

LiveIt!

Nutritional Lessons



Adrenal Stress

LiveIt! Lifestyle Lesson 23

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“Endocrine glands atrophy or degenerate following vitamin and mineral deficiencies . . . the adrenal glands stop functioning and soon become atrophied. We know that the adrenals must have the vitamin A, B, C and G (complexes) to perform properly.” Dr. Royal Lee 1960

*From the Pen of Dr. Royal Lee (1895-1967)
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*

Stressful challenges from our environment such as air, water and chemical pollution, the eating of junk “foods”, stressed interpersonal relationships, overwork and anxiety combined with fears of the unknown future for our family and friends are the signs of our times.

Coping with these physical, mental and emotional stresses tests the limits of our health.

Each and every one of these challenging factors calls upon one or more of the dozens of healthful functions provided by the adrenal glands.

The adrenals are endocrine glands the size of walnuts which are located on top of the kidneys. The outer layers are known to create more than 30 hormones or hormone-like substances¹ which are integrated into virtually every function of the body. The inner part of the adrenal gland is an extension of nerve tissue providing quick jolts of energy to help us handle “emergencies.”

The adrenal glands support us through thick and thin. Unfortunately, our modern lifestyle seems like one emergency after another to our adrenal glands, so they end up getting exhausted, “jumpy” and overworked. And without healthy adrenal glands we suffer.

Many of the syndromes, symptoms and diseases of the 21st century are directly related to a lack of adrenal health. To name a few:

- Chronic fatigue
- Immune deficiency
- Insomnia
- Craving of sweets and caffeine
- Weight gain
- Depression

Stress Challenges to the Adrenals

Constant stressful stimulation of the adrenals ultimately leads to adrenal exhaustion. Think of the adrenals as if they were muscles. Muscles contract when a need arises and relax when the need passes. Try holding even a small hand weight straight out from your body – it won't take long for your arm to fatigue and go weak. Similarly, the adrenals respond to stresses but ultimately fatigue if not given an opportunity to “relax” and restore their strength and function. In this way constant stress leads to the loss of healthful adrenal function.

Sources of Stress That Challenge the Adrenals

Refined carbohydrates - Junk foods - Physical and mental strain - Sleep deprivation - Chemical & heavy metal toxins - Trauma / Injury – Anger – Fear



– Worry – Anxiety – Overwork – Noise pollution – Inflammation – Pain – Infections – Malabsorption – Maldigestion – Nutritional deficiency – Food allergies – Low blood sugar.

Meeting the Challenge

As one can see from this list of challenges, in our world the adrenals are constantly stressed. No wonder adrenal fatigue affects virtually everyone from time to time.

Do you suffer dizziness?, Headaches? Weakness? Are you tired but wired?

Do you suffer prolonged weakness after colds or flu? Are you suffering nervous or muscular exhaustion?

Do you suffer insomnia? Do you have weight gain around your waist or face only?

Decreased libido? **Do you experience lightheadedness when standing up quickly?**

You are very likely suffering from stressed, unhealthy adrenals.

Let's Check Your Adrenal Health!

Healthy Adrenal Function

Outlining all of the intricate functions of the dozens of substances healthy adrenals produce is well beyond this LiveIt! Lesson. Suffice to say healthy adrenals help your body with:

- "Fight or Flight" mechanisms
- Carbohydrate metabolism
- Connective tissue and muscle integrity
- Memory, learning, mood and sleep quality
- Pro & Anti inflammatory processes
- Immune regulation
- Fat and protein metabolism
- Weight and fat distribution
- Detoxification
- Pancreas, thyroid, ovarian and testicular functions

Let's Check Your Adrenal Health!

Healthy adrenals are obviously very important. There are many ways to test to see if your symptoms, conditions and health challenges are related to adrenal stress. Because the adrenals interact with so many body functions one can test urine, saliva, heart rhythms, patterns of reflexes, muscle weakness and the ability of the blood pressure to respond to postural challenges to monitor their health.

Let us test you and your family for signs of Adrenal Stress – together we can decide what we can do to build your health.

Adrenal Health and the Nutritional Essentials

The best approach to adrenal health is to avoid stressors and support healthy adrenal function with whole foods, whole food concentrates, Protomorphogens™ and herbs.

Avoid adrenal stressors such as:

- Processed "junk" food
- Sugar, soda and caffeine
- Toxic chemicals and cleaners
- Late, inadequate sleep and stimulants to get going
- Mental stress – fears - anxieties

Nurture your adrenals by:

- Eating fresh natural foods
- Taking an early bedtime, enjoy restful sleep
- Taking the Sugar Challenge (see LiveIt! Lesson 11)
- Purifying your body of toxins (see LiveIt! Lesson 6)
- Correcting your allergies (see LiveIt! Lesson 8)
- Enjoying gentle exercise like walking, yoga
- Taking some time to relax and meditate

Consider these whole food concentrates to build your adrenal health.†

Drenamin - introduced in 1935. Drenamin is a special combination of whole food concentrates formulated to help main-

tain the healthy functioning of the adrenal glands.†

Drenatrophin PMG introduced in 1953. This adrenal Protomorphogen™ extract (see LiveIt! Lesson 9) is uniquely protective and supportive of adrenal glands.†

Adrenal (Desiccated) introduced in 1959 contains nutritional components of the adrenal gland for short-term application in support of adrenal health.†

Paraplex introduced in 1965. Paraplex Protomorphogen extracts of pancreas, adrenal, pituitary, and thyroid PMG™ extracts help maintain the healthy function of these corresponding organs and glands.†

1. Gutyon, 10th Edition 1994

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health

Patients Speak

"Five years ago I began to be always weak, tired, jumpy, lightheaded, dizzy and nauseous. Most days it was an effort to get out of bed. Everything I did was an effort. I started on medications and as a result felt certain that I was dying. Then I found that Nutritional Therapy to my surprise (made me feel) like a new person in a very short time!" A.D.

What Did You Learn?

Many of the syndromes, symptoms and diseases of the 21st century are directly related to a lack of adrenal health. **True False**

Junk foods - Physical and mental strain - Chemical & heavy metal toxins - Trauma / Injury – Malabsorption – Maldigestion – Nutritional deficiency – Food allergies – Low blood sugar, **Stress the Adrenals.** **True False**

Adrenal glands respond to stresses but ultimately fatigue if not given an opportunity to "relax" and restore their strength and function. **True False**

The best approach to adrenal health is to avoid stressors and support healthy adrenal function with whole foods, whole food concentrates, Protomorphogens™ and herbs. **True False**

This LiveIt! Lifestyle Lesson is brought to you by:

Duben Holistic Chiropractic & Kinesiology

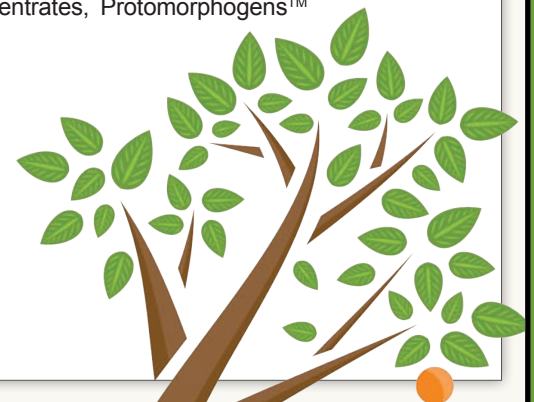
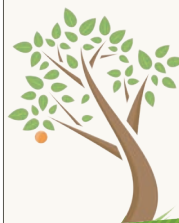
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