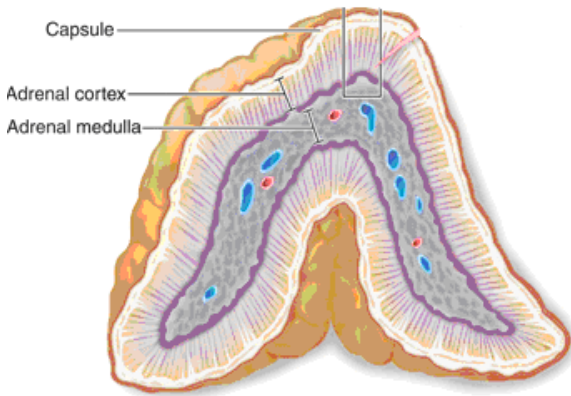


THERMO-TECH INC.

HEALING BURNED-OUT ADRENALS



The adrenal glands look like little caps on top of each kidney located at lower rib cage on the posterior side of the body, bilaterally. They produce numerous hormones that effect many different bodily functions. The Medulla secretes epinephrine, nor-epinephrine and dopamine. The cortex secretes adrenaline, cortisol, androsterone, and other androgens like testosterone.

Adrenaline is the ‘fight or flight’ hormone needed in a crisis to speed up our reflexes in order to protect us from danger. During this time the sympathetic nervous system over-ride depletes attention to other bodily needs in order to function in a crisis. Drinking caffeine can have the same effect.

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 digestion and absorption of 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 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 on stimulants such as caffeine which keeps them in a hyper-adrenal state during most of their waking hours. This habit or stress in general may go on for years until the digestive and immune systems start breaking down causing an array of degenerative diseases, inflammatory process in the body or severe 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 cortisol 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 the weight-loss supplements that use the ‘cheap trick’ of caffeine as an appetite suppressant back fires causing a significant increase in weight when going off the product. Also, testosterone is a hormone produced by the adrenals 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 the Follow Seven Steps are Essential::

1. Get at least eight hours of deep sleep each night to repair the nervous system. Go to bed by 10 pm when the adrenal clock is slowing 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 over stimulation so you can’t get into the deep states of sleep that repairs the body. Avoid bright lights and the over stimulation of computers and TV at night it decreases serotonin. For those who are trying to break a bad pattern it is best to create a new pattern that is inviting; An aroma therapy Epson salts bath with candles, a cup of chamomile tea to wind down your day and prepare for a soothing, deep sleep. Use an eye mask to block out lights will help to stay asleep because just a little light can turn off serotonin levels.

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THERMO-TECH INC. HEALING BURNED-OUT ADRENALS CONTINUED

2. Aerobic workout four times a week of sustained elevated heart rate or a brisk 30 minute walk, bike ride in nature or yoga with deep breathing is best as it turns off the fight and flight to help heal adrenals. If you already are adrenal exhausted then running is not recommended as it only adds to adrenal stress.
3. Consume absolutely no caffeine or stimulants of any kind including sodas and sugar. This gives you a false sense of energy when you really need to follow the body's request for the rest in needs to heal.
4. Support the digestive tract with a digestive enzyme and a pro-biotic supplement to make sure everything you eat digests properly. Undigested food can cause a reaction in the gut that can affect the body systemically. Avoid foods that are inflammatory like the night shade family of vegetables: potatoes, tomatoes, eggplant and peppers. Pork and shell fish, release histamines into the blood stream causing inflammation and allergy symptoms. Avoid foods high in lectins, which are grains, including all flour products like breads, pasta and pastries as well as beans and legumes as they can cause leaky gut, allowing inflammatory substances a direct line into the blood stream. See: *Lectins Free Diet* ©. Provide good sound nutrition and a healthy balanced diet; Grass fed organic, non-GMO animal proteins and low carbohydrate green leafy veggies in abundance are the best diet with only low sugar fruits such as berries, kiwi, lemons, limes and avocado. If you do eat non-gluten grains such as rice, quinoa or millet, beans or legumes soak 8 hours pour off the water and cook with fresh water to lower lectins content.
5. Support the adrenal glands: Stress Support B complex which has more Panathonic Acid (Vitamin B5). The herb ashwaganda is excellent to repair the adrenal glands. Omega Oil Supplement (krill or fish oils) will coat the myelin sheath on the nerves and sedate the over stimulated neurological system but need to be refrigerated once opened so they don't become rancid. If inflammation is causing healthy issues then Theracurcumin™ a more absorbable form of curcumin or MSM (a sulfur based anti-inflammatory) can be use without harming the gut like over the counter anti-inflammatory drugs.
6. To aid in sleep organic glandular supplements can restore the adrenal glands and use Cortosal Manager™ or Pro-Som™ Sleep, to aid in establishing better circadian rhythm sleep patterns at bedtime. Specific amino acids can help with depression caused by long term adrenal exhaustion. See: *Amino Acid Chart*©, for clarity in describing how various substances (sugar, carbohydrates alcohol or drugs) are used to self medicate for depression or compensation for hormone depletion from stressed adrenal and what amino-acid can heal this imbalances. Amino-Balance™ supplement has all these amino-acids and includes chromium picolinate to curb sugar and carbohydrate cravings.
7. Change your lifestyle to a healthier balanced existence with 'Self-Care' as a priority! Listen and tend to what your body needs rather that 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 for financial needs. Live simply, within your means rather and pushing for more than you really need to be happy. Remember it takes twenty-one days to create a new habit - it starts with the first step - so choose the gift of good health for yourself!

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.



About the Author: Nancy Gardner-Heaven TMT is board certified as a technician of Medical Thermology, at Auburn University by the American Academy of Thermology. After Studying to be a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The America College of Advancement in Medicine. She has been offering classes on the prevention of disease at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo for the last 15 years. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in the numerous locations for the last 25 years.

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