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Adrenal Fatigue

**Taking Back Your Life
From Adrenal Fatigue**

Tired All The Time?

**Adrenal Fatigue:
Fact or Fiction?**

**HOLY TOAST:
Adrenal Fatigue
and The Church**

**GRANDMA'S CURE CORNER
4 REASONS WHY PEOPLE DON'T RECOVER**



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Taking Back Your Life From Adrenal Fatigue

Karen is in her forties, very active at work and play. Over the past several years since her husband died, she has had a lot of stress with the loss of their home and many other problems. For several months, she has not been able to sleep well and she is tired all day. She laments, “I feel like I’m half-awake all night and half-asleep all day! I’m sick and tired of being sick and tired.” What is worse, she is gaining weight and feeling hopeless.



While the complaint of fatigue is among the most common for visiting a doctor, there are many reasons for it. One of the most common is “adrenal fatigue.”

This term conjures-up images of the adrenal glands working as hard as they can and just getting pooped-out. However, the glands don’t really get tired. Rather, the cells in the body react to long-term high levels of stress hormones by blocking their effects.

Cortisol, the primary stress hormone, affects every cell in the body.

- Over time it suppresses the immune system, allowing more infections
- Changes the neurotransmitters in the brain, causing depression and anxiety
- Causes insulin resistance, which can lead to diabetes
- Prevents the use of fat for energy leading to easy fatigue and hypoglycemia

With all these effects, it is no wonder people with chronic stress have such a multitude of symptoms! Often, these symptoms are vague and general, but abnormalities don’t show up in the usual tests done by doctors. The patient then is told, “There is nothing wrong with you.” and goes home discouraged. Many people come into my office just hoping to have some terrible abnormality on the test so at least there will be something wrong.

Distinguish the Difference

There are a variety of reasons for being tired. Some of the more common ones are adrenal fatigue, low thyroid, chronic infections and metabolic disorders, such as diabetes. The difficulty is that these may overlap in any individual. Some ways to distinguish them are:

ADRENAL FATIGUE	Low Thyroid	Chronic infections	Metabolic disorder
Caffeine causes heart racing	Slow, not sleepy	Pain	Headaches
Feeling overwhelmed	Hair falling out	Muscle aches	Easily fatigued
Anxiety	Constipation	Poor sleep	Better with food
Depression	Dry skin	Intermittent	Worse after eating

Weight gain around the middle	Cold hands/feet	Weight loss or gain	Sleeps well
Hypoglycemia	Low body temp.	Fevers	Weight gain
Not rested with sleep	No weight gain	Chills	
Intermittent infections		Sweats	

Turn Around Fatigue

It probably took a long time to get to the point of fatigue, so it usually takes a while to overcome it. First and foremost, it is essential to reduce stress and then general lifestyle changes are necessary. Lastly, supplements and herbs will be very helpful.

Medications

All stimulants affect the adrenal glands. Medications are especially hard on these glands. Avoid sleeping pills and medications for ADHD, depression and anxiety. All of these change the neurotransmitters in the entire body. Most of them affect the adrenal glands directly through this mechanism. Pain medications are acceptable, but generally don't work for the pain associated with adrenal fatigue.

Stress reduction



The most important part about stress reduction is to live in the present. The large majority of the things we worry about never happen after so much energy and time is wasted on them. Further, and most important, we too often hold on to things in the past that hurt us. The ability to forgive everything in the past is essential to be able to live in the present. This may take some time and counseling, but is well worth the effort.

Another important aspect of stress reduction is to have goals and be working towards them. You must have several areas of growth in your life: business, spiritual, family, hobbies and so forth. Recognize your potential as a child of God and all the good you can do in the world. The only limits are the ones you place on yourself.

Exercise

It cannot be emphasized enough that exercise is important for the treatment of adrenal fatigue. Many studies have shown that exercise is the only mode of treatment that consistently helps. Daily exercise in some form is best if the type of exercise is varied. Mostly, heavy exercise to sweat three times per week is sufficient.

Food

The foods that increase insulin production also affect the adrenal hormones. It is wise to avoid sugars, starches and artificial sweeteners. Stimulant foods should also be avoided: coffee, tea, soda and energy drinks are counter-productive.

High-fiber foods are helpful for the regulation of blood sugar which helps smooth-out adrenal function. Burning fat produces "ketones," which help stabilize the nervous system. Therefore, a "meat and vegetable" diet with little starch or sugar is best and the more raw vegetables, the better.

Grandma's Tips



Fermented foods like cheese, mushrooms, and pickled foods can also cause your adrenal levels to go down. When you need a snack, choose one with protein in it. Kelp, sprouts, green and black olives, peppers, spinach, celery and zucchini are also excellent choices.

Vitamins

The vitamins that help the adrenal glands include:

- [Pantothenic acid \(vitamin B5\)](#) - this is best taken in a B-complex (B-100)
- [Vitamin C](#) - 500 mg three times per day is best
- [Trace minerals](#) - a good quality mineral supplement will have the right combinations and amounts

Home Cures That Work provides these supplements recommended by Dr. Scott in our Amazon store, just by clicking the links above. They have been tested by an independent lab company to ensure they are safe for consumption and the quality you deserve!

Herbs

The herbs that help the adrenal glands are called “adaptagens.” This means they help the glands and tissues of the body “adapt” to the stress. There is a normal “circadian rhythm” of the glands that secrete the cortisol on the morning allowing people to wake up with lots of energy. As the hormone declines in the evening, people get tired and go to sleep. This rhythm is usually lost when people get fatigued. The following herbs help to restore this rhythm:

- [Ginseng](#) (Korean, American, Siberian)
- [Ashwaganda](#)
- [Licorice Root](#)

- [Eleuthero](#)
- [Rhodiola Rosea](#)

Most herbal adrenal products will contain some combination of these. Some of these preparations may also contain “adrenal extract” of some sort. These “glandular” supplements are the actual adrenal hormones from cows or pigs. Some people find this to be helpful, but others have a bad reaction. It isn’t dangerous, just be aware that if you don’t seem to respond well, then find an adaptagen without the glandular extract.

Sleep

Adequate rest is essential to repairing the effects of stress and fatigue on the body. During the times of sleep the brain chemicals are restored and neural pathways are created. Moreover, the adrenal gland itself has a rest time, which produces the circadian rhythm of the body. The problem is too much adrenal hormones prevent sleep. Here are some suggestions that often help my patients to sleep:



- Go to bed earlier
- Get up earlier, even if you are tired
- Don’t take naps
- Exercise every day to sweat
- Use [melatonin](#), between 1 and 6 mg about 1 hour before bed time
- Take [magnesium](#), 400 mg before bed
- L-theanine at night may help

- Do not watch television 1-hour before bed – reading is OK

Armed with the above tools, you should be able to work out a program to get back to a healthy, vibrant life. Karen did. She found that the herbal adaptagens helped her to sleep much better. With a change in diet and increased exercise, she is now doing well off of all her pain medications and sleeping pills from adrenal fatigue.

Remember, the body is made to heal.

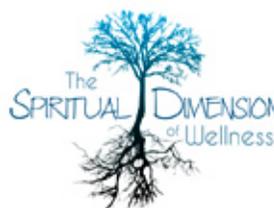
As long as you provide the right environment and resources, the body will always heal. It may be hard, especially at first, and it may take a long time, but the rewards are definitely worth the effort!

Helping others overcome natural health obstacles is what brings us the most joy! What obstacles are you facing? What brings you the most joy? Share [HERE](#).



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center

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HOLY TOAST - Adrenal Fatigue and the Church

As an itinerant minister, I have the opportunity of meeting people of varying color, creed and country. In the last 10 years, I have found one over arching commonality... exhaustion! Let's look at the Oxford dictionary's definition of exhaustion. It is, well...exhaustive!



Exhaustion:

1. Tired out, worn out, weary, dead-tired, dog-tired, bone-tired, ready to drop, drained, fatigued, enervated; (informal) beat, done in, all in, bushed, zonked, bagged, knocked out, wiped out, burned out, pooped, tuckered out, tapped out, fried, whipped.
2. *Exhausted reserves* used up, consumed, finished, spent, depleted, empty, drained.

As I was reading this amusing, lengthy definition, it dawned on me that it was merely a list of symptoms, not the root cause. This "old school" term, exhaustion, was missing a prefix that explained everything... adrenal exhaustion! The adrenal glands are two small glands (about the size of a walnut, weighing less than a grape)

that sit atop the kidneys. So, when these tiny glands are depleted by physical or emotional stress, overwork, fear, trauma, etc, the body experiences, chronic fatigue, poor sleep, inability to deal with stress, B vitamin deficiency, difficulty concentrating/brain fog and even food or environmental allergies.

God's Safety Net

Considering the genius of God, I find it amazing that He has left Man, His “crowning achievement,” totally vulnerable to a pair of tiny glands. As with everything our Heavenly Father does, love is the motivator for this vulnerability. Let me explain. Have you ever looked at the back of your office computer, copy machine, printer or flat screen television? There is a tiny little fuse or circuit breaker that protects the machine from damage due to power surges, lightning strikes or polarity issues.

In the same way, our adrenal glands function as a circuit breaker that when depleted, slows the body down before any permanent damage is done.

Christians find this hard to believe, but there is just as much “burn out” within the four walls of the church as there is without. Truth be told, as I mentioned earlier, it is an over arching commonality that the world is full of “quick fried Cretans” and “crunchy Christians.”

It is extremely difficult to get a chronically fatigued unbeliever to listen to you if you are a chronically fatigued believer. People are looking for answers, not more questions. Lets examine some of the reasons why Christians crumble even though Jesus lives in their heart.

Works

With all the need in the world, it is important that we “stay in our own lane” and be faithful to the work God has given us to do. Remember, just because something is “good” doesn’t mean it is God!

Illusion

When we assume that because we are Christians, our bodies are impervious to overwork, stress, vitamin deficiency and exhaustion.

Remember, our “earth suits” are not glorified bodies; they are simply carriers of His glory.

“But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.” ~ 2 Corinthians 4:7

Self-righteousness



We would do well to remember the prophet Elijah’s trip to Horeb. Elijah did not flee to Horeb because God called him, he ran because he was afraid. Elijah was afraid Jezebel would kill him, he also thought he was the only righteous prophet God had left. When Elijah reached Horeb, God asked him a question, “What are you doing here, Elijah?” Elijah answered,

“I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me, too.” ~ 1 Kings 19:14

When God asks you a question, He expects a truthful answer! If you read the whole story, after a powerful demonstration of power (tornado, earthquake, fire and a still, small

voice), God tells Elijah He was only in the still small voice.

Then, God gives Elijah another chance to answer His question; "What are you doing here, Elijah?" Sadly, Elijah gives God the same self-righteous answer as before and it spells the end for Elijah's earthly ministry. God ends the conversation with this statement,

"Yet, I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him."

~ 1 Kings 19:18

Remember, self-righteousness and fear can take you on a perilous journey you were never called to, such as adrenal exhaustion.

Grandma's Tips



Recall the story of Elijah, after he had successfully defeated the priests of Baal on Mount Carmel. There was a huge display of the power of God. But when Jezebel, who was just one person, threatened to kill him, Elijah panicked and ran. He had just had a high stress situation, and he was depleted of all strength. So, even though he had a victory, his body could not handle any more stress. Consider the possibility that he was undergoing temporary adrenal fatigue! God had to take care of him by a brook and sent birds with food to feed him, until he recovered. You, too, will recover with God's help! He knows exactly what you need!

The Turning Point

Now, lets find a prescription for our disease.

Isn't it interesting, as soon as you read disease, all kinds of dreadful conditions filled your mind? Lets fix that!

When the body is not feeling well (out of homeostasis), it is at dis-ease with itself. The

word "ease" defined means, "to relax ones efforts." So, if the prefix, "dis" is added it now means, "not relaxing ones efforts."

We are called human beings, not human doings, for a reason! God is way more concerned about who we are, than what we do. Striving, pushing, driving is not the way of the Kingdom. Jesus constantly mentioned rest. He is the "Prince of peace," and He lives in us!

"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."

~ John 14: 27

"You will keep him in perfect peace, whose mind is stayed on you, because he trusts in You." ~ Isaiah 26:3

Sometimes, the best thing you can do in the middle of a battle is lay down. Psalm 23 was written on a battlefield! David was in the midst of the battle of his life and God made him lie down in green pastures, led him by still waters, and restored his soul, right in the heat of the fight.



If we could just get a glimpse of the enormity of God's rod and staff, and His unfailing love for us, then we too could lie down. Stop striving and let God fight the battle.

By the way, David was only walking in the shadow of death, not death, but only a shadow.

Compared to death itself, a shadow is a little thing.

By nature, humans tend to be overly dramatic and fixated on big things. Jesus continually draws our attention to little things, a mustard seed, the tongue, the little foxes and of course, a child.

In God's economy, little is big. In man's economy, bigger is better and small is often ignored. Jesus was an advocate of downward mobility, with the servant being the master of all.

The purpose of this article is to bring awareness to the little stressful things that you may have overlooked that possess more power than you had realized. In the natural, your tiny adrenal glands will shut your fatigued body down if you don't learn to nurture them and live in peace. Sometimes an ounce of prevention is worth a pound of cure.

Start Low and Go Slow

Here are some practical tips that have miraculously helped people overcome adrenal exhaustion.

1. Take a Sabbath day. Take one day for yourself a week and turn off computers, cell phones, televisions and needy friends!
2. Find a good [B vitamin supplement](#) (food based) at your local health food store. Make sure the supplement is high in B-12 and folic acid.
3. The adrenal glands love licorice! Many have reported amazing results using pure [licorice root extract](#).

Spiritual Steps To Healing

Finally, if I may offer a little spiritual advice:

1. Identify the "little things" that are causing big problems. If your ministry becomes more important than your family, re-evaluate your motives for being a minister.

2. If you have truly "given" your life to Jesus, than start trusting Him with it. It is His life now.
3. Meditate on this scripture until you have an "Aha" moment.

"His divine power has given [past tense] us everything we need for life and Godliness through our knowledge of Him who called us by His own glory and goodness." ~2 Peter 1:3

4. Realize that God is the center of everything, not you, in case you started to believe your own press and enjoy the accolades of others.
5. When exhaustion rears its hideous head, read the psalms! They are the "Gos-pills" for what ails the weary soul.
6. Rediscover your reason for being. Worship the Lord and walk with Him in the cool of the day.
7. Don't worry about anything. Pray about everything.

It is my prayer that this article will bring life and healing to you right where you are.

You are God's crowning achievement. Take time to laugh, love and listen. If you do, you find out that it is much better to be an "on fire" Christian, than merely a burnt offering!

How has God helped you through stressful situations? Comment [HERE](#) to be the encouragement someone needs.



Michael Tyrrell, www.michaeltyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities.

Michael has been committed to training their key leaders and

members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer <http://michaelyrrell.wordpress.com> music producer and well known musician.



Adrenal Fatigue: Tired All The Time?

"I'm in bed and I can't get up."

If this sounds like you, then read further.



- Are you experiencing stress related adrenal fatigue?
- Are you tired for no reason?
- Having trouble getting up in the morning?
- Need coffee, colas, energy drinks, sodas, salty or sweet snacks to keep going?
- Feeling run down and stressed?

If you answered “yes” to these questions, then you may be experiencing adrenal fatigue.

Adrenal fatigue occurs when adrenal gland function becomes less than optimal—usually as a result of stress. An estimated 80% of people experience adrenal fatigue and the physical

symptoms of stress at some point in their lives, yet it is frequently overlooked and misunderstood by the medical community. It is not the same as Addison’s disease.

In 1998, Dr. James L. Wilson coined the term “adrenal fatigue” to identify a specific kind of chronic tiredness that many people experience. It can affect anyone who undergoes frequent, persistent or severe mental, emotional or physical stress.

Adrenal function can also be an important factor in health issues ranging from allergies to obesity. Since the major job of the adrenal glands is to respond to perceived threats (stress), when it is assaulted with inordinate amounts of stress over a long period of time, it begins to secrete stress hormones, causing suppression of the immune system and a slowing down of metabolism making you more vulnerable to allergic reactions and weight gain.

What is Adrenal Fatigue?



The adrenal glands are tiny organs that rest on top of each kidney. Despite their small size, the adrenal glands play an important role in the body, producing numerous hormones that impact our development and growth, affect our ability to deal with stress and help to regulate kidney function.

The adrenal glands are comprised of two parts--the cortex and medulla--that produce hormones (chemicals messengers that regulate body functions). The medulla, or inner part of the adrenal glands, produces the hormones norepinephrine and epinephrine, which regulate the "fight or flight" response or the body's reaction to stressful events. The cortex, the outer portion of the adrenal glands, produces several hormones that affect blood pressure, blood sugar levels, water balance, growth, as well as some sexual characteristics.

With each increment of reduction in adrenal function, every organ and system in your body is more profoundly affected as the functions of growth, metabolism, regulating blood pressure, blood sugar, kidney function and hormone production are compromised.

Changes occur in your carbohydrate, protein and fat metabolism, fluid and electrolyte balance, heart and cardiovascular system and even sex drive. Many other alterations take place at the biochemical and cellular levels in response to and to compensate for the decrease in adrenal hormones that occurs with adrenal fatigue. Your body does its best to make up for under-functioning adrenal glands, but it does so at a price.

This syndrome has been known by many other names throughout the past century, such as non-Addison's hypoadrenia, sub-clinical hypoadrenia, neurasthenia, adrenal neurasthenia, adrenal apathy and adrenal fatigue. Although it affects millions of people in the U.S. and around the world, conventional medicine does not yet recognize it as a distinct syndrome.

What Causes Adrenal Fatigue?

Adrenal fatigue is produced when your adrenal glands cannot adequately meet the demands of stress. The adrenal glands mobilize your body's responses to every kind of stress (whether it's physical, emotional, or psychological) through hormones that regulate energy production and

storage, immune function, heart rate, muscle tone and other processes that enable you to cope with the stress.

Whether you have an emotional crisis such as the death of a loved one, a physical crisis such as major surgery, or any type of severe repeated or constant stress in your life, your adrenals have to respond to the stress and maintain homeostasis. If their response is inadequate, you are likely to experience some degree of adrenal fatigue.

During adrenal fatigue your adrenal glands function, but not well enough to maintain optimal homeostasis because their output of regulatory adrenal hormones has been diminished - usually by over-stimulation. Over-stimulation of your adrenals can be caused either by a very intense single stress, or by chronic or repeated stresses that have a cumulative effect.



Who Is Susceptible To Adrenal Fatigue?

Anyone can experience adrenal fatigue at some time in his or her life. An illness, a life crisis, or a continuing difficult situation can drain the adrenal resources of even the healthiest person. However, there are factors that can make you more susceptible to adrenal fatigue. These include:

- Certain lifestyles (poor diet, substance abuse, too little sleep and rest or too many pressures)
- Chronic illness or repeated infections such as bronchitis or pneumonia
- Prolonged situations that you feel trapped or helpless in (bad relationships, stressful jobs, poverty, imprisonment)
- Maternal adrenal fatigue during gestation

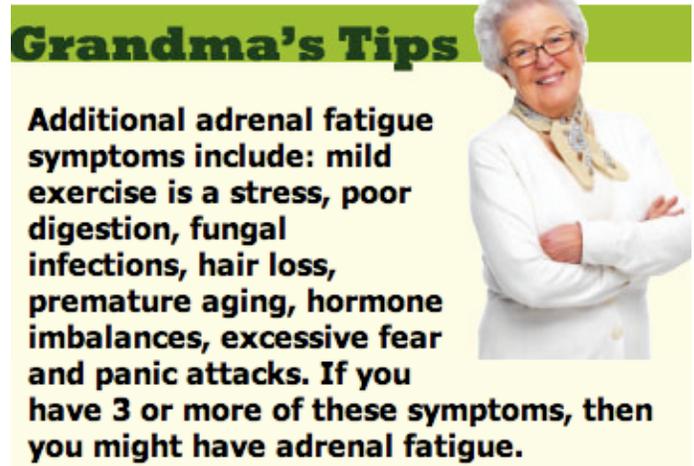
How Common Is Adrenal Fatigue?

Although there are no recent statistics available, Dr. John Tinterra, a medical doctor who specialized in low adrenal function, said in 1969 that he estimated that approximately 16% of the public could be classified as severe, but that if all indications of low cortisol were included, then the percentage would be more like 66%. This was before the extreme stress of 21st century living, 9/11, and the severe economic recession we are experiencing.

How Can I Tell If My Adrenals Are Fatigued?

You may be experiencing adrenal fatigue if you regularly notice one or more of the following:

1. You feel tired for no reason.
2. You have trouble getting up in the morning, even when you go to bed at a reasonable hour.
3. You are feeling rundown or overwhelmed.
4. You have difficulty bouncing back from stress or illness.
5. You crave salty and sweet snacks.
6. You feel more awake, alert and energetic after 6PM than you do all day.



Grandma's Tips

Additional adrenal fatigue symptoms include: mild exercise is a stress, poor digestion, fungal infections, hair loss, premature aging, hormone imbalances, excessive fear and panic attacks. If you have 3 or more of these symptoms, then you might have adrenal fatigue.

Simply put, adrenal fatigue occurs when a person is unable to continue with their customary level of activity while exercising, at home or the office. As the name adrenal fatigue suggests, its paramount symptom is fatigue that is not relieved by sleep but it is not a readily identifiable entity like measles or a growth on the end of your finger. You may look and act relatively normal with adrenal fatigue and may not have any obvious signs of physical illness, yet you live with a general sense of unwellness, tiredness or "gray" feelings.

This is marked by a continual deterioration of everyday functioning. Depression and decreased performance are hallmarks of adrenal fatigue. In fact, many symptoms of "overtraining syndrome" are similar to that of adrenal fatigue.

Adrenal fatigue can wreak havoc with your life. In the more serious cases, the activity of the adrenal glands is so diminished that you may have difficulty getting out of bed for more than a few hours per day. People experiencing adrenal fatigue often have to use coffee, colas and other stimulants to get going in the morning and to prop themselves up during the day.

Can People Experiencing Adrenal Fatigue Feel Their Best Again?



Yes, with proper care, most people experiencing adrenal fatigue can expect to feel good again. Once adrenal fatigue is suspected, a number of effective treatments are available. The type and duration of treatment will vary from patient to patient, as each person's clinical symptoms and situation will differ. For the most part, however, adrenal fatigue is typically treated using a combination of nutraceuticals (combination or specific nutrients), herbal medicines and replacement hormones.

Lifestyle adjustments may be initiated, again depending on the individual. In highly active athletes, sometimes a reduction in training for a period of time may be part of the treatment, but in sedentary people light exercise may be part of the prescription.

If you are suffering from adrenal fatigue, what can you do? Here are a few tips that can help.

Avoid Stimulants

As much as you may want them, stimulants are the equivalent of giving too much gas and "flooding the engine" in a car. It puts further stress on the adrenals to work harder and produce more energy and ends up further depleting the adrenal glands. Things to avoid include:

- Caffeine
- Ephedra
- Guarana

- Kola nut
- Prescription stimulants

Balance Your Blood Sugar With Your Diet

To minimize stress on the adrenal system and ensure maximum energy, you should consider a low-glycemic (low-sugar) diet, consisting of sufficient protein and fat, low-glycemic carbohydrates, eaten in smaller, more frequent meals throughout the day. Sugar and simple carbohydrates put stress on the adrenal glands due by rapidly shifting blood sugar levels. By switching to vegetables, fruits and proteins, and high fiber carbohydrates, blood sugar remains more stable, providing less strain on the adrenal glands.

Please use the links provided to ensure you are getting quality, safe and pure supplements that have been researched by an independent lab company that tests for contamination and impurities. All recommended supplements from this month's issue on adrenal fatigue can be found in our [Amazon store](#).

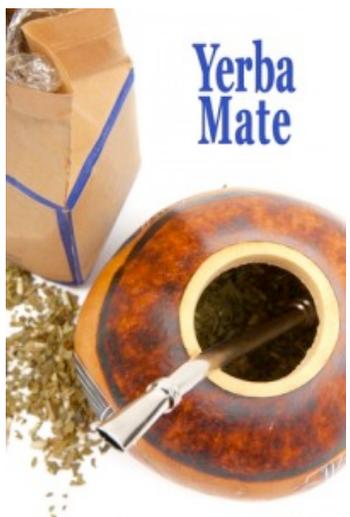
Use Adaptogenic Herbs for Energy

From an herbal standpoint, I recommend Siberian [ginseng](#), as opposed to regular ginseng. I also suggest using astragalus, which is good for immune support. Both are key tonics for the adrenal and endocrine systems.

Herbal Teas and Mate -- NOT Coffee

I also recommend relaxing herbal tea tonics, including chamomile and melissa, which is also known as lemon balm. An easy way for to begin with relaxing tea is to get something like "[Sleepytime Tea](#)" by Celestial Seasonings.

I also recommends mate, pronounced "mah-tay," an herbal tea native to South America. Mate is considered far more nutritious than black tea or coffee. Though it also has some caffeine, its effects are energizing, rather than making people jittery. On the scale of bad to good, coffee should be your last choice followed by black tea, then green tea, with mate being the best option.



Other Supplements

Basic Multivitamin/ B Complex

You will want to take a strong balanced formula that provides decent amounts of key factors for adrenal and metabolic health. One formula I personally recommend is [Jacob Teitelbaum's "Daily Energy Enfusion,"](#) which replaces 20 different pills with one powder that you can mix into a drink, plus a B vitamin capsule.

Adrenal Glandulars

Desiccated adrenal gland can be helpful to some people in supporting the gland and replacing some missing adrenal hormones. Be sure to get a reputable brand from a reputable supplier to ensure quality, potency and safety.

Pregnenolone or DHEA



Pregnenolone and [DHEA](#) are hormones that can help resolve adrenal fatigue. Use of over-the-counter hormones is recommended only under the guidance of your practitioner.

This is by no means a comprehensive list of supplements or solutions. Your best option is to work with a practitioner to diagnose your adrenal fatigue and to develop a customized

treatment program that will help resolve this condition.

My company, Matrix Transformation, specializes in offering specific solutions for chronic symptoms. The main objectives of Matrix Transformation are to provide the information, education and tools necessary to identify and eliminate the cause of chronic symptoms. Our goal is to turn symptoms into solutions.

We specialize in solving unsolvable problems relating to the issues involving stress, fatigue, lack of energy, indigestion, hormonal imbalances, insomnia, weight loss and depression, as well as improving overall health in relation to diabetes, high blood pressure, cholesterol, acid reflux, ADD, ADHD and overall performance. We also address matters relating to diet, exercise, supplements, stress management, and chronic pain.

Should you have any questions please feel free to contact us at:

www.matrixtransformation.com.

Caffeine is a boost with a big price! It may be used as a "pick me up" but it induces stress. Which foods rich in antioxidants and nutrients have greater benefit to you? Share [HERE](#).



Dr. Richard A. DiCenso is the CEO of Matrix Transformation and author of *Beyond Medicine, Exploring A New Way Of Thinking*. He is an international speaker and complementary care expert with over 30 years experience in treating chronic symptoms. With his extensive practice in "Whole Person Therapy," human biochemistry and orthomolecular nutrition, Dr. DiCenso

is a leading authority in biological fluid analysis with his Matrix Assessment Profile (MAP). Dr. DiCenso provides unique insights into the world of unresolved symptoms and has helped thousands of individuals around the world with undiagnosable symptoms to dramatically improve their health without drugs or surgery.

Adrenal Fatigue: Fact or Fiction?

The medical community does not recognize adrenal fatigue as a real condition – but if you suffer from it, you may beg to differ.

Do you have trouble falling asleep?

Are you restless, stressed-out and reliant on caffeine to make it through the day?

If so, you could be suffering from a condition that most doctors won't acknowledge.

That is because there are no tests to prove it, no scientific evidence of its existence and treatment can be costly because insurance companies probably won't cover the costs – if your doctor could even come up with a remedy.

It is called adrenal fatigue and if you suffer from it, then you know how real it is.

Here are some of the symptoms:

- Feeling run-down
- Difficulty keeping up with everyday life
- Trouble sleeping
- Trouble waking
- An unusual craving for salty or sugary foods
- Body aches
- Loss of body hair
- Low blood pressure
- Unplanned weight loss
- Nervousness
- Problems with digestion

All that said, these symptoms are non-specific and could be attributed to any number of other

ailments. In fact, adrenal fatigue could itself be a symptom of fibromyalgia or depression. If you experience any of these symptoms, then you should see your doctor.

Glands On The Run

More readily explained and easier to diagnose is a condition called adrenal insufficiency. This malady is caused by insufficient production of hormones, which are normally released in response to stress in order to lessen the impact of stress on your body. If you aren't getting enough, stress will wear you down and cause physical illness. Simple blood tests and stimulation testing can reveal any decrease in the level of adrenal hormones.



See, your body operates on a fight-or-flight system that is governed by adrenal hormones. The theory behind adrenal fatigue is that it is a milder case of adrenal insufficiency. When you are constantly under stress, the adrenal glands simply can't keep up with you in producing enough feel-good hormones to balance out the trauma. Standard blood tests cannot detect this mostly small decrease in hormone production – but your body detects it just fine!

You are not alone. Adrenal fatigue affects 80% of Americans just like you at some time in their lives – especially folks 40 years and older.

Two of the major hormones that help reduce stress and its impact on your body are adrenalin and epinephrine. They are responsible for elevated blood pressure and blood sugar to give you the energy you need in a fight-or-flight scenario. When your adrenal glands are on the

run and resources deplete, you become unable to handle stress and everyday life in general.

Of course, it is natural for hormone production to decrease with age, but if you are under regular stress, it can decrease much faster than normal. One hormone in particular will be especially missed when its production declines...

Th-Th-That's Cortisol, Folks...

Cortisol is a steroid hormone that keeps blood sugar levels normal and is a natural stress fighter. It also works closely with your pancreas to give your cells the energy they need to function properly and allow you to take control of your daily life. Plus, it is a super-strong anti-inflammatory element that is released when you get hurt.

Grandma's Tips

If your cortisol level is low, then you have fatigue, hypoglycemia, poor immune function, an increased tendency to allergies and environmental sensitivity, as well as an inability to deal with stress.



Cortisol rushes to the area of trauma and helps keep swelling down to repair the injury. The more traumas you have, the more cortisol is released. Unfortunately, when your adrenal glands slow down hormone production, cortisol goes with it.

The good news is we are here to help! In this article are some specific recipe ideas that can repair the adrenals and keep them running at tip-top shape so you can get back to your life and feel good again. These can give you peaceful, restful sleep, decrease your nervousness, reduce aches and pains and help fix any digestion issues you may be experiencing as a result of adrenal insufficiency.

First, here is some friendly advice on how to repair your adrenals. Then, we are on to the meals...



Cut Out The Big 3

Caffeine, alcohol and sugar only serve to damage adrenal glands. You should avoid them if you want to rejuvenate your adrenals.

Add In The Big 6

Be sure to add at least 6 organic vegetables to your diet and eat them every day. You can even juice them to help cleanse from the inside out. The darker and brighter the better.

Clean Up Your Liver

A warm cup of water with the juice from half an organic lemon squeezed in is an easy and natural way to cleanse your liver.

No Pain, No Gain

Exercise in moderation until you get tired. This will serve to keep things moving in your body and allow it to repair itself.

Mangia, Mangia

Be sure to eat regularly, 3 good healthy meals a day, or better still: 5-6 smaller meals. Make sure to get plenty of healthy protein because it contains amino acids that restore adrenals.

Also, be sure you are supplementing properly for adrenal repair. To start, take 1000 to 5000 mg doses of [vitamin C](#) every day. Try these other supplements just be sure to check with your doctor before beginning a regimen.

Home Cures That Work conveniently links these supplements for you to purchase via our Amazon store. Our recommended supplements are approved by an independent testing lab that verifies the quality and safety for consumption.

They are the best option available to you for your health. For naturally treating adrenal fatigue, try:

- One 400 IU gel-cap of [vitamin E](#) per day
- 500 mgs or more of [magnesium](#)
- 50 - 100 mgs of [B complex](#) twice a day
- A healthy dose of antioxidants – get from teas or fruit juices
- [DHEA](#) can also be beneficial – but please be sure to check with your doctor about taking DHEA just to be safe.
- [Probiotics](#) – 2-3 times daily and digestive enzymes with each meal

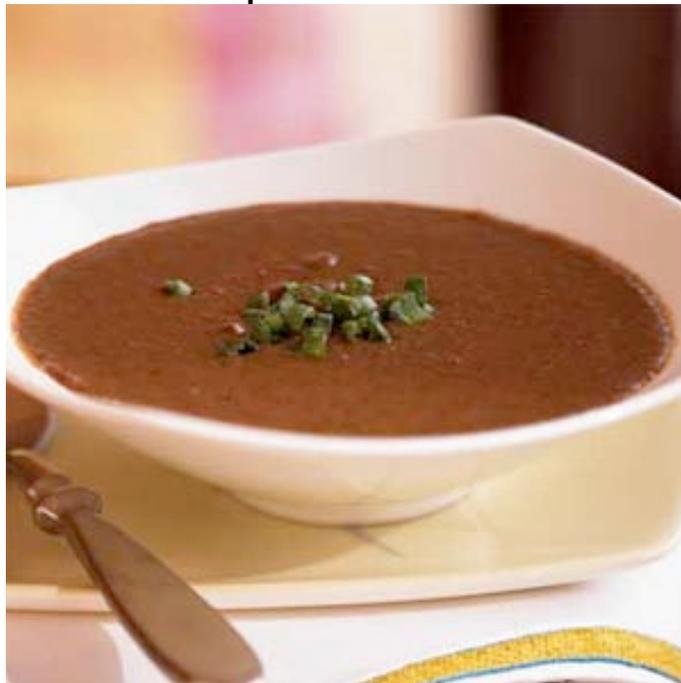
Following these guidelines can mean the difference between the healthy promotion of adrenal gland processes or a very nasty bout with premature hormone deficiency.

Grand Eats For Gland Replete!

Now for some meal ideas that will have your adrenal glands back to peak performance in no time. These are healthy comfort foods that bust depression in the jaw, help repair slowing hormone production and get you back on track.

They are simple to prepare and bursting with mouth-watering flavor. Try them and in one bite and you will instantly know what I am talking about. You will think you are back in mom's kitchen when the aromas start to fill the air. Bon appetit!

Black Bean Soup*



What you need:

- 2 tablespoons EVOO (extra virgin olive oil)
- 2 teaspoons cumin seeds
- 7 cloves of garlic
- 1 large yellow onion
- 1 cup rinsed black turtle beans
- 1 dried red chili pepper
- 2 teaspoons turmeric powder
- 2 teaspoons freshly grated ginger
- Veggie bouillon powder or cubes

What to do:

In a large pot, sauté cumin seeds in EVOO until golden brown.

Chop the garlic and onion and add it to the pot. Sauté until the onions become translucent. Add black turtle beans and plenty of water. Add the chili pepper. When the beans become somewhat tender, add turmeric powder and half the ginger. When they become totally tender, add your bouillon.

As the beans continue to cook, cool and drink the thickening liquid. Top off the water and throw in the rest of the ginger and more turmeric to taste. Eat several times a day to build stamina and drain fluids from your body.

Mom's Meatloaf**



What you need:

- 1 lb lean hamburger
- 1 or 2 eggs
- Big slush ketchup substituted with an herbed salsa
- 1 cup corn flakes
- Fine chopped onions & garlic
- 1 cup of chopped zucchini
- Fresh corn off the cob
- 2 tablespoons flax seed
- Salt & pepper to taste
- Top with a coat of ketchup topped with the salsa
- 2 tablespoons wheat germ

What to do:

Cook about 1 hour @ 350.

Serve over brown rice with a side of lightly sautéed, dark greens or brightly colored vegetables for a balanced, healthy meal your body will thank you for.

Perhaps, simplest of all...

Sauteed Spinach or Kale Delight***

This recipe has three delightful qualities.

One is how quickly it can be prepared – under five minutes!

Two is how energizing and healthful it is.

Three is how umm, umm, ahhh delicious it tastes – in all its variations.



What you need:

- 3 handfuls of ready-to-go baby spinach
- Olive oil
- 1 pressed then finely chopped garlic clove (Crush garlic using your palm or kitchen knife. Let sit for fifteen minutes before chopping and sautéing.)
- Handful of torn parsley
- Pinch of sea salt
- Squeeze of lemon juice

Simply sauté everything together until the spinach wilts slightly. Eat pronto! (Serves one)

Variations: Substitute kale for spinach. Sprinkle in pine nuts or walnuts, dried cranberries, dried cherries, sun-dried tomatoes ... you get the picture.

You may also choose to follow the Hauser Diet for adrenal fatigue. You can find it and learn more here: <http://www.hauserdiet.com/>.

Healthy Hormone Production For Life

You do not have to live with adrenal fatigue or adrenal insufficiency. All you need to do is take greater care to repair your adrenal glands to live the healthy life you deserve. Regain lost energy, deal with stress and boost the feel-good hormones that allow you to wipe out depression and maintain your fight-or-flight system.

One more tip: drink licorice tea. It is excellent for repairing stubborn adrenal glands. Look for it at your local health-food store.

Your doctor may not recognize adrenal fatigue, but you and your body know the truth. Eat healthy, live well – knock out this debilitating condition and get on the path to balance.

[How do you recharge your adrenals for lasting energy? Comment below \[HERE\]\(#\) and inspire someone in need!](#)

*Courtesy kitchendoctor.com

**Courtesy adrenalfatiguebegone.com

***Courtesy adrenalfatiguebegone.com



Grandma's Cure Corner:

4 Reasons Why People Don't Recover From Adrenal Fatigue

Many people drift through life in a tired haze. After all, who isn't tired after work or doesn't go through an exhausted phase of life? Recovery is highly dependent on one's genetic predisposition, amount of stress, nourishment and power of belief.

It is not normal or healthy to feel so abnormal and unhealthy. So, why do some people don't recover from adrenal fatigue?

1. Ignoring the symptoms

It just may be too easy to pick up a cup of coffee or drop some change into a soda pop vending machine then it is to address the cause of the sleepy sound-off the middle of the afternoon. Or, maybe you are too exhausted to even think about it!

The truth is many have fallen into acceptance that this is the way life is going to be and accepting the tired and exhausted state forever. Maybe you are praying that one day you would regain your health and actually be well again. Maybe you are journaling through the rough and exhausted spent days, unable to get through your responsibilities.

You don't have to be trapped in a weak body and under-performing body and mind. Your body is a self-healing organism and your brain can begin to restore itself. Adrenal fatigue is treatable and you can have energy again. Your prayers are being answered and God will direct you to the resources that will help you.

2. Taking a cocktail of supplements



I am guilty of this. In effort to restore balance when there are symptoms of an imbalance, I have masked solving my health problems by taking a "shotgun" approach of vitamins and minerals that are chucked down the throat in hopes of improving my symptoms.

This is why Home Cures That Work has been so valuable to me. The approach to supplementation makes a huge difference in healing when you are provided with thoughtful, but not random, supplementation regimens.

For example, these supplements are prerequisites to a successful recovery of adrenal fatigue:

- [Vitamin C](#) – Up to 5,000 mgs/day
- [Vitamin B5](#) – Be consistent for as long as 6 months to repair adrenal function
- [Licorice](#) – Start with one cup of licorice tea/day to restore proper adrenal function
- Adrenal extracts – Help with energy, but be careful of long-term dependency
- [Minerals](#) – Add magnesium, calcium and trace minerals to your supplement program

3. Relying on food alone

This is not a naive statement. Food does help the body heal, but you cannot put your hope in food alone to repair a weak body. Those with adrenal fatigue often have impaired digestion and lack sufficient nourishment from food that is grown thousands miles away and de-vitalized. For repairing your adrenal glands, the requirements are more than just nutritional support.

4. Choosing short-term wants over long-term needs

If you have begun to face the facts of your symptoms and started a balanced supplement program, but haven't removed the triggers, then you still have major obstacles to overcome.

- Don't kid yourself that staying up late in front of the laptop isn't going to make the next day any easier
- The glass of wine you think is going to "help you unwind" is really going to ruin your sleep
- If any relationship causes you to grind your teeth, then you don't need someone telling you it is no good
- Stop whatever you are doing that makes you feel like life is a marathon

My niece struggled with adrenal fatigue for years. She called it "every cell in my body fatigue." She went from doctor to doctor to try and learn what had gone terribly wrong with her body. She hardly had the energy to make a phone call and wondered why she was so weak. She almost gave up hope believing there was going to be any change in her health. Medical doctors ordered every kind of test, but it wasn't

until she took the saliva test that she was diagnosed with adrenal fatigue.

How do you recover from adrenal fatigue?



Since it is largely a lifestyle condition, merely "taking something" is not going to solve the underlying problem. Everyone gets to a point of adrenal exhaustion in a slightly different way, so there is no "one size fits all" answer. Getting to the root of your own causes is something that only you can do, your ability to identify those causes and decide how you are going to recover.

My niece found that a colon cleanse was a major turn around in her life. She started slowly, would start and stop because she had so many toxins, but knew she was on the right path and knew she was getting better. As a result, her vitamins and minerals were actually digested better and she could feel the effects of good nutrition.

She almost missed her healing by being too busy and driving herself into the ground. But even with a name, my niece pushed herself from bad to worse and compromised her health. She prided herself on perseverance and began to rely on exercise, sugar or caffeine to get through the day. But, now she is back to her old self and no longer spending time and money at the doctor's office.

The good news is adrenal fatigue is largely a condition that can be reversed by becoming more aware of the things that stress your

adrenal glands, and making choices that will support and rebuild your adrenal glands. Some changes in your diet and supplements, deliberate choices to take control of your life, your health and your relationships will go a long way towards bolstering your exhausted adrenal glands.

As the holidays approach later this year, pay more attention to your stress levels, and make sure you are supporting your adrenals fully with B-vitamins, minerals, vitamin C, licorice and some good old-fashioned relaxation!

Here's lifting my glass (of sparkling water) to all of you for a successful treatment of your adrenal glands!

Recovery is possible. Depending on the severity and how long it has gone on, recovery can take anywhere from a few months to 2 years. Do NOT let this discourage you. Even though full recovery may take years, you can see marked improvement in a short time. How have you recovered from adrenal fatigue? Share your story [HERE](#).



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along

the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.

CELEBRITY HEALTH WATCH President John F. Kennedy vs. Addison

The medical term for adrenal insufficiency is Addison's Disease, which refers to the inadequate production of hormones from the adrenal glands due to an underlying disease.

President John F. Kennedy had Addison's Disease, but the Annals of Internal Medicine have determined the underlying cause of JFK's adrenal gland insufficiency as probably a rare autoimmune disease.



At first, abdominal pain was diagnosed in his youth as colitis, then back surgery caused chronic pain. Eventually, after many prescribed pain medications, sleeping pills, steroid and hormone injections, JFK was properly diagnosed with Addison's Disease.

Addison's disease is characterized by the withering of the adrenal glands, which make corticosteroids and other hormones that are used for salt metabolism, response to stress and response to inflammation. Symptoms include fatigue, dizziness, muscle weakness, weight loss, difficulty standing up, nausea, sweating and changes in mood and personality.

Kennedy had to receive daily steroid injections to survive, to stimulate muscle growth and stimulate his appetite. The steroids themselves have side effects, including susceptibility to infection: urinary, skin and respiratory infections came as a result. Overall, JFK took a host of drugs during his presidency.

Kennedy worried about the effects on his appearance of the steroids he took as treatment for Addison Disease. The steroids made his face look puffy and made him look overweight.

Four days before his inauguration, Kennedy caught sight of himself in a mirror and declared, "My God, look at that fat face, if I don't lose five pounds this week we might have to call off the Inauguration."

Though during the JFK campaign in 1960, Kennedy denied he had Addison's Disease. Classic Addison's Disease has been caused by tuberculosis. Since John F. Kennedy never suffered from tuberculosis of any kind, he and his spokespersons maintained that he did not have Addison's Disease, in the classic sense.

There was substantial secrecy surrounding his health during his years as president. Later, John F. Kennedy maintained that his adrenal insufficiency was a side effect of the malaria he contracted after the war. But after his death, those that examined his medical records have concluded that he had a secondary form of the disease, which was slow deterioration of the adrenal glands from the autoimmune disease hypothyroidism, rather than a rapid destruction. Adrenal insufficiency, no matter how caused, is a serious matter.

Rather than adversely affecting him politically, John F. Kennedy's physical ailments vitally contributed to the development of his character and to the formation of his political personality. He proved his worth and demonstrated his strength by rising above all others, even with Addison's Disease.

*Anti-Aging
Care*



13 Anti-Aging Remedies

Life span is ultimately determined by the fact that cells can only replicate a certain number of times a genetically predetermined cut-off point that prevents physical immortality. Understanding this, most researchers still believe that humans should live 120 years or more. Why then is the average life span hovering around age 70?

We deteriorate mainly due to damage from free radicals, produced as a byproduct of normal metabolism, or created by various toxins, pollutants, allergens, heavy metals, etc.

Additionally, 75% of Americans are not getting enough free radical fighting antioxidants, such as vitamin E, selenium or even vitamin C. These are quickly used up under stress, while adrenal, hormonal, immune and neurological imbalances further accelerate aging.

A number of herbs are highly prized and renowned for their anti-aging and longevity-promoting effects. Science has extensively verified that these complex plant medicines have the definite ability to prolong the duration and quality of life. Many of these anti-aging herbs are adaptogens and tonics, normalizing

metabolic, adrenal, hormonal and neurological systems and stimulating cellular regeneration. Others have more focused effects on the brain, heart or immunity. They are safe for long-term use and disease prevention.

13 Anti-Aging Remedies

Please use the links provided to ensure you are getting quality, safe and pure supplements that have been researched by an independent lab company that tests for contamination and impurities. All recommended supplements from this month's issue on adrenal fatigue can be found in our [Amazon store](#).

1. Ashwagandha

- Tonic that slows aging, rejuvenates tissues throughout the body
- Clears the mind, strengthens the nerves, promotes restful sleep
- Improves memory, cholesterol, sexual ability; lessens hair graying



2. Fo-Ti

- Chinese tonic herb that promotes longevity, strengthens the blood
- Improves vitality, sexual vigor and fertility and can reduce hair graying.
- Lowers cholesterol, improves arteriosclerosis, regulates blood sugar

3. Garlic

- Protects nervous system, improves brain function, memory, learning
- Prevents/treats arteriosclerosis, reduces clotting, lowers cholesterol
- Increases life span in animal tests; inhibits viruses, bacteria, parasites

4. Ginseng

- Rejuvenating, stimulating adaptogen, yet helps calm nerves, increases vitality

- Reduces exhaustion; increases stamina, speeds wound healing
- Enhances immune system; balances metabolism and stress response



5. Gotu Kola

- Rejuvenating, longevity herb in the Ayurvedic and Chinese traditions
- Increases intelligence, memory, creativity, learning ability, reduces mental fatigue
- Strengthens nervous system, adrenals and immune system
- Improves wound healing, reduces scar tissue, increases circulation

6. Green Tea

- High in vitamins, minerals, antioxidants and flavonoids and especially polyphenols
- Decreases cellular and tissue damage incurred with aging
- Protective against cancer, heart diseases and is an immune stimulant

7. Hawthorn

- Heart and circulation tonic; normalizes blood pressure, heart rhythm
- Slows aging process, protects connective tissue and blood vessel walls
- Reduces atherosclerosis, helps adaptation to physical and mental stress, protects against radiation, improves digestion and assimilation

8. Licorice

- Traditional Chinese longevity herb
- Stimulates adrenal glands, balances and conserves cortisol and energy during stress
- Anti-inflammatory



Product Reviews



Product Review: DHEA for Adrenal Support

- Has potent antioxidants that protect the digestive tract, liver and other tissues from the damaging effects of aging
- Inhibits atrophy of thymus

9. Maca

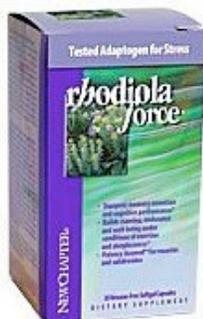
- Ancient Peruvian herb that increases vitality, strength and stamina
- Invigorates libido and is a sexual restorative in both men and women
- Alleviates signs of decreasing hormones in middle age and menopause

10. Reish

- A traditional "elixir of immortality" in Traditional Chinese Medicine
- Treats a wide range of conditions, including heart disease and cancer
- Normalizes blood pressure, cholesterol, platelet stickiness
- Enhances immune and liver health, helps indigestion, eases tension, improves sleep

11. Rhodiola

- Increases immunity, prolongs life span, increases exercise capacity
- Clears toxins, strengthens nervous and digestive system
- Reduces fatigue



12. Siberian Ginseng

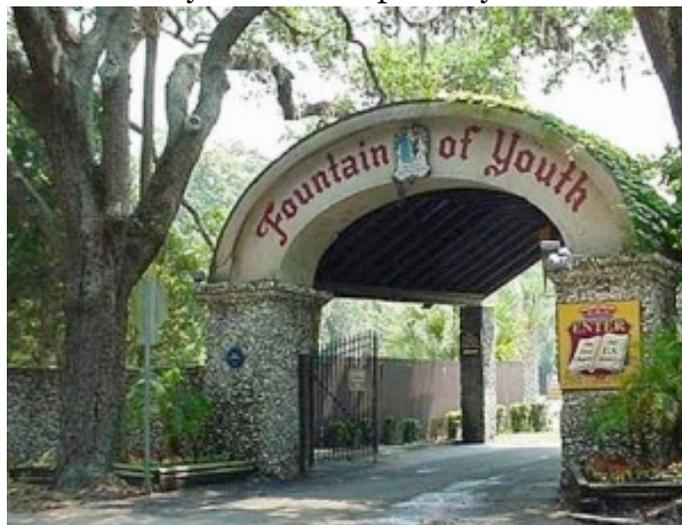
- Called the "king of adaptogens," has a wide range of vitalizing effects
- Increases hearing, improves eyesight, supports immunity and stress adaptation
- Increases mental and physical work capacity

13. Suma

- An adaptogen that is antiviral, antibacterial and immune stimulating
- Increases muscle mass, protein production, overall physical endurance
- Balances hormones, reduces blood sugar, cholesterol, triglycerides
- Reduces fatigue, promotes liver and kidney regeneration, skin healing

What is DHEA?

DHEA (dehydroepiandrosterone) is a steroid hormone produced by the adrenal glands. It's a precursor to both testosterone and estrogen in the body, although it may play other physiological roles, as well. It is sometimes called the, "mother hormone" – the source that fuels the body's metabolic pathway.



Beginning at about age 30, levels of DHEA in both men and women begin to decrease, and by age 80, it's estimated that approximately 95% of the hormone has been lost.

Some believe that this decline is responsible for the adverse consequences of aging and tout DHEA supplements as a sort of "fountain of youth." DHEA, however, is not a general anti-aging solution. The trends associated with DHEA supplementation include the following health benefits:

- DHEA may also help reduce the risk of post-menopausal osteoporosis

- In elderly men and women DHEA may also increase skin thickness and hydration as well as decrease facial skin pigmentation
- DHEA may also improve erectile dysfunction in men who have low DHEA levels
- DHEA might be helpful for depression
- DHEA might also be helpful in chronic fatigue syndrome
- DHEA may enhance the effectiveness and reduce the side effects of medications used for treatment of schizophrenia

DHEA and Adrenal Fatigue

When your adrenal glands are fatigued, they simply can't manufacture enough DHEA to balance the stress.

In that balanced state your mood is stable and you feel clear-headed, joyful and vigorous. DHEA is the best "feel-good" hormone we know. And it works quickly and effectively when taken with the right combination of support.

When DHEA levels are low, your body does not have enough working material for proper endocrine function. This throws off your hormone production and you feel a general sense of malaise, along with other symptoms of hormonal imbalance — how severe depends on how many other demands are being made on your body at the same time.

For those who need it, adrenal support with DHEA supplementation makes big difference and can be a critical component to jumpstarting hormonal balance.

After a hormone panel test from your doctor and tests indicate the need for DHEA supplementation, you can start off with as little as 5 mg, two times per day. It's possible to slowly up the dosage, but rarely need to use more than 50 mg per day.

Quality is very important when choosing herbs and supplements. It really is worth a little more money, just a couple of dollars more can increase the effectiveness many fold.

Tried and Tested Adrenal Support

An independent testing lab found numerous DHEA products that did not contain the proper amounts of listed DHEA, one had double its listed and 3 products had less DHEA than claimed. Neither the FDA nor any other federal or state agency routinely tests supplements for quality prior to sale.

These tested and approved products are crucial for your safety and consumption, below:

Please use the links provided to ensure you are getting quality, safe and pure supplements that have been researched by an independent lab company that tests for contamination and impurities. All recommended supplements from this month's issue on adrenal fatigue can be found in our [Amazon store](#).



- Amerifit DHEA
- Enzymatic Therapy Youthful You DHEA 5 mg
- KAL DHEA 25 mg
- Natrol DHEA 25 mg
- Nature's Bounty DHEA 25 mg
- Physiologics DHEA
- TriMedica DHEA
- Ultimate Nutrition DHEA
- Vitamin Shoppe Specialties DHEA 50 mg

Be confident that your DHEA supplements are safe and actually what it says on the bottle with the above recommendations. By taking DHEA, you can influence a better life for yourself by taking care of your adrenals.

Last Health Concern

One word of caution: women with hormone-sensitive diseases such as breast cancer should use DHEA with caution, as it can be converted into estrogen. There is also concern that long term and/or high-dose use might increase the risk of breast cancer.

Have you tried DHEA for adrenal fatigue? What has been your experience, success or failure, supplementing with DHEA? Share [HERE](#).



Product Recommendation: Is Stress Stealing Your Energy?

Hundreds of medical studies-including research reported by the Mayo Clinic - show that uncontrolled stress is the greatest cause of chronic fatigue - and a leading factor in numerous serious diseases.

How does unchecked stress cause fatigue? The answer lies in two small - but very important - glands, called your adrenals.

Every single time you experience any stress, your adrenal glands release the "energy hormone" known as adrenaline. The more stress you're under, the more burnt out your adrenals get...leading to chronic fatigue and a host of serious health problems.

Does this sound like you?

- You can't seem to get going in the morning without coffee or a strong energy drink.
- You sputter out mid-morning – yawning, tired, and unable to concentrate.
- You spend the day guzzling colas ... coffee ... or more energy drinks.

- And when you get home, you collapse on the couch exhausted
- Yet, at night you toss and turn – and simply can't fall into a deep sleep.

If this does sound like you, keep reading to learn the secret reason you're so stressed, fatigued, exhausted and a remarkable new way to "recharge" your body.

[Learn more about natural ways to recharge your adrenal glands for lasting energy.](#)

Weight
LOSS
Corner

Physiological
Effects of
Stress

These biochemical markers of stress in turn lead to ill health and psychosocial disorders. Consequently, stress plays a major causative role in both physical and mental health.



When undergoing a series of test to evaluate markers of stress, including cortisol and DHEA levels, the results in over thousands of cases are remarkable consistent: only 20-25% have cortisol levels consistent with healthy adrenal function, while 75-80% suffer impaired function.

The effects are profound: fatigue and weakness, hormonal imbalance, skin problems, hair loss, autoimmune disorders, insulin resistance and dozens of other health concerns.

With out adrenal glands consistently on “high alert,” high cortisol levels have a destructive effect.

↑CORTISOL INCREASE

Cortisol is a hormone produced by the adrenal glands in response to stress, affecting the body's metabolism of glucose, proteins and fats. It is normally released by the body in a regular daily pattern of highs and lows. Imbalances gradually tear your body down.

Sustained high cortisol levels:

- Destroy healthy muscle and bone
- Slow down healing and normal cell regeneration
- Co-opt parent molecules needed to make other vital hormones
- Impair digestion, metabolism and mental function
- Interfere with healthy endocrine function
- Weaken your immune system

To restored healthy adrenal function, eat in tune with your natural cortisol curve. Enrich your nutrition, reduce refined carbohydrates and cut back on stimulants.

↓DHEA DECREASE:

Dehydroepiandrosterone



Hormone Test	In Range
Estradiol (saliva)	87
Testosterone (saliva)	43
DHEAS (saliva)	17
Cortisol Morning (saliva)	12
Cortisol Noon (saliva)	05
Cortisol Evening (saliva)	09
Cortisol Night (saliva)	13
PSA (blood spot)	3.0
Free T4 (blood spot)	
Free T3 (blood spot)	
TSH (blood spot)	

At the same time that cortisol levels increase, the production of DHEA is decreased. DHEA production already decreases, naturally, as we get older. When heightened levels of cortisol further inhibit DHEA we set ourselves up for physical and mental disaster. We begin to lose our ability to cope with stress, our short-term memory can begin to falter and our health starts to wane. It doesn't have to be this way.

DHEA is the most abundant steroid in the body.

DHEA is a steroid precursor produced by the adrenal gland and converted to testosterone or the estrogens by the body's tissues. Adequate DHEA levels give the body the building blocks necessary to produce these hormones. Levels of DHEA are inversely associated with coronary artery disease. Taking DHEA may increase IGF-1 levels and increase the sense of well-being. DHEA levels decrease with age.

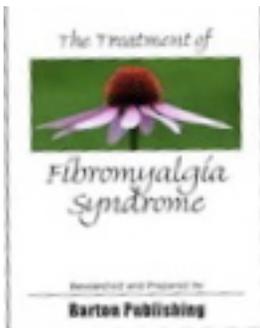
DHEA is also an important hormone produced in the adrenal glands, the body's primary source for the production of the sex hormone testosterone. Peak levels of DHEA are reached in an individual's early to mid-20s. Optimal levels are associated with increased energy, healthy immune and cardiovascular function, improved memory and elevated mood.

Boosting the body's diminished supply of DHEA can help an individual more effectively combat chronic mental and physical stress. Natural DHEA supplementation counters the negative effects of having too many corticosteroids and bringing the body back into balance. The body regains its ability to fight off sickness and the mind regains its ability.

SAVE YOURSELF

The adrenal response can be life-saving. There are many ways to replenish adrenal function and health naturally. When you restore balance to your adrenal glands, you'll see results on every physical and emotional level, and your whole body will thank you for saving it!

Free Remedy Report: **The Simple Fibro Cure**



This Simple Fibro Cure can end your pain and discomfort now using simple and safe grocery store items you probably have in your cupboard right now!

This report will have you living your life normally again with home remedies and natural alternative treatments for fibromyalgia. If you are experiencing those trigger points, all over muscle pain, fatigue, sleeping problems, depression, bladder or bowel problems, then you need to get this report in your hands and digest the answers to your symptoms.

The most logical approach to treating any fibromyalgia must incorporate all aspects of the human experience: emotional, mental, physical, and spiritual. To target all these aspects, this remedy report outlines treatment comprehensive in scope and aim at bringing balance to the entire being of the person, not simply to cure the physical symptoms. The four fold treatments found in this remedy report includes: natural/home remedies, physical activities, relaxation and reflection, and diet.

In this report will find out why each of these parts of a treatment plan is so important in your recovery. The rest of this report is devoted to understanding the forms of therapy that fall within each of these four categories and how to implement them into your life. You will discover herbal medications, supplements, physical healing modalities along with mental activities that may be used to decrease your fibromyalgia symptoms.

Get the sleep you need to repair your body, stay positive, expect some rough days, don't give up

and read this report for the natural remedy and relief you have been expecting to find (but haven't yet). Use the treatments outlined in this report so you can live your life to its fullest. Discover herbal medications, supplements, and physical healing modalities along with mental activities to decrease your symptoms.

Fibromyalgia hurts. The answers may not be in a prescribed bottle, so discover what works for you in this four-step approach to beating fibromyalgia in the Simple Fibro Cure Remedy Report.

This remedy report is exactly what you need.

Start improving your health today by downloading the free breakthrough report here:

[**The Fibromyalgia Syndrome Remedy Report**](#)