

Welcome!!!
Just hang On :o)
Our meeting will start soon.

Adrenal Fatigue (Exhaustion)

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Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment.

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products. I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them..

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!

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Iris signs of the Adrenal Glands

When working with The Adrenals always assess the health of the Thyroid

Hypothalamus and Pituitary gland also is in the chain of function to both the adrenals and thyroid

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HYPOTHALAMUS

Through the spinal cord and nervous system the hypothalamus assess what level of hormones need to be produced

Hypothalamus
Pituitary
TSH
CRH
Cortisol

Corticotrophin-releasing hormone

<https://www.youtube.com/watch?v=ObKQdq3kLf0>

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The Adrenal Glands

Back view
Adrenals are located on top of the kidneys
Adrenals
kidney kidney

Stress is accumulative and should be for short spurts at a time

Fight or Flight

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Short term stress poses little to no problem on the body. LONG term stress however is devastating to the body.

- Cortisol - It helps the **body** use sugar (glucose) and fat for energy (metabolism), and it helps the **body** manage stress.
- Cortisone – Hemostasis - Anti-inflammatory
- Adrenalin (epinephrine) - increasing rates of blood circulation, breathing, and carbohydrate metabolism and preparing muscles for exertion.
- Norepinephrine - triggers a response that is commonly referred to as our 'fight or flight' response

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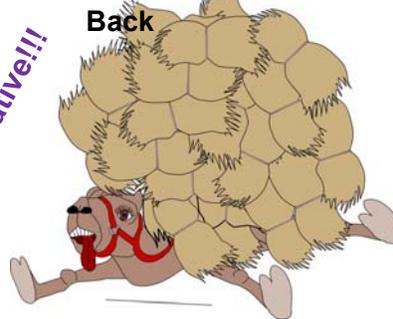
LONG Term Stress

- **Androgenic steroids (androgen hormones).** An overproduction of androgenic steroids, such as testosterone, can lead to exaggerated male characteristics in both men and women, such as hairiness of the face and body, baldness, acne, deeper voice, and more muscularity.
- **Corticosteroids.** An overproduction of corticosteroids can lead to Cushing's syndrome (see below).
- **Aldosterone.** An overproduction of the aldosterone hormone can lead to high blood pressure and to those symptoms associated with low levels of potassium, such as weakness, muscle aches, spasms, and sometimes paralysis.

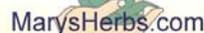


When the Last Straw Breaks the Camel's Back

Stress is Accumulative!!!



Billie's Story



That Which Exhausts Adrenals

- **STRESS – EMOTIONAL**
- **Coffee, tea, caffeine**
- **Stress - Chemical - Stimulants**
- **Sugar**
- **Lacking Nutrients**
- **Menopause**
- **Medicines**
- **Adrenaline producing music, games, movies and events**

Stress is Accumulative!!!



Adrenals Produce Many Hormones

- Estrogen
- Progesterone
- Testosterone
- Steroids
- Cortisol
- Cortisone



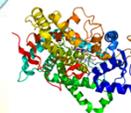
Neurotransmitters

- adrenalin (epinephrine)
- Norepinephrine
- Dopamine (small amount)



Enzyme

- Aromatase



Medicines Weaken Adrenals

Allergy Medicine
Anti-histamines

Steroids:
Injected
Inhaled
Topical

Corticosteroid creams

ALL suppress the adrenals



<https://www.youtube.com/watch?v=IB9v38E4eqw>

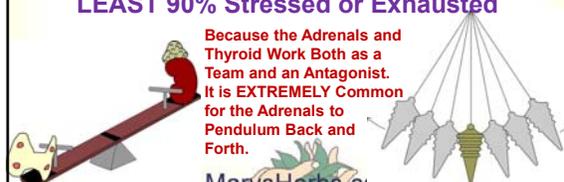


There are Basically Only 2 Conditions of the Adrenals Recognized by the AMA

- Addison's – Underactive Adrenals
- Cushing's – Over Active Adrenals

Typically Medical Tests do not Indicate an Adrenal Problem UNTIL the Adrenals are at **LEAST 90% Stressed or Exhausted**

Because the Adrenals and Thyroid Work Both as a Team and an Antagonist. It is **EXTREMELY** Common for the Adrenals to Pendulum Back and Forth.



Cortisol is meant to be a short term immune response.

Cushing's Disease

- Cortisol – Too much
- Poor metabolism of glucose, fat and protein

Cortisol causes
Saggy: Belly
Back of arms
Inner thigh

Over active adrenals

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Cushings aka Overactive Adrenals

Excessive thinking to solve problems so they can survive

You can't turn off... effecting focus and memory. Thoughts come randomly

Intolerance towards stress, incompetent or slow people especially.

Walking is the best exercise... nothing aerobic

You lose sodium during adrenal stress as well as potassium and calcium

Stress is accumulative

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Addison's Disease – Hypo Adrenals

- Weakness
- Extreme fatigue
- Dizziness
- Weight loss ?
- Dehydration
- Lack of appetite
- Muscle aches
- Nausea
- Vomiting
- Diarrhea
- Darkening of skin
- Joint pain
- Body hair loss

Low sugar levels
In women, irregular or no menstrual periods
Low blood pressure
Kidney failure
Shock

Regulates potassium and sodium

Low Cortisol and Aldosterone

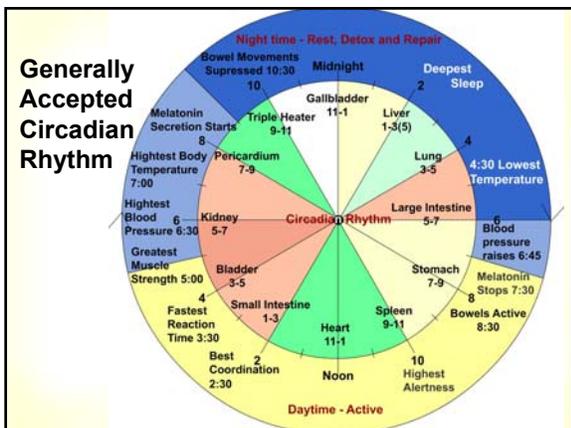
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The Thyroid & Adrenals compensate for and are reactive to the function of each other

Nutritionally supporting both is advisable

Cortisol decreases TSH
Cortisol inhibits the conversion of T4 to active T3
Cortisol decreases **active T3** levels while increasing levels of **inactive T3**

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Harmony with the sun, moon and seasons – Circadian Rhythm

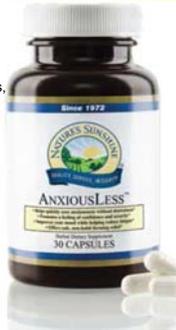
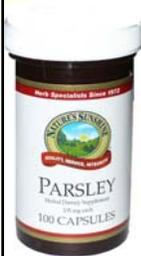
Circadian rhythm altered mice (via light and heat) suffered from poor sleeping patterns, abnormal appetite and altered glucose metabolism resulting in obesity

Some people with weak Pineal glands can be susceptible to phones, computer or TV lights changing this rhythm

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Soothes Hyper Adrenals

- *Sceletium tortuosum* - helps soothe and enhanced mood, improved cognitive function, and stress relief.
- *L-Theanine* - elevated mood, improved cognition, decreased stress, and general relaxation.
- **Magnesium and Zinc** - essential to nerve function and shown relieve anxiety.
- **Thiamin or Vitamin B1**, acclaimed to function in synaptic nerve transmission and to have importance to the normal physiology of the nervous system.
- **Zembrin®** supports the nervous system as it facilitates feelings of calm and supports a positive mood



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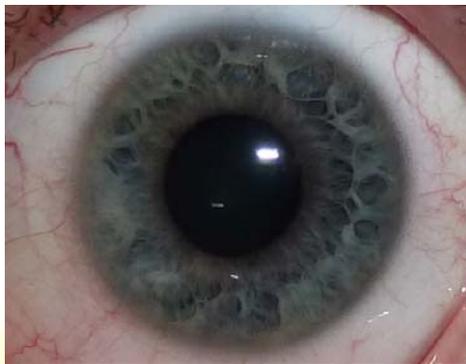
Lacking Potassium



- Retaining Water
- High Blood pressure
- Craving potato chips
- Clear Urine

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Pupil Sign

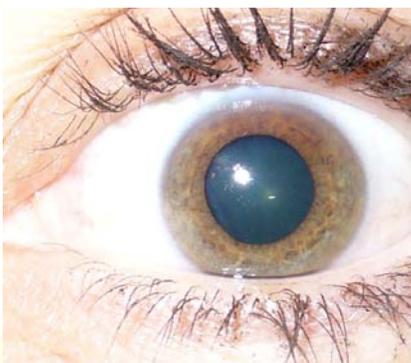


Normal Size Pupil

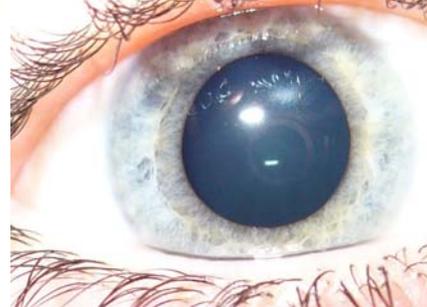


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Adrenal Exhaustion



Adrenal Exhaustion



Pulsating Pupils
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Nutrients for the Adrenals

- Parsley
- Vitamin C 2-4 grams
- Niacin 125mg
- B-6 100 mg
- B-5 Pantothenic acid 1500 mg
- Licorice Root (will raise blood pressure)
- Adrenal Support (bovine adrenal gland)
- Mood Elevator
- Nervous Fatigue
- Sodium
- Magnesium



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Number 2 Nutrient Needed by Adrenals



Potassium, kelp leaf and stem, alfalfa aerial parts, dulse frond, horseradish root, white cabbage leaf, horsetail stem and strobilus

Food source: Peaches, parsley and Potatoes

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Vitamin C

The adrenal glands need large amounts of this nutrient in order to support immunity and help produce energy. Water-soluble, vitamin C is easily washed from the body and needs to be replaced constantly. Without vitamin C, the body cannot make collagen 4-6 gram average or to bowel tolerance



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B vitamins play Especially B6, B12

Fermented foods also help the body produce B vitamins

1,000 mcg vitamin B12 (16,666% of Daily Value) plus 50% of the Daily Value of riboflavin, niacinamide B3 and vitamin B6. Also includes thiamin B1.

Recommended Use:
Take 1 ml (17-18 drops) once daily. Hold under the tongue for 30 seconds before swallowing. May take an additional dose as needed for energy.

B12 can not be absorbed through the digestive process



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B5 or Pantothenic Acid

- A strong antioxidant that may need to be replaced in individuals who have undergone prolonged periods of stress
- It is needed for cortisone production and maintaining the integrity of the nervous system.
- B5 can be energizing and yet calming at the same time
- Reverse Citrus Allergies

Can irritate stomach lining



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Maca

Maca (*Lepidium meyenii*), a member of the radish family, addresses the needs of the glandular system. It grows in the Andes Mountains of South America and may provide a natural means for improving sexual desire and performance. It may also support physical and mental strength in both males and females. Also known as Peruvian ginseng, maca may help enhance physical energy and endurance, promote mental clarity and concentration and boost work capacity. As an adaptogen, it helps restore stamina and buffer the effects of stress.

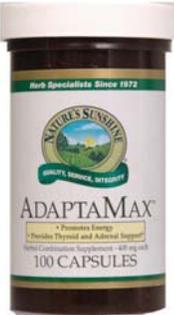
Caution: Endometriosis Multiple Births



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AdaptaMax

- Ginseng
- Rhodiola
- Eleuthero
- Gynostemma
- Ashwagandha
- Schizandra
- Suma
- Alfalfa
- Astragalus
- Kelp
- Reishi Mushroom
- Rosemary
- Ginkgo
- Cruciferous vegetable base



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Adrenal Nourishing Combo



Bee pollen, eleuthero root, gotu kola aerial parts, licorice root, rose hips, yellow dock root, barley grass, schizandra fruit, kelp leaves and stems, and capsicum fruit.

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Licorice Root



- Provides nutritional support for the glandular system.
- Supports the adrenal glands.
- Provides lymphatic energy.
- Supports the liver and proper sugar balance.

Caution: Can significantly raise blood pressure especially if you have a potassium deficiency or kidney weakness!!!

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Mood Elevator - concentrate



- Encourages an overall sense of well-being.
- Strengthens liver function, which may affect mood.
- Supports the nervous, circulatory and lymphatic systems.
- Helps sleeping rhythm and adrenal function

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Nervous Fatigue - concentrate



- Relieves stress and promotes feelings of well-being.
- Nourishes the circulatory and nervous systems.
- Supports digestion.
- Promotes sleep.
- Invigorates the body.

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Magnesium



- Promotes relaxation
- Reduces anxiety
- Promotes proper sleep
- Promotes energy flow

Chromium

- Nourishes Adrenals
- Liver also needs chromium to manufacture fatty acids, lecithin, cholesterol and lipoproteins the base of DHEA and all hormones



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Short Term Band Aids

Avoid stimulants such as: Coffee, tea, soda, chocolate, and sugar. Not only do they mask adrenal symptoms but contribute to them.

ADRENAL SUPPORT 60 CAPSULES
Cortisol Formula 90 CAPSULES
energy enhancer 30 CAPSULES

DHEA

DHEA - DeHydroEpiAndrosterone

- Caution: Autoimmune Disease
- Excess turns into Testosterone

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Don't Forget the Power of Punchingand Laughing

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It is Possible for the Adrenals to Heal BUT.....

Since Stress is Accumulative, it often take diligence and YEARS to notice a difference.

Cutting OUT all stimulants and unnecessary medicine is VITAL

Nourishing and detoxing the body is PARAMOUNT

Avoiding and handling stress is a MUST

Rest, Love and Laugh

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DHEA-F

- wild yam
- chaste tree
- false unicorn



DHEA-M

- Dehydroepiandrosterone) 25 mg
- Sarsaparilla Root
- Damiana Leaves
- Saw Palmetto Fruit
- Pumpkin Seeds
- Korean Ginseng Root




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