



Adrenal Support

Nutritional support for overworked adrenal glands

The adrenal glands, located on top of the kidneys, are extremely important to maintaining energy, stamina and strength. They help the body adapt to the stresses of life by producing stress-regulating hormones, such as epinephrine, norepinephrine and cortisol. These are three of the primary hormones responsible for regulating the body's fight-or-flight mechanism. The adrenals also help to maintain fluid and mineral balance in the body.

In modern society, the adrenals often take a severe hit because of constant stress from excessive workloads, financial problems, relationship issues, lack of sleep and just fast-paced modern life. This, coupled with poor nutrition, and the consumption of alcohol, caffeine, nicotine and various pharmaceuticals and recreational drugs, can cause the adrenals to become severely depleted and even exhausted.

Exhausted, underactive adrenals can result in feelings of frequent or constant fatigue, coupled with difficulty sleeping. Anxiety, restlessness, difficulty concentrating, emotional sensitivity, loss of short-term memory, depression, moodiness, nightmares, sensations of pressure above the heart and craving for sweets and alcohol, blood sugar imbalances, difficulty breathing, allergic reactions, asthma, and tension headaches are just some of the symptoms that may involve adrenal exhaustion. Adrenal weakness is often involved in autoimmune disorders, hypoglycemia, chronic fatigue syndrome, generalized anxiety disorder, panic attacks, digestive problems and poor bowel function.

Some of the best indicators of adrenal exhaustion include: dark circles under the eyes, quivering tongue or hands, dryness of the mouth and excessive thirst, fatigue coupled with restless sleep and disturbing dreams and chronic inflammation. In Chinese medicine, the kidneys are also associated with a person's power, courage and ability to master fear. So, frequent fear and excessive worry may also be signs of adrenal fatigue.

Adrenal Support feeds overworked and exhausted adrenal glands, helping to rebuild them. It may be helpful in overcoming some of the disorders listed above and builds strength and stamina to help one stand up to the stresses of life. It can even be effective for some people in overcoming inordinate fear and excessive worry. Adrenal Support contains the following ingredients:

Bovine Adrenal Substance is the most important ingredient in this formula. Derived from cattle raised in New Zealand, a largely pollution-free part of the world, this freeze-dried adrenal tissue is very powerful in helping to rebuild weakened glandular tissue. In hunter-gatherer cultures of the world, people typically consumed the adrenals and other glandular tissues from animals

they killed finding it helped improve health and endurance because of the rich amount of nutrients present in these tissues.

Licorice Root has been used for centuries in Chinese medicine and Western medicine. It helps stabilize blood sugar, increase energy and improve stamina and endurance. In addition, Licorice Root specifically supports and builds up the adrenals by prolonging the life of cortisol and aldosterone, two important adrenal hormones, so that they are not broken down too rapidly.

Schizandra berries are a well-known adaptogen used as a general tonic in Oriental medicine. By inhibiting the production of pituitary hormones that stimulate the adrenals, they lower the baseline stress level and allow the adrenals to rest. They are also used in Oriental medicine to balance and harmonize organ function and increase energy and stamina.

B-Complex Vitamins and Vitamin C are also a part of this formula. Vitamin C is critical to healthy adrenal glands, which have the largest store of Vitamin C in the body. The production of epinephrine and norepinephrine requires both Vitamin C and Vitamin B6. Along with these two vitamins, Vitamins B1 and B2 are included in this formula because of the critical role they play in the production of other adrenal hormones. Pantothenic Acid, another nutrient critical to adrenal function, is included in this formula because it is depleted from the adrenals under long-term stress.

The minerals zinc and magnesium are depleted by regular use of caffeine and are needed to produce hormones and enzymes in the body. Zinc is also used at the body's adrenal hormone receptor sites. Other ingredients included in this formula are potassium, which is depleted from the body under stress, and borage oil powder, which supplies essential fatty acids.

Recommended dosage of Adrenal Support is one capsule two times daily with a meal for 2-3 months, but under the advice of a qualified health practitioner more can be taken and for longer periods of time. Caffeine should be eliminated and refined sugar avoided when trying to rebuild the adrenals. This product is typically used for short periods of time (2-3 months), but again, can be taken longer in some cases. After using Adrenal Support, it is often helpful to follow up with an herbal formula which provides milder, long-term adrenal support, such as Nervous Fatigue Formula, Suma Combination or Energ-V.

Selected References

- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing
- The Encyclopedia of Medicinal Plants* by Andrew Chevallier
- Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston

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