Adrenal Fatigue (Exhaustion)

Adrenal signs of the Adrenal Glands

Iris signs of the Adrenal Glands

The Glandular System

Iris signs of the Adrenal Glands

Hypothalamus

Hypothalamus

Short term stress posses little to no problem on he 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 masculinity.
- 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.

That Which Exhausts Adrenals

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

Adrenals Produce Many Hormones

- Estrogen
- Progesterone
- Testosterone
- Steroids
- Cortisol
- Cortisone
- adrenalin (epinephrine)
- Norepinephrine
- Dopamine (small amount)
- Aromatase

Neurotransmitters

- adrenal (epinephrine)
- Norepinephrine
- Dopamine (small amount)
- Aromatase

Enzyme

- Aromatase

Medicines Weaken Adrenals

Allergy Medicine
Anti-histamines
Steroids:
- Injected
- Inhaled
Corticosteroid creams
ALL suppress the adrenals

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.
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

Cushing's 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 is accumulative
You lose sodium during adrenal stress as well as potassium and calcium

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

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

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

Generally Accepted Circadian Rhythm

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
Soothes Hyper Adrenals

- *Sceletium tortuosum* - helps soothe and enhanced mood, improved cognitive function, and stress relief.
- *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 in the normal physiology of the nervous system.
- *Zembrin®* supports the nervous system as it facilitates feelings of calm and supports a positive mood.

Lacking Potassium

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

Pupil Sign

Normal Size Pupil

Adrenal Exhaustion

Pulsating Pupils
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

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

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

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

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

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

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.

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!!!

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

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

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
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.

Don’t Forget the Power of Punching ……and Laughing

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

Questions

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DHEA-F
• wild yam
• chaste tree
• false unicorn

DHEA-M
• Dehydroepiandrosterone (one) 25 mg
• Sarsaparilla Root
• Damiana Leaves
• Saw Palmetto Fruit
• Pumpkin Seeds
• Korean Ginseng Root

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