

# THERMO-TECH INC.

## THE DOMINO EFFECT OF STRESS ON THE ADRENAL GLANDS



### The Break Down

#### STRESS ON THE PHYSICAL BODY

Effects: mental, emotional, and spiritual well being.



#### EXHAUSTED ADRENAL GLANDS

(hyper or hypo) in fight and flight  
No adrenal hormones are produced.  
Such as cortisone which acts as an anti-inflammatory.



**SYMPATHETIC NERVOUS SYSTEM OVERLOAD** Anxiety, insomnia. Decreases blood flow to internal organs blood.



#### DIGESTIVE DISTURBANCES

No digestive juices are produced causing food to decompose and it causes gas, bloating, and constipation.



#### ALLERGIES/INFLAMMATION

Histamine reaction from rotting protein releasing the amino-acid histamine, adrenals can't produce cortisone from being exhausted.



#### LIVER/GALLBLADDER DISFUNCTION :

No HCL production to simulate bile flow, Bile backs up in the liver and becomes toxic. Compromised immune system.



#### DISBIOSIS OF THE GI TRACK

No bile flow, pH too acid in the small intestines. Parasites, yeasts, and molds go uncontrolled.



#### DIGESTIVE SYSTEM BREAKDOWN

Crohn's disease, Colitis, IBS, Diverticulitis, Malabsorption.



#### BREAKDOWN OF THE IMMUNE SYSTEM

Liver dysfunction, lymph system taxed  
Chronic Fatigue, E.B.S., Fibromyalgia, IRB.

DEGENERATION OF ORGANS, GLANDS, AND IMMUNE RESPONSE. Cancer, Hepatitis, Mononucleosis, HIV, AIDS.

### The Healing Process

#### CHANGE LIFESTYLE/WORK HABITS

Mediation and a Zen way of being calm and present, in the moment. Don't get over extended.

#### HEAL THE ADRENALS (6 Steps)

8 hours of sleep, no stimulants (especially caffeine), do yoga, use Betaine HCL to digest protein, glandular support, and do aerobic exercise 3x's weekly.

#### HEAL THE NERVOUS SYSTEM

Omega oils, B complex, deep breathing to relax, melatonin for sleep, yoga, chi-gung.

#### SUPPORT THE DIGESTIVE SYSTEM

Take Betaine HCL to digest protein & pancreatic enzymes for other foods, chew well, take a broad spectrum friendly bacteria after meals.

#### CELLULAR DETOXIFICATION

Using colonics, intestinal cleanse, lymphatic cleansing, sauna only when sufficiently hydrated, liver flush, & good sound nutritional protocol.

#### CLEANSE AND BUILD UP THE LIVER

Liver flush, herbal cleansers - liver  
Raw juices (carrot, apple, beet) nutritional supplements and acupuncture to support the glandular system.

#### ELIMINATE PARASITE/CANDIDA

Follow protocol to eliminate parasite/candida, take pro-flora.

CONSULT A PHYSICIAN FOR ANY AND ALL PATHOLOGIES.

**THERMO-TECH INC. at: [www.HealthyBreasts.info](http://www.HealthyBreasts.info)**

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