs listed on their labels. We can help you to find quality products.

The hormonal change experienced by the man being chased by bees will be extremely damaging to the rest of the body if it is prolonged. Over time it can cause the list of symptoms at the beginning of this article.

The stress reaction is meant to be short-lived. The hormones help you deal with an extreme situation which is followed by a period of recovery. Many people in modern society do not have the luxury of a recovery period for their overworked adrenal glands. The result can be a list of chronic health problems.

There are many different kinds of stress. There is thermal stress from being exposed to extremes of temperature. There is physical stress, from heavy physical work, poor posture, structural misalignments, lack of sleep and being overweight. There is chemical stress from ingesting food additives, exposure to pollutants and consumption of sugar and alcohol. People with who have been under stress frequently crave coffee and sugar, as well as salt. Consumption of these makes matters worse.

Stress is cumulative. Emotional stress, structural stress and chemical stress all affect the body the same way. Your

adrenal glands do not know the difference between an IRS audit, an argument, or excessive sugar consumption. If you reduce the stress that you can control, stressful situations will not have as much of a physical effect on you.

Try to focus on the positive areas of your life and not the one or two things that really stress you out. Take charge of your internal dialog. Say only positive things to yourself. This is not to get you to deny any negativity in your life but if you cannot do anything about a negative situation, put it out of your mind.

Lifestyle changes to help the adrenals:

- **Meditation:** Meditation, yoga, Tai Chi, or simple deep breathing exercises can help you bring stress under control. Much of the damage that stress does to your health is not due to any external factors, but rather how your mind interprets those factors. Meditation and other techniques help to reduce the harm of stress by quieting the mind.
- **Sports and hobbies:** Meditation and yoga maybe a little “New Age” for some people. Hobbies are a good solution for these people. Most hobbies are relaxing; your mind has to focus on a simple task rather than on sources of stress.
- **Exercise:** Moderate aerobic exercise is good. This is exercise that uses large muscles repetitively and is mild enough that you can carry on a normal conversation during the activity. Anaerobic exercise (working so hard that you can’t carry on a normal conversation) can be stressful and should be limited while the adrenal glands are recovering.

Diet: Stress is cumulative. A stressful job situation is compounded by a poor diet. Avoid chemical additives

and sugar, refined carbohydrates, and hydrogenated oil. Eat plenty of vegetables and make sure that you get enough protein. At mealtime relax and focus on enjoying your food; don’t eat on the run.

- Follow the ***Roadmap to Health*** (download it for FREE at SymptomQuiz.com). Don’t snack between meals and make absolutely sure that you don’t eat between dinner and bedtime.
- **Supplementation:** Although supplements are safer than drugs, don’t try to treat yourself.

Possible Supplement Choices (Partial List)

- ***B vitamins*** Stress depletes nutrients, especially B vitamins. They are also necessary to produce energy and neurotransmitters.
- ***Magnesium*** has been shown to be helpful to people experiencing stress (especially when given with B vitamins).
- ***Pregnenolone:*** Pregnenolone is sometimes called the “mother hormone” because the body uses it to produce several hormones, including DHEA, the adrenal hormones, testosterone, progesterone, and estrogen.
- ***GABA:*** Most anti-anxiety medication is designed to boost GABA, which is a neurotransmitter that helps keep stress and anxiety in check. GABA is also available as a supplement (do not take it on your own).
- ***Adaptogenic herbs:*** There are several herbs that have been shown to reduce cortisol production and to generally help people who are under stress.

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