

**ADRENAL
EXHAUSTION:
At the Core of HEALTH**



Curriculum


Welcome!

Introductions

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- Nurse for 37 years
- Studying alternative health 30 years
- Wrote 5 books on prevention

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Take time for yourself

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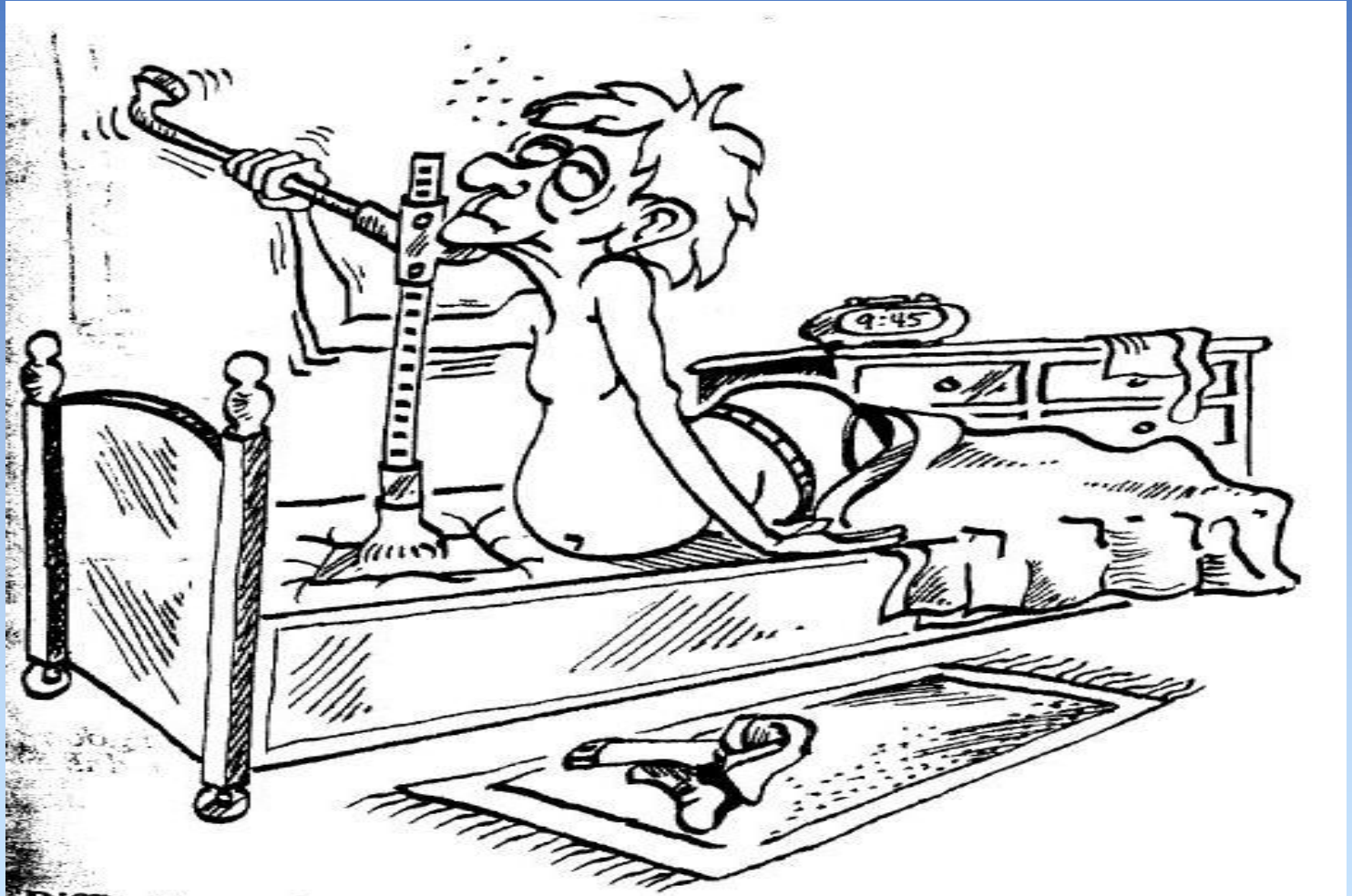
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DO YOU KNOW SOMEONE LIKE THIS?

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Difficulty getting up in the morning. Three alarms and you still don't feel awake enough to lift your head off the pillow.

Bad Hair Day

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When you think you're having a "Bad Hair Day," put your lipstick on your eyebrows & your eyeliner on your lips.



No one will ever notice your hair.

90% of city dwellers have
adrenal exhaustion



Craving for salt or salty foods. You find yourself eating the whole bag of chips or adding salt to already salted foods.

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H-P-A performance

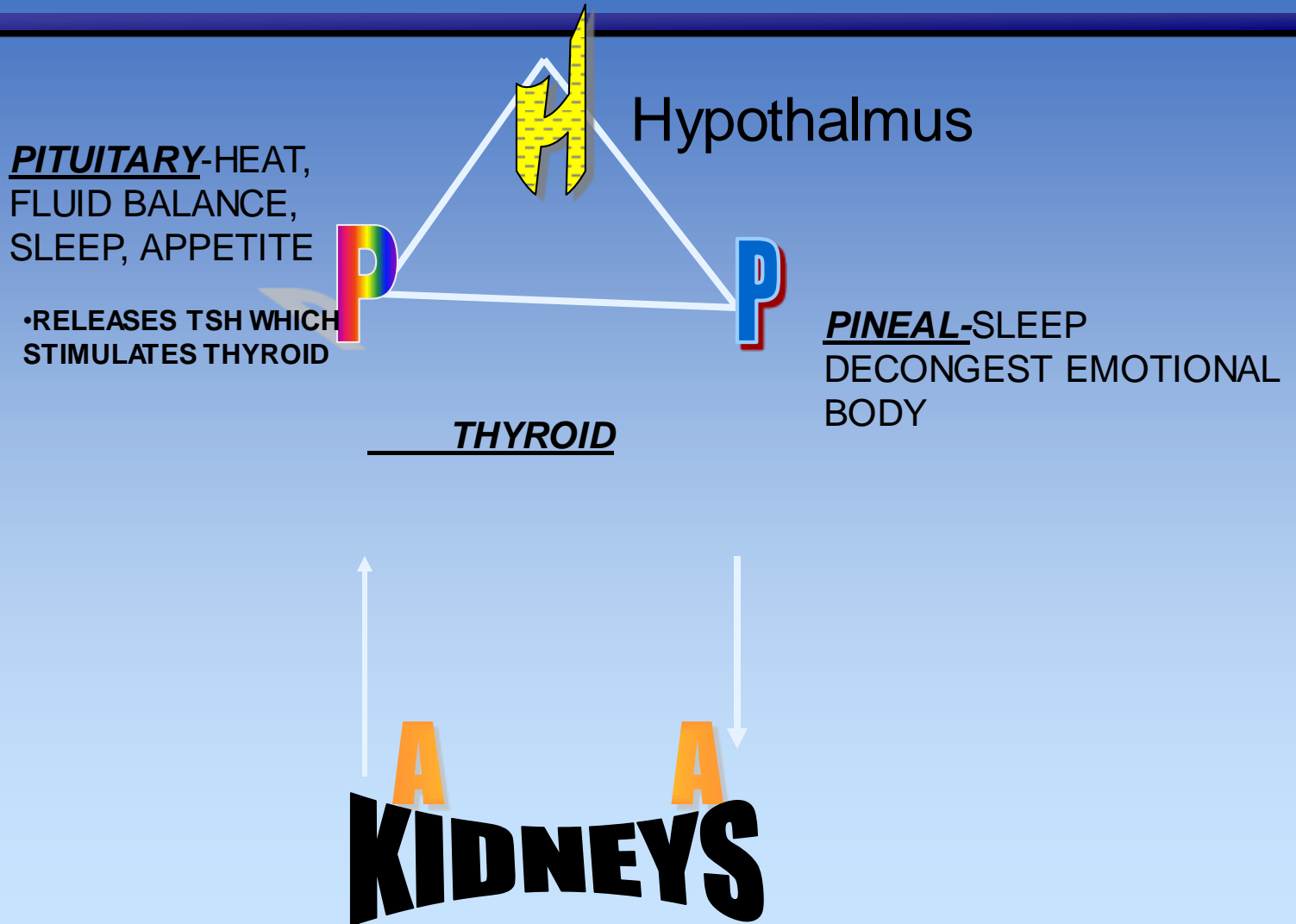
Hypothalamus: thermostat

Pituitary: relay switch

Adrenal: furnace

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SYMPTOM Overview

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Lack of energy

Allergies to citrus fruits

Decreased sex drive

Craves salt or salty foods

PMS worsens

Lightheaded when standing up

Hypoglycemia

Difficulty getting up in the morning

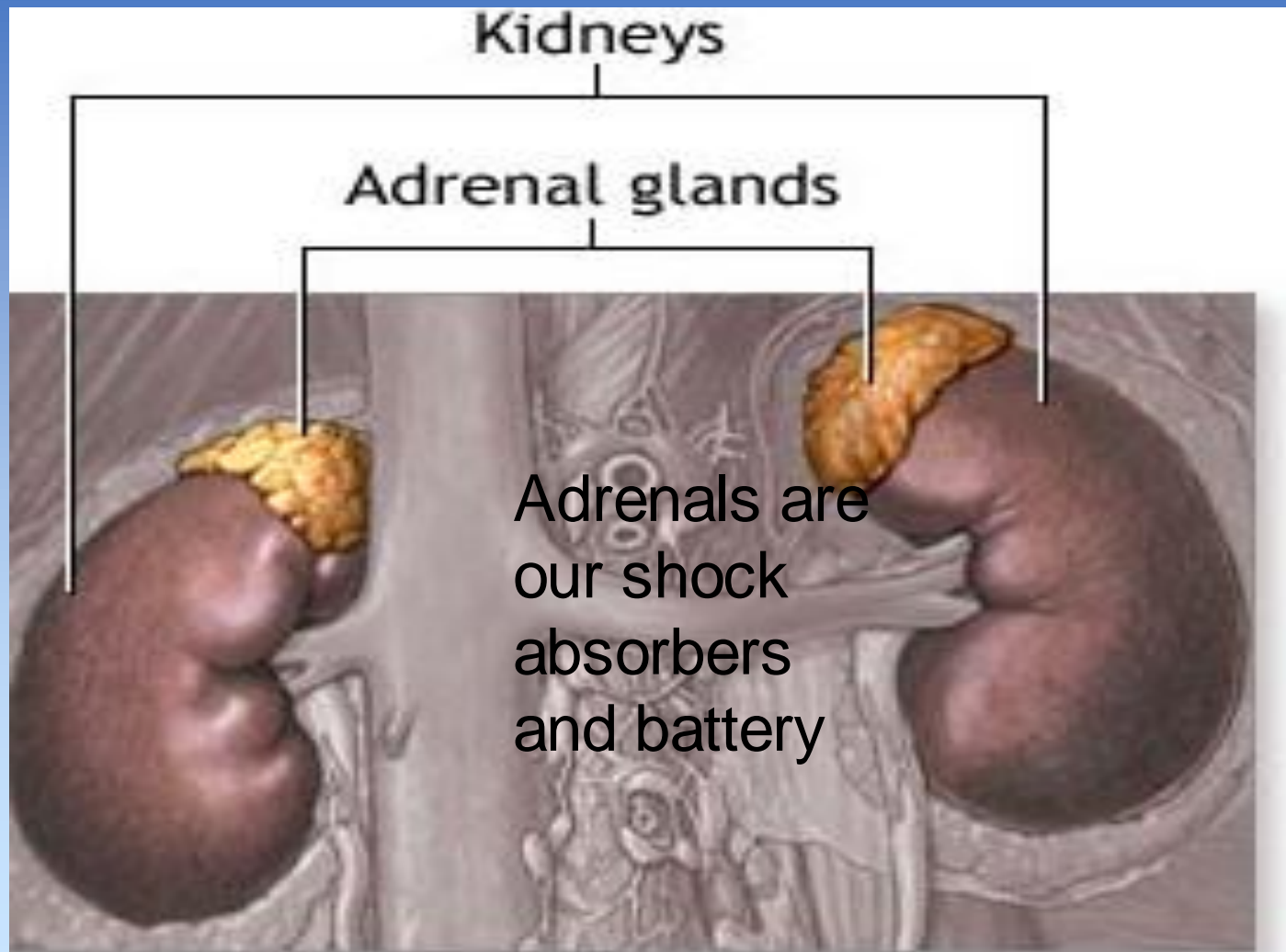
Depression

Memory less accurate

Thoughts are less focused

Elevated copper and decreased zinc

- When adrenals are weak copper builds up in body (ZINC def. causes copper toxicity) Elevated copper enhances emotions, mood swings, may make bipolar, and cause insomnia





Symptoms increase if meals are skipped or inadequate. You have to drive yourself with snacks, colas and coffee just to keep from collapsing.

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ADRENAL POWER

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Stress increases cortisol then....

Cortisol shuts pathway to use glucose.....

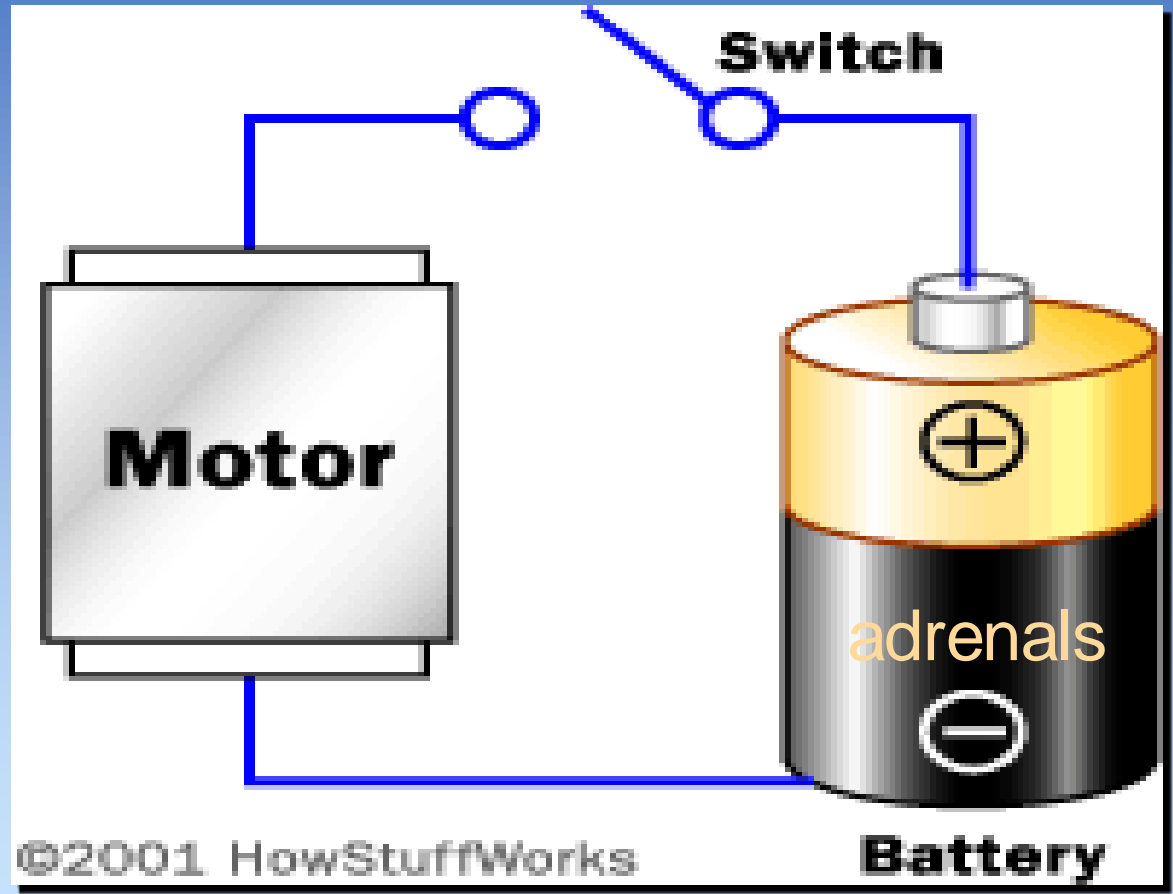
Cortisol makes you store more fat because it increases insulin...

Cortisol makes CRP go up producing more inflammation...

Balance the adrenals and reduce the inflammation!!!!!!!!!!!!!!

Give them pregnenolone & Progesterone cream or Progest E

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SYMPTOM Overview: secondary to adrenal exhaustion are **GLANDULAR imbalances in body**

- = Excess neck, head and shoulder tension
- = Sensitivity to bright lights
- = Unusual craving for salt
- = "Lump" in the throat when upset
- = Must lie down when stressed or upset
- = Allergies – especially skin, inhalant, asthma
- = Nasal drip not related to allergies
- = Form goose bumps easily
- = Excess perspiration, "cold sweats"
- = High pitched voice when stressed
- = Easily startled by noise, heart "pounds"
- = Cold hands and feet

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Power of understanding

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STRESS: INCREASES CORTISOL

- Cortisol shuts pathway to use glucose(starts a syndrome called insulin resistance)
 - Chronic stress with cortisol elevation antagonizes insulin and may cause functional insulin resistance. This leads to pancreatic exhaustion
- Cortisol decreases the production of pregnenolone and DHEA
- Cortisol decreases the production of HCL in the stomach(digestive issues start)

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So what does DHEA and Pregnenolone do in the body

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Pregnenolone makes the rest of these hormones:

ESTROGEN: DYNAMITE

PROGESTERONE: FUSE

DHEA: MATCH

All done in the adrenals

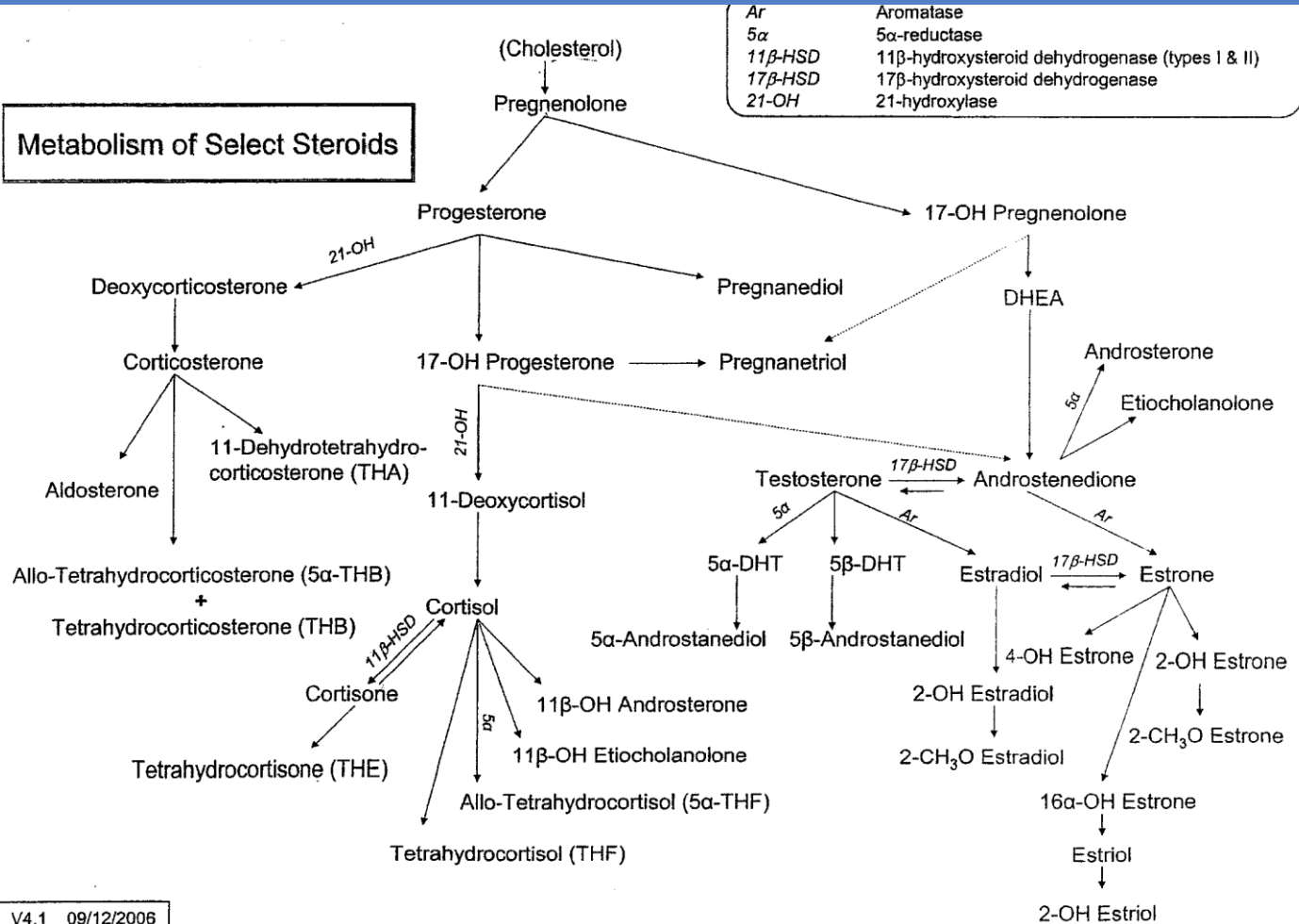
PREGENENOLONE

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Metabolism of Select Steroids



V4.1 09/12/2006

Thyroid function

- Don't always believe Tsh lab test
- Have client do basal temperature every morning before getting out of bed under armpit
- Normal is 97.8 and above

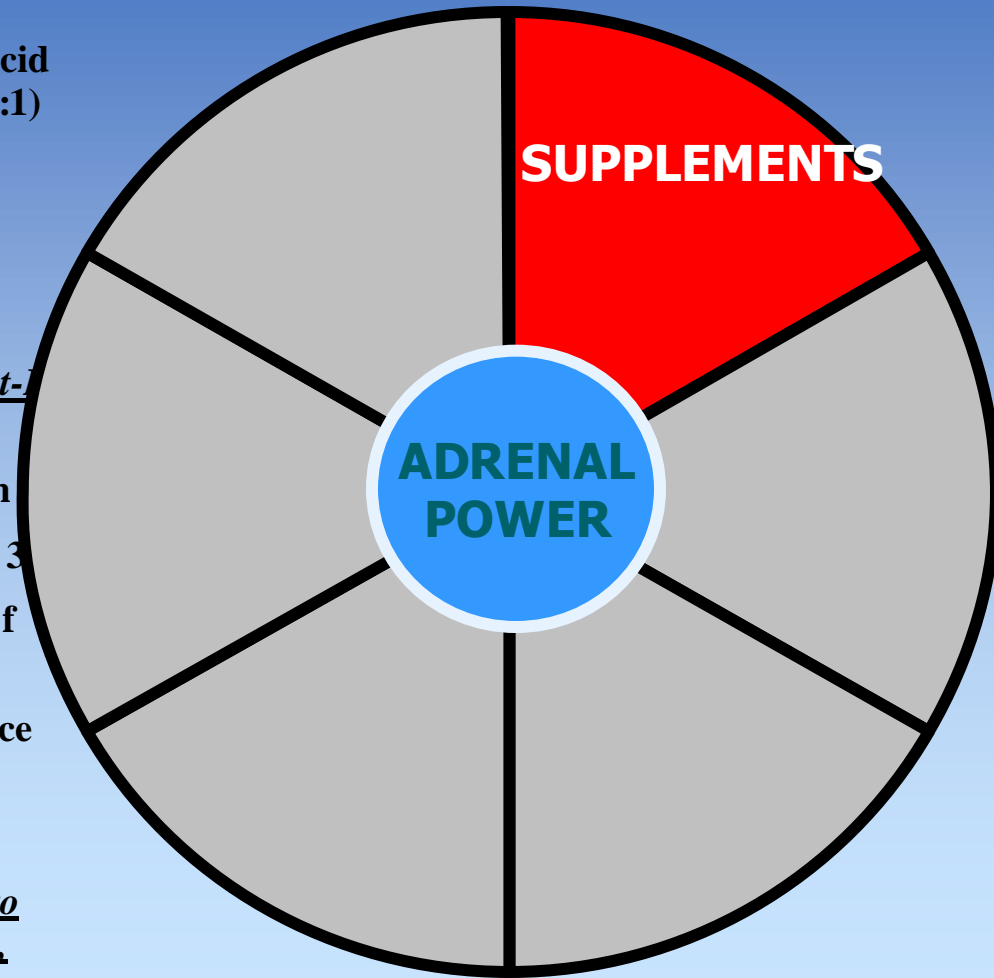
SUPPLEMENTS

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- Vit C -- 2000 mg(Ascorbic acid and bioflavinois in ration of 2 :1)
- (bioflavinois double the effectiveness of ascorbic acid)
- Vit E 400-800 mg natural source
- Progesterone Cream or Progest-
- B 12 – up to 1000 mcg in a sublingual form or liquid form
- B 6 p to 150 mg (50 mg times 3
- Potassium – 1/4 tsp of crème of Tartar daily
- Calcium/Magnesium with trace minerals
- Pregnenolone
- a lack of magnesium can lead to inadequate progesterone levels, increased PMS and sugar & chocolate cravings)



Daily Supplements

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- Antioxidant - 1000 mg C & 400 IU E (d-alpha)
(memory/heart/blood vessel protector)
- Calcium/Magnesium(2:1 Ratio)
1500 mg calcium to 750 mg magnesium (calcium reverses colon cancer, helps with weight loss, improves memory, bone health)
 - Weak adrenals causes elevated copper and low zinc
 - Elevated copper enhances mood swings and insomnia
- Medium chain Fatty Acids (helps lower cholesterol & improve memory, Coconut oil)
- Acidophilus (probiotic) - refrigerate & take two 45 minutes before breakfast (reduces gas, indigestion, helps break down food in conjunction with enzymes, helps with weight loss)
- Enzymes digestive (Take one between each meal) They work with intestinal flora to help you absorb more nutrients from your food and give you more energy, helps with weight loss (A tsp. of natural Apple Cider Vinegar = HCL) (Bromeline is an enzyme which consumes 90 times its weight in fat)



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SPECIAL SUPPLEMENTS

• LICORICE Root: feeds all endocrine glands

• Adrenal drops / adreno liquitrophic/antifatigue

• Adrenal glandular products(nutrimed)

• Pregnenolone(10-250 mg)(precursor hormone for DHEA & Testosterone(more powerful than Ginko))

- Enhances memory
- Increases immunity
- Increases motivation
- Stronger start home
- Enhances learning

• DHEA(25 MG)

- Builds new tissue
- Precursor to testosterone and estrogen
- Decreases Body fat
- Helps convert T4 To T3

• Eat quality protein every 3 hours: sprouted seeds, almonds, pinto beans



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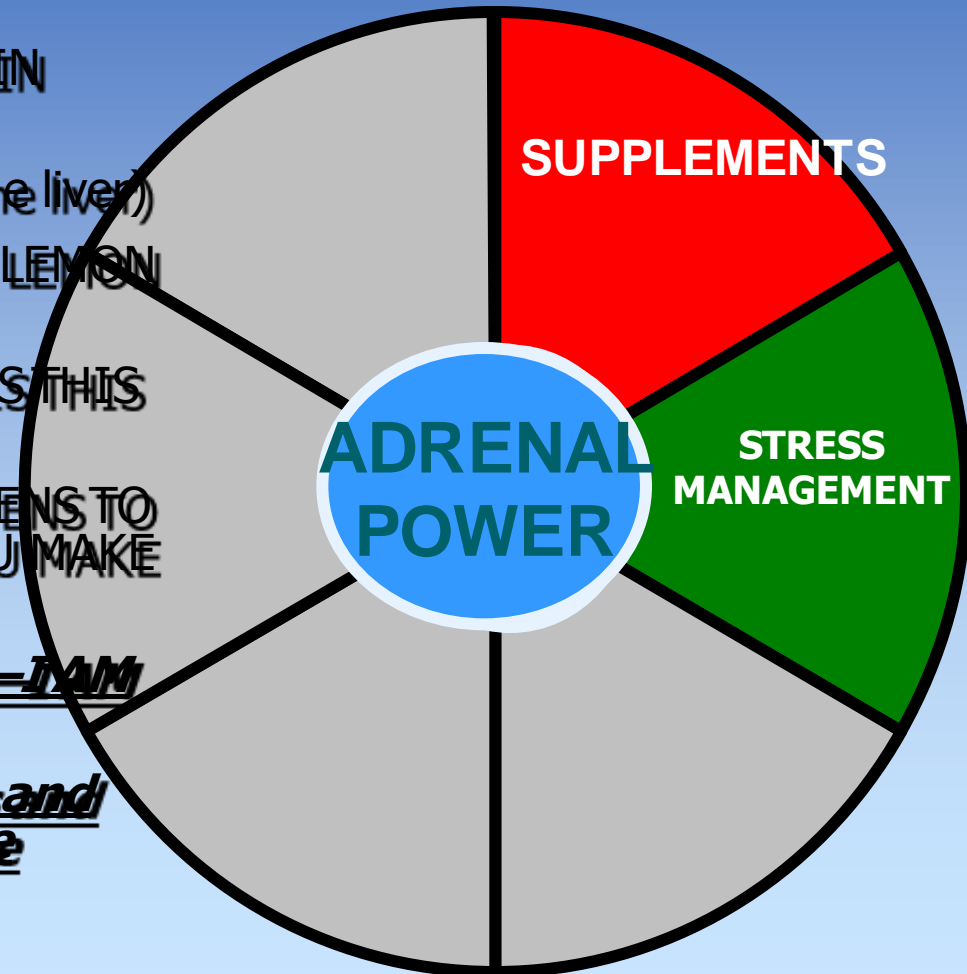
STRESS MANAGEMENT

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- TAKE TIME FOR ME
- GET RID OF YOUR STINKIN THINKIN
- LAUGH MORE (exercises the liver)
- WHEN LIFE GIVES YOU A LEMON MAKE LEMONADE
- RATE YOUR STRESSES—IS THIS A 1 OR A 10
- LIFE IS 10% WHAT HAPPENS TO YOU AND 90% WHAT YOU MAKE OUT OF IT
- HOLD UP YOUR THUMB—IAM THUMBODY
- Protein feeds adrenals and carbs stress them more



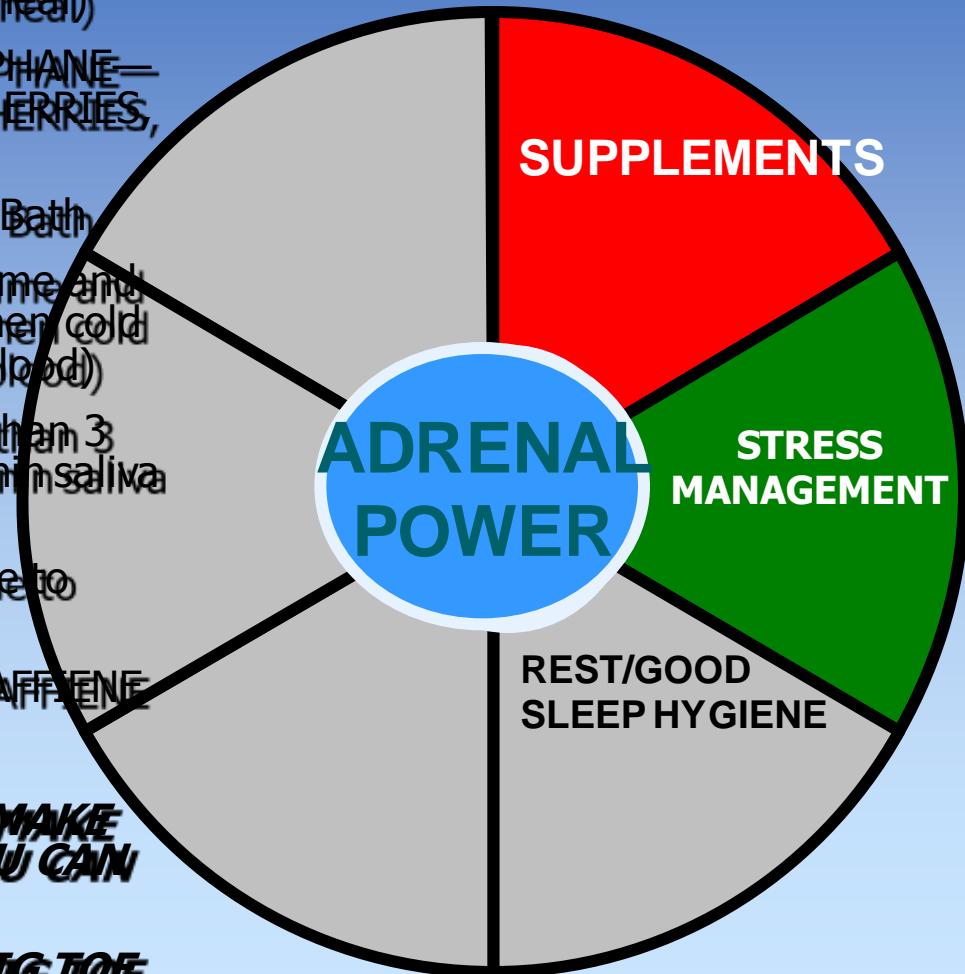
GOOD SLEEP HYGIENE

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- GET SUNSHINE 30 MINUTES DAILY= MAKES MELATONIN (Feeds pineal)
- EAT FOODS HIGH IN TRYPTOPHANE= PUMPKIN SEEDS, TURKEY, CHERRIES, Apricots
- LAVENDAR OIL/EPSOM SALT Bath
- Take another shower at bedtime and run hot water on your back then cold water down your legs (shifts blood)
- Melatonin 3mg (if need more than 3 tabs check night time melatonin saliva level)
- Eat a protein snack at bedtime to help you sleep
- ELIMINATE WHITE SUGAR/CAFFEINE
- READ A RELAXING BOOK
- LET GO OF DAYS **EVENTS—MAKE PAPER REMEMBER SO YOU CAN FORGET**
- **PUT LAVENDAR OIL ON BIG TOE AND EAR LOBE**



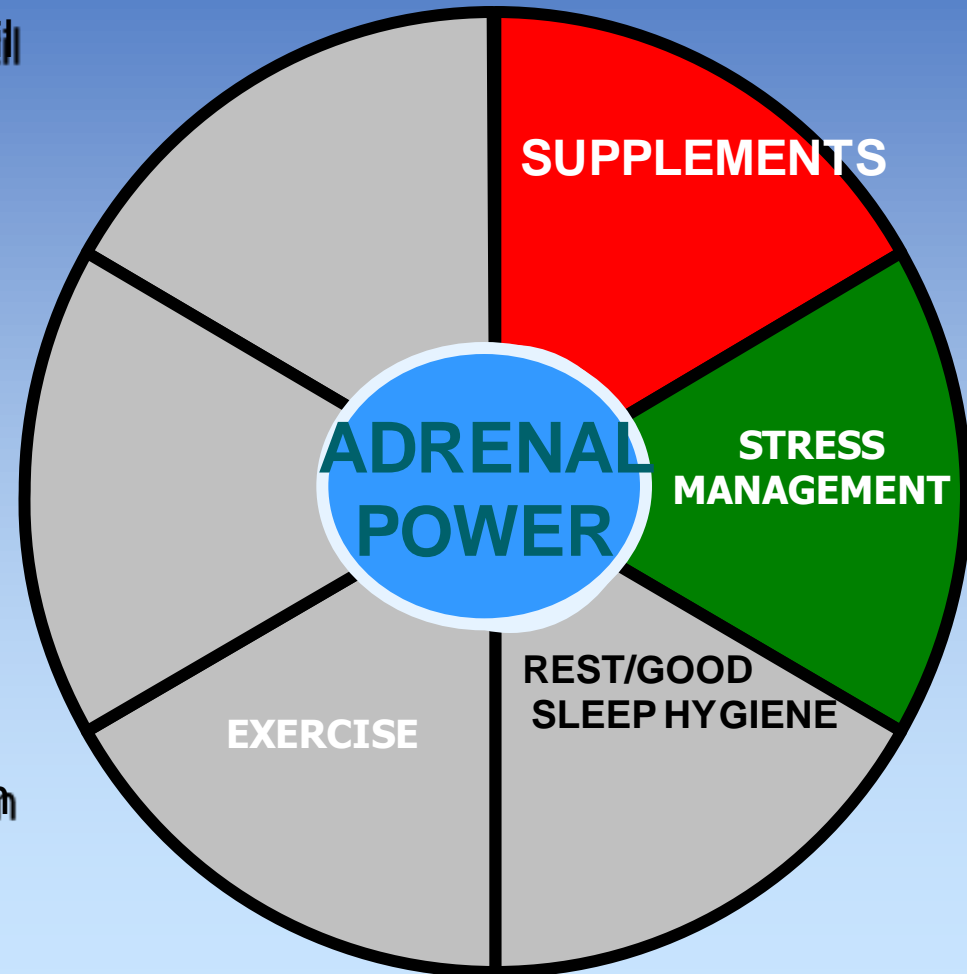
EXERCISE

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- WALK (don't run or get heart rate $>70\%$ max until overcome adrenal exhaustion)
- IMPROVES MEMORY
- RELEASES NATURAL Neurochemicals: endorphins
- Promotes FAT LOSS
 - >20 minutes for men
 - >50 minutes for women
- Replace your sodium & potassium after exercising (celery & carrot juice) (sodium & potassium are low already with chronic stress)
- Strength training



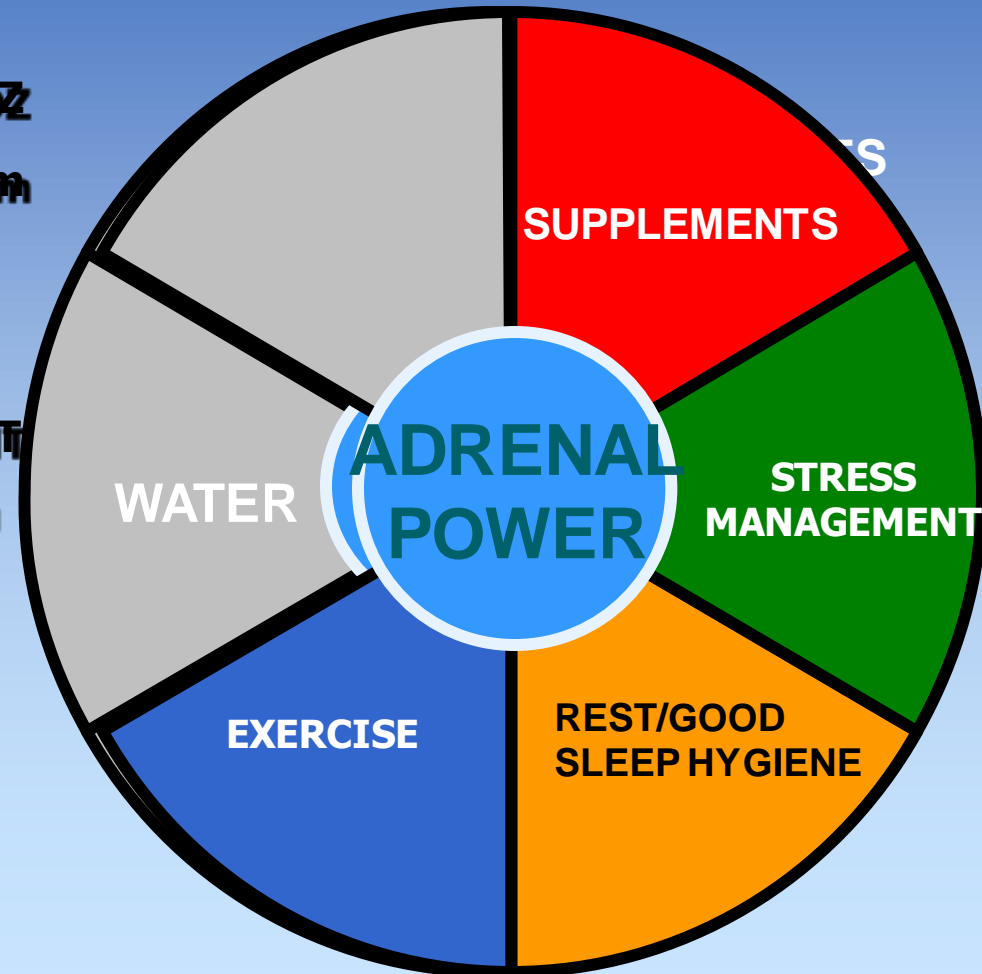
WATER

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- **GOOD HYDRATION**
- **ADD DASH SEA SALT and Crème of Tartar TO 2-16 OZ BOTTLES WATER FIRST FEW WEEKS (the potassium level correlates with adrenal activity)**
- **BALANCE PH=GREEN FOODS**
- **HALF YOUR BODY WEIGHT IN WATER==IF YOU WEIGH 200 POUNDS YOU NEED 100 OZ WATER DAILY**
- **CHECK PH OF YOUR WATER**
- **AVOID WATER WITH CHLORINE & FLUORIDE-TOXIC TO THYROID)**



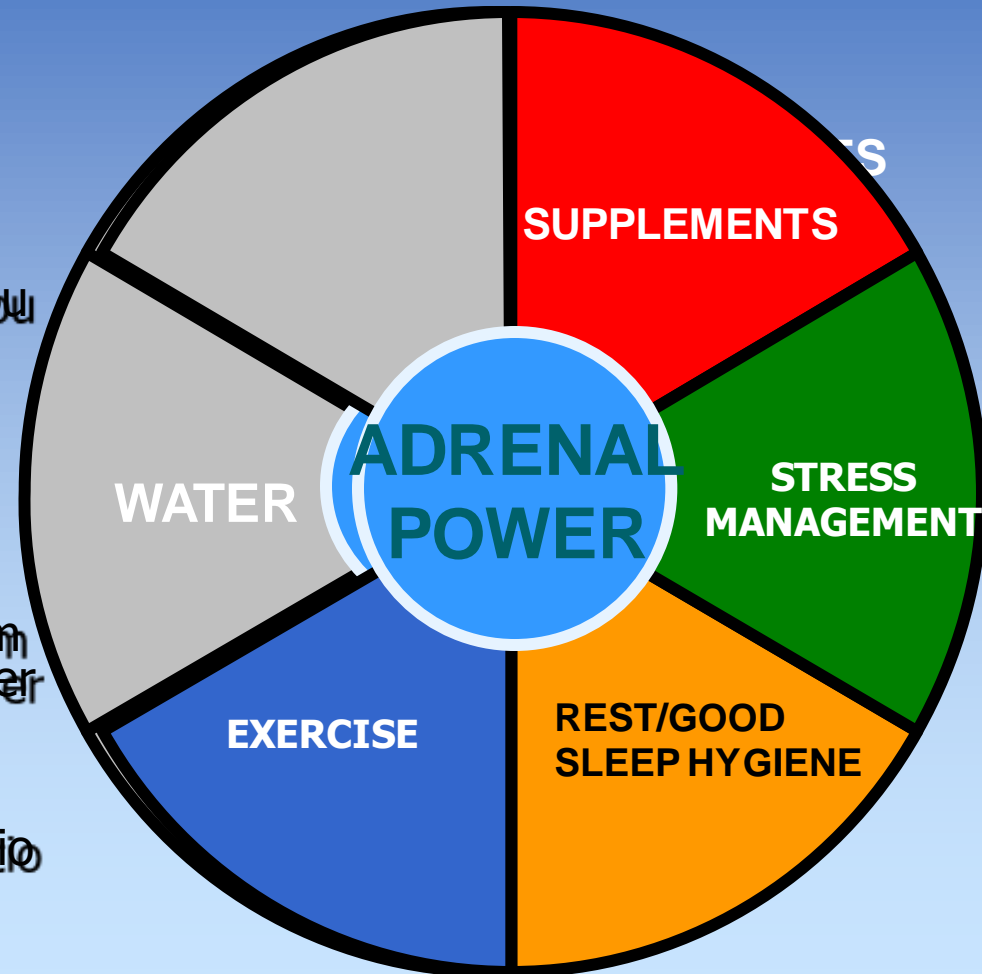
WATER

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- Toxic metals that often land in the adrenals are lead, cadmium, mercury, aluminum
- If your Calcium, magnesium, sodium, and potassium are low then you will absorb more toxic metals into the body
- When adrenals are exhausted you may accumulate more copper
- When sodium to potassium ratio is less 2:1 then copper becomes unavailable to absorb calcium
- The sodium/potassium ratio is dependent on copper, manganese, iron, and chromium



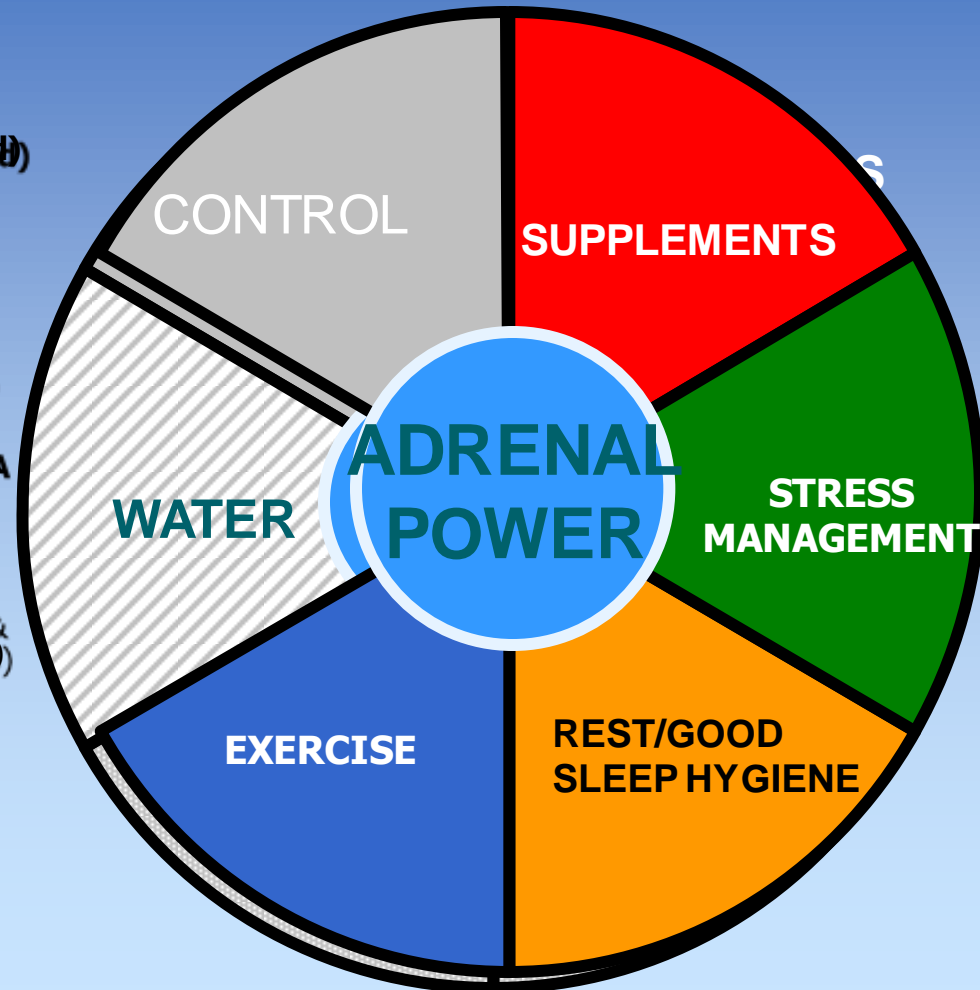
CONTROLLING MY SURROUNDINGS

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- OK TO SAY NO
- GIVE YOURSELF PERMISSION TO REST BEFORE WORK
- DON'T EAT OUT OF STYROFOAM PRODUCTS (leaches Dixon into food)
- DON'T COOK FOODS IN MICROWAVE (destroys enzymes)
- GOOD AIR
- MASSAGES/REFLEXOLOGY
- Tyrosine: combines with iodine to make thyroxine
- GOOD NUTRITION—EAT 6 TIMES A DAY-----LIVING FOOD
- Fat nuts high in magnesium & protein
 - Brazil nuts are high in selenium & iodine (feeds thyroid and adrenals)
 - Pumpkin seeds are high in tryptophane and feed endocrine glands and destroy parasites
- Progesterone cream:
 - balances many female hormones
 - Stimulates thyroid
 - Decreases coronary spasms
 - Decreases PMS and headaches



**IF I'D KNOWN I WAS GOING
TO LIVE SO LONG, I WOULD
HAVE TAKEN BETTER CARE
OF MYSELF.**

ADRENAL POWER



Balancing your battery
is important to
energizing all your
endocrine organs