

# ADRENAL SUPPORT



## Supporting the Body's Master Gland

The adrenal glands are situated on each of the kidneys and serve as the master glands for the endocrine system. The major function of the adrenal glands is to govern how we react to stress. The adrenal glands produce a number of hormones, particularly cortisol and neurotransmitters like adrenaline. The ability to rapidly produce these hormones provides us the means to escape imminent danger. This "fight or flight" response is a protective mechanism which provides humans with the energy and resources to either defend ourselves or flee from danger.

All creatures, including humans, are exposed to periodic stress, and have an inherent need to escape that stress. Although we no longer have to flee from the same imminent stresses and dangers of our ancestors, our bodies do not differentiate between the stress of driving in rush hour traffic or fleeing from a saber-toothed tiger. Every stress exposure creates the same reaction in us. This constant barrage of stress created by living in the modern world can exhaust our adrenals, a situation known as hypoadrenalism or more commonly referred to as "adrenal fatigue."

Studies indicate that 75-90 percent of patient visits to primary care physicians are due to the adverse effects of stress on our health. Some of the common symptoms seen with adrenal stress are fatigue, non-refreshing sleep, lack of energy, sugar and salt cravings, mild depression, frequent infections, inability to get out of bed in the morning, panic attacks, PMS symptoms, allergies, low libido, feeling overwhelmed, irritability, joint pain and reduced memory.

The longer the stress continues, the more exhausted our adrenals become. The simplest way to address adrenal exhaustion caused by stress is to remove the stressors. However, few of us can easily change our jobs or the situations and relationship that are creating our stress. Several nutritional supplements have been shown to be helpful in supporting and restoring the adrenals. Adaptogens such as **Ashwagandha Extract** and **Relora** are specific nutrients which help support the adrenals. Combinations of adaptogens, such as **AdreBoost-NG** are formulated to provide support for overstressed adrenal glands. **Adrenal Health Support, Glandular** is designed to provide much needed rest and support for adrenals that are exhausted. The two products can be used together for a powerful adrenal support combination. Excessive cortisol created during the day and present at bedtime can make falling asleep and staying asleep difficult. **GABA Calm**, taken during the day, can help modulate cortisol production downward so a restful night's sleep can be obtained. Finally, **Phosphatidyl Serine Complex**, used at bedtime, has been shown to modulate cortisol down to help induce restful sleep. The usage of these supplements can help complete a total stress management, adrenal support program.



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