

# Adrenal Fatigue

By Christa Way

All nutrients are needed for proper adrenal function. When someone has adrenal fatigue, their system is very depleted and they need to get their nutrients in a way that doesn't tax the body. Breaking down pills and capsules puts a lot of stress on an already over-stressed system, and they don't get broken down or absorbed properly.

**Body Balance** is therefore a wonderful way to get nutrients into the body in a way that doesn't put any stress on the system. There are a number of nutrients that appear to be deficient with this disorder, especially minerals, and Body Balance has a huge array of minerals, Vitamins, amino acids and enzymes in an easy to take liquid drink.

Calcium, magnesium and potassium are some of the macro nutrients depleted with this disorder.

**OsteoProCare** and **OsteOmegaCare** are great sources of bio-available calcium, magnesium and potassium, as well as other co-factors necessary for the full absorption and utilization of these essential nutrients.

It is recommended that the person consume plenty of fresh fruits and vegetables, particularly green leafy ones. Chlorophyll cleanses the bloodstream, which is extremely important in helping the body re-balance. **TrueGreens** provides a wonderful array of concentrated green food, as well as enzymes that help in their digestion. This helps these nutrients find a way into the system that doesn't put extra stress on the digestion. It is an easy way to get an abundance of greens into the diet, without having to eat platefuls of food.

**SunSet** contains calming herbs such as St John's Wort, passionflower, valerian and chamomile, all of which are good stress reducers. It also contains COQ10 which helps carry oxygen to the glands.

**SunBright** contains a combination of different herbs in here to help stimulate adrenal function and to combat fatigue. One example is astragalus, which has been shown to specifically improve adrenal gland function and also aid in stress reduction. There are amino acids in SunBright which also play a major role in supporting the healthy functioning of the adrenal glands, and in relieving the excess stress that the glands are under.

**TruBoost** contains ingredients that help the adrenal glands to prepare the body for stressful situations, and provide support in the event of over-stressing. The adaptogenic herbs ashwaganda and tulsi work very

specifically with lowering the output of the adrenal hormone cortisol. The continual outpouring of cortisol is what causes adrenal fatigue.

## Other Recommendations:

Brewer's yeast gives a food source of B Vitamins that are necessary for healthy adrenal function.

Nuts (raw) and good quality cold-pressed oils are essential. Eat small deep sea fish and salmon, as these are wonderful sources of EFA's and easily assimilable protein.

Include garlic, onions, shitake mushrooms and pearl barley. These foods contain germanium, a powerful stimulant of the immune system. Body Balance also contains germanium.

Obviously avoid anything that is going to tax the adrenals even more: alcohol, caffeine, tobacco, fried foods, red meats, highly processed foods, soda, sugar, white flour. These are all actually poisons to the adrenal system.

Getting regular moderate exercise is also really important, even though you may not feel you have the energy.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.*