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ADRENAL HEALTH

The adrenal glands are walnut sized glands located on top of each kidney. They are important control centers for many of the body's hormones. The outer part of the gland called the cortex is responsible for the production of the hormones cortisone, Cortisol, estrogen, testosterone, Aldosterone, and Dehydroepiandrosterone (DHEA).

The medulla, or central part of the gland secretes another hormone, adrenaline (also called epinephrine), and Norepinephrine, which functions as both a hormone and a neurotransmitter. When healthy, your adrenals can instantly increase your heart rate and blood pressure, release your energy stores for immediate use, slow your digestion and other secondary functions, and sharpen your senses.

The basic function or task of your adrenal glands is to rush all your body's resources into the "fight or flight" mode by increasing production of these "stress" hormones. Adrenaline, Cortisol, DHEA, and Norepinephrine are the body's four major stress hormones. Under situations of extreme stress, large amounts of these hormones, especially Cortisol are released, which can lead to a host of health problems if left unchecked.

Cortisol is also involved in the metabolism of carbohydrates and the regulation of blood sugar. Cortisol and the other stress hormones is a good thing under normal situations. The problem is, most of us live under extreme, chronic stress, and the consequences are deadly! I talk about this in my "Toxic Emotions" presentation, and it is very well documented that just about every disease process, including adrenal health will worsen under prolonged, chronic stress.

Some of the symptoms that you will experience with adrenal dysfunction are: weakness and fatigue, lethargy, dizziness, headaches, memory loss, low blood pressure, nausea, diarrhea, depression, digestive problems, muscle and bone loss, skin problems, suppression of the immune system, and autoimmune disorders, and many more symptoms. The most common disease processes that result from adrenal dysfunction are Addison's disease and Cushing's syndrome. Obviously, these symptoms are seen with a whole array of disease processes and therefore, adrenal dysfunction can be misdiagnosed.

Looking at the long list of symptoms I just mentioned could result in many prescription drugs, some of the more common being anti depressants and mood altering drugs. It's also important to know that adrenal dysfunction can result from extensive use of cortisone therapy for treatment of arthritis and asthma. The long-term use of cortisone drugs causes the adrenal glands to shrink in size. Therefore, long term usage of prescription drugs is not the answer.

Conventional medicine will detect only the extremes of these conditions, when damage to the adrenals has already occurred (Cushing's and Addison's disease). Within those extremes, you can feel miserable and still be told your Cortisol levels are normal. But by responding to early stage symptoms of adrenal fatigue, you can reverse developing dysfunction. In general, if you feel happy and well, have steady energy and emotions, sleep soundly seven to nine hours a night, wake up feeling rested, recover well from stress, and maintain a healthy weight without dieting, then your adrenals are probably doing well.



The good news is that adrenal fatigue can almost always be relieved. There is a great deal you can do to avoid adrenal fatigue. You must practice dietary excellence and reduce carbohydrates and stimulants, reduce stress, include a program of moderate exercise and take more time for you, and of course get more rests.

For about the first ten years, I would recommend various supplements for patients who presented with adrenal dysfunction. Initially I would see some benefits, but as with any disease process, if you do not make dramatic changes in lifestyle and begin practicing dietary excellence the benefits are only temporary. And with many of the supplements prescribed for the adrenal glands you will see that in their formulations they contain a lot of animal by products. Things like Bovine liver and adrenals, pig liver, adrenals, stomach, and brains. Not a natural approach, wouldn't you agree? And as we know, with manmade, fragmented vitamin pills the research is controversial and confusing.

Avoid alcohol, caffeine, and tobacco as these substances are highly toxic to the adrenal glands as well as other glands. Stay away from fats, fried foods, ham, pork, highly processed foods, red meats, sodas, sugar, and white flour. All these foods put unnecessary stress on the adrenal glands.

Again, as much as possible, avoid stress. Because of the high Cortisol levels, your body will lose its capacity to produce DHEA. DHEA is a precursor to estrogen, progesterone, testosterone, and is necessary to moderate the balance of hormones in your body. One thing you will want to add to your diet if adrenal dysfunction is suspected is DHEA found in fish oils. Omega 3 fish oils found in deep-water ocean fish, nonfarm raised salmon or tuna at least 3 times per week. There are also a lot of good fish oil supplements you can add to your diet as well. Flax seed is a great source of Omega 3's, but it does not contain DHEA.

The one area you have almost complete control over is your nutritional habits. The foods you eat or do not eat today, will determine the health of your adrenal glands as well as every other cell in your body. You must consume plenty of fresh raw fruits and vegetables, especially green leafy ones.

Of course, adding Juice Plus+ to your diet is essential. We know from the 23 past and present research projects, 18 published studies performed worldwide, that Juice Plus+ is producing positive changes at the cellular level.

The gold standard research done on Juice Plus+ has revealed 6 clinical studies proving that Juice Plus+ reduces oxidative stress. How does this relate to Adrenal Health? Well, we know that as these stress hormones increase for extended periods of time, free radical damage increases as well. Specifically, the University of North Carolina-Greensboro study as well as the Medical University of Graz, Austria study showed reduction of oxidative stress related to exercise as well as intense physical training in the elite Cobra special forces unit in Austria. The Graz study involved over seven months of intense physical stress on those individuals involved.

How about the immune system, we know that as adrenal function declines so does the immune system. Think about your own experience, when do we normally get sick? Usually when we are under chronic stress, because of our crazy schedules we're probably not eating well, your consuming too much sugar and toxic foods which we know suppresses the immune system, you're probably not sleeping well because of all that Cortisol floating around in your



body and you're not making time for exercise. So what happens? you catch a cold, you break out with a cold sore, your Fibromyalgia or your arthritic symptoms flare up, right. All kinds of bad things happen!

Well we know from the three gold standard published studies performed on Juice Plus+, that Juice Plus+ helps support the immune system.

The University of Florida and Arizona study as well as the Graz study all found that Juice Plus+ supports important markers of proper immune function. The Florida study involved first year law students, and usually, the first year or two of law school can be the most intense time of study. And not only that, but they threw in 3 or 4 hurricanes during the Florida study, so definitely a very stressful time.

Both the Florida and the Graz study reported not only improved markers of immune function, but also fewer illness symptom days. We also know from the research that Juice Plus+ helps protect your DNA and promotes cardiovascular wellness by reducing Homocysteine levels and help maintain normal blood flow after eating a high fat meal. And of course the nine published studies revealing increased plasma levels of antioxidant nutrients and other phytonutrients.

The research done on Juice Plus+ is profound and far reaching. It is the most thoroughly researched whole food product in the world! When you understand the research, how could you not want to add Juice Plus+ to your diet? It is the perfect addition to everyone's diet!

Dealing with the problems we have discussed is much more beneficial than trying to compensate for the stress they create, in the same way that "an ounce of prevention is worth a pound of cure." In all but the most extreme cases, you can expect to see dramatic improvement within about four months. For mild to moderate adrenal fatigue the turnaround can be much faster. Remember, you may feel too tired to make changes, but by adding Juice Plus+ to your diet and moving forward in stages, you'll build the strength you need to stay with it. And I don't care how exhausted you are, most people can flip open their Juice Plus+ bottles, pour some capsules into their hand and drink them down with some water!

Now, I'm not saying that Juice Plus+ cures Adrenal dysfunction. As a matter of fact Juice Plus+ cures nothing! Never make any claims that Juice Plus+ cures anything. But we know from the gold standard research performed on Juice Plus+ that positive changes are happening at the cellular level. And it doesn't really matter if you are talking about adrenal health, or heart health or whatever disease process you want to discuss. **Every cell in your body functions better with proper nutrition.** Good nutrition is the key to good health! Make sure you tell your family, customers and patients to commit to taking Juice Plus+ for a minimum of 4-6 months, because it does take time for these changes to occur. Juice Plus+ is not a drug. Drugs do something to your body. Good nutrition does something for your body so remember, you spent a lifetime of getting to your present state of health or **dis**-ease. So give it some time and you will love how you feel when you do. And - if you don't feel a thing that's fine. We know from the research that incredible things are happening in your body. You can be sure of that!!!