

# ADRENAL HEALTH

SOUND CLINIC – SEPTEMBER 2019

## STRESS RESPONSE AND ADRENAL HEALTH

Adrenal glands are located above your kidneys and supply the body with hormones that allow individuals to cope with stress. We have all heard of the “fight or flight” scenario where our body shifts gears

in order to take on whatever threat is in our environment.

While you may not encounter a “bear in the woods” everyday, the same physiological response occurs in our daily lives when we encounter stress. Stress that is prolonged can affect the adrenal glands’ function, which can lead to feeling overwhelmed and a number of other symptoms that can affect wellbeing and quality of life. These symptoms are

systemic, affecting nearly all systems. Fatigue, mood change, poor immune response, digestive issues, poor cognition or brain fog, and further hormonal imbalance can all occur.

Since it is sometimes

PERMISSION TO  
NURTURE YOURSELF:  
GRANTED!

challenging to control or eliminate stressors of everyday life, it is important to combat their effect through tender, love, and care for yourself. You have permission AND YOU MUST set aside time everyday to nurture and take care of yourself and your adrenals. The recommendations on the reverse page support adrenal function and are necessary to promote overall health and wellness.

SUPPLEMENT OF  
THE MONTH:

## ADRECOR

FOR THE MONTH OF  
SEPTEMBER, YOU MAY  
PURCHASE ADRECOR  
FOR **10 % OFF.**

Targeting the different adrenal neurotransmitter and hormone imbalances associated with adrenal fatigue may help relieve symptoms more quickly. AdreCor is designed for patients with overall low adrenal output. It combines L-tyrosine and *Rhodiola rosea* to support the synthesis and release of norepinephrine and epinephrine from the adrenal glands.\*<sup>1,2</sup> Epinephrine synthesis and the methylation process are supported with L-methionine, (5-MTHF & methylcobalamin. B and C vitamins are included to enhance cortisol production for comprehensive adrenal support.

## EVERYDAY GOALS TO SUPPORT YOUR ADRENALS

1. **Sleep:** Your body needs sleep to recover and perform normal physiological processes. Listen to your body. Shoot for 8 hours a night or more.
2. **Moderate, not extreme exercise:** Pushing yourself too hard can tax your adrenals. Take it easy, if you are under increased stress.
3. **Eliminate sugar, alcohol, and stimulants** from your daily intake. Focus on adequate protein and healthy fat sources.
4. **Eat regular, balanced meals.** Eat breakfast! Don't skip meals. Choose colorful foods, rich in vitamin and minerals.
5. **Take time for yourself daily.** Play, do something fun or creative, get in nature, meditate, breath, tell yourself positive affirmations. Even if it is only 10 minutes; make time everyday.
6. **Eliminate any stressor that you can.** Easier said than done but usually worth it to your health and happiness.
6. **Adrenal support-** If you are find that you are not feeling well after doing all of the above basics, consider talking to your provider and/or trying a gentle adrenal support supplement such as Neuroscience's **Adrecor**. Adrecor is our supplement of the month.