

## **Thermo-Tech Inc.**

### **Healing 'Burned-Out' Adrenal**

The adrenal glands look like little caps on top of each kidney located at lower rib cage on the posterior side of the body. They produce numerous hormones that affect many body functions. Adrenaline or the 'fight or flight' hormone is needed in a crisis to speed up our reflexes in order to protect us from danger; however we should learn to needs it to function on a daily basis.

When we are operating on adrenaline there is an increase of the oxygenated blood supply to the brain subsequently increasing neurological reactions– helping us to think quickly, move quickly to avoid danger! During that time the energy needed for the immune system to function as well as our digest and absorb nutrients is significantly reduced. The body is in an 'emergency mode' functioning on the premise: What difference does it make if I digest food if I am dead? At this point getting out of danger is a priority. When the danger is over and the adrenaline is cleaned out of the bloodstream via the liver, the body then should go back to the immune system and digestion functioning normally.

The problem is that many people depend way too much on stimulants such as caffeine which keeps them in a hyper adrenal condition during most of their waking hours. This may go on for years until the systems start breaking down with a compromised immune function causing an array of degenerative diseases, inflammatory process in the body or sever digestive and gastrointestinal dysfunction. Other symptoms of adrenal burn-out are depression and insomnia because the adrenal glands can no longer make epinephrine, nor-epinephrine and dopamine (feel good hormones) or serotonin (calming and sleep inducing hormone). The adrenal glands also produce cortisol and DHEA which help with alleviating inflammation in the body. Not enough will cause an inflammatory process in the body which can manifest in numerous ways: arthritis, tonsillitis, allergies, joint pain basically any disease with a suffix with 'itis'. Too much cortisol from over stimulated adrenals can cause weight gain especially around the midriff. This is why weight-loss supplements that use the 'cheap trick' of caffeine as an appetite suppressant usually back fires so that when the supplement is no longer being used, there is an significant increase in weight. Testosterone is a hormone also produced by the adrenal which is needed in both men and women for sex drive, muscle tone and a basic feeling of vitality. Long term adrenal fatigue could be why Viagra has become so popular. But this quick fix for a specific problem doesn't address the overall cause of poor health because of adrenal exhaustion.

#### **To heal the Adrenals follow the following seven steps are essential::**

1. Get at least eight hours or more if needed deep sleep each night to repair the nervous system and immune systems. Go to bed before 10 pm when the adrenal clock is ready to slow down, serotonin is starting to kick in and the body is prepared for sleep. Avoid staying up late which turns the adrenals on for a 'second wind' causing you to be over stimulated so you can get to the deep states of sleep that repairs the body. Avoid bright lights and over stimulation of computer and TV at night. The best case scenario for those who are trying to break a bad pattern is create a new pattern that is really inviting; like an aroma therapy bubble bath with candles and a cup of chamomile tea to wind down your day and prepare for a deep soothing sleep. A mask to block out light will help to

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- keep you asleep as just a little light coming through the closed eyelids from a full moon or street light can turn off serotonin and cause a restless sleep.
2. Aerobic work out four times a week of sustained elevated heart rate. A brisk 30 minute walking, bike ride in nature or yoga is best. Running if you already are adrenal exhausted is not recommended as it only adds to adrenal stress.
  3. Consume absolutely no caffeine or stimulants of any kind. This gives you a false sense of energy when you really need to follow the body's request for the rest. It also pushes the adrenals stressing them further.
  4. Support the digestive tract with a good digestive enzyme and a pro-biotics supplement to make sure everything you eat digest properly. Undigested food can cause a reaction in the gut that can affect the body systemically, especially animal protein (such as pork and shell fish) which can release more histamine causing the adrenals to go into 'fight and flight' again. So keep animal protein limited and only in small portions once a day. Avoid foods you are allergic to as they also cause a reaction that affects not just the gut but the entire body.
  5. Support the adrenal glands with good sound nutrition and a healthy diet; lots of organic fresh fruit and vegetables, avoid processed foods including gluten, eating only whole grains sprouted if possible and only eat organic meat from grass fed animals in moderation. Take adrenal support supplements such as an Adrenal Complex by Integrative Therapeutics or a stress support B complex this will have more Panathonic Acid (Vitamin B5) needed to repair the adrenal glands. Also take a Omega Oil Supplement (borage, flax or fish oils) daily to coat the myelin sheath on the nerves and sedate the over stimulated neurological system and is a natural anti-inflammatory. Be sure to keep the lid on tight and refrigerated as oils are carcinogenetic if they become rancid at room temperature.
  6. Take organic glandular supplements to rebuild glands and use melatonin or 5HTP at bedtime to aid in sleep. There are also amino acids supplements to help with specific hormones that are needed to heal the body naturally from depression. A great book if depression is an issue is: *The Mood Cure* by Julia Ross. Excellent for its clarity in describing how we use various substances to self medicate as a compensation for an imbalance in our bodies and specifically which hormone is missing and what amino-acid supplement can help you become balanced.
  7. Change your lifestyle to a healthier balanced existence. Listen to and care for your body and tend to its needs rather than pushing it beyond its endurance. Choose loving encouraging friends to help you with your personal goals. Choose a livelihood that is spiritually fulfilling as well as providing financially. Live simply, within your means rather than pushing for more than you really need to be happy.

Other reading to help you with caring for your adrenal is the article on this site called: *Seven Steps to Curing Insomnia, A Holistic Approach to Healing Depression* and if you have not ever done a cleanse and want a simple diet that just eliminates all the foods that could be causing you health issues try: *The Twenty-One Day Cleansing Diet*.

**Remember it takes twenty-one days to create a new habit- make this next one a *gift of good health*-don't you deserve it?**