



How Well Do You Handle Stress?

In today's hectic lifestyle we are exposed to many forms of stress such as: shuttling our children all over town, divorce, or losing a job. The stress that follows can be short lived or can become chronic.

About three years ago I met a young lady who complained of a combination of symptoms including mental foggi-ness, end of the day fatigue, food crav-ings, weight gain, and an occasional me-tallic taste in her mouth.

I used saliva testing on her and was able to determine that her cortisol levels were low throughout the day. Within one week, the patient responded to an adrenal complex supplement and reported having more energy throughout the day. At this point NAET and natural hor-mone replacement therapy was added to her treatment plan. Her energy contin-ued to increase, food cravings gradually decreased, and the mental fog disap-peared over a six month period.

Adrenal Fatigue is a set of symptoms that arise from long term exposure to stress. Chronic stress can cause many problems including frequent headaches, fatigue, and the lack of motivation to complete routine every day tasks. These symptoms are usually not relieved by sleep or medication. Chronic stress wreaks havoc on our adrenal glands and their ability to properly produce hor-mones that affect our health.

Cortisol, adrenaline, and DHEA are hor-mones secreted by your adrenal glands. They play a role in the utilization of car-bohydrates and fats, the conversion of fats and proteins into energy, the distri-bution of stored fat, regulation of blood sugar, and proper cardiovascular and gastrointestinal function. This tiny 5 gram organ is critical in maintaining a state of overall health and well being.

Many people view stress as something going on outside of the body, however stress applies to conditions inside the body as well. Outside stressors can be mental, physical, chemical, emotional, or environmental. When stressed, the body evokes a chemical assault to combat stress via hormones, neurotransmitters and cy-tokines (cell communicators).

When you experience any form of stress the adrenal glands produce a hormone called corti-sol to try to bring the body back into balance. There is a circadian rhythm of activity that oc-curs when the adrenal glands are functioning properly. The highest cortisol levels are pro-duced in the morning, shortly after awaken-ing, and progressively falls to the lowest level dur-ing the first hours of sleeping. Chronic stress overburdens the adrenals and upsets natural balances and rhythms. The end result is un-healthy symptoms that can become chronic if left untreated.

Signs & Symptoms of Chronic Stress

1. Difficulty getting out of bed in the morning
2. Craving salt or salty foods
3. Ongoing fatigue not relieved by sleep
4. Diminished sex drive
5. Increased time to recover from illness
6. Feeling light headed when standing up too quickly
7. Thoughts are less focused, more fuzzy
8. Irritability and increased anxiousness
9. Intense allergies and chemical sen-sitivities
10. Diminished ability to handle stressful events

These are just a few indications that your adrenal glands are struggling to function properly. These symp-toms however can be triggered by one of sev-eral medical conditions, therefore I use saliva and urine testing to determine whether or not your adrenal glands need support.



Take Control...

Not everyone requires extensive treatment plans to feel better. The following are recommendations to get you started on a road to improved health:

1. Diet: Yes, I know, improving your nutritional diet is on my frequent *playlist*. Simply put, diet is a powerful master key that we can use

Did You Know . .

An effective way to combat stress is to strengthen the Adrenal Glands

to change our state of health . Reduce refined sugars, caffeine, and alcohol. Include several small meals contain-

ing protein (i.e. broccoli, nuts, beans, etc.).

2. Determine allergic foods and avoid them. In my office I have two tools to help me determine your specific allergies, these include NAET and Food Allergy testing. You can also determine food sensitivities by food journaling.
3. Adequate vitamin C is important.
4. Use stress-management techniques such as diaphragmatic breathing, Yoga, etc. Techniques should be based on your specific preferences and should be utilized frequently.
5. Engage in light exercise several times a week.
6. Get daily exposure to sun light.
7. See a physician regarding your health concerns to help you figure out root causes.

Do

8. Consider using natural supplements to control pain and inflammation in place of over-the-counter medication.



9. Understand that it will take time for your body to heal. Do not let yourself get anxious and do not lose hope.
10. Go to bed by 9 or 10 p.m. and do not engage in stressful TV shows, books, arguments, etc. an hour before bedtime.

Once I have received your test results, I can determine if I need to add other items to your health plan. For example, I may need to add a supplement if your cortisol level is too high at night.

Keep in mind, the healing process is different for everyone. By the time you notice symptoms of Adrenal Fatigue, your cortisol levels, as well as other key hormones may have been imbalanced for many months. It takes time to allow your adrenal glands and the rest of your body to heal, and for you to feel good again.

“It’s not the stress that kills us, it is our reaction to it”

Dr. Hans Selye

Don't



References: Adrenal Fatigue by James L. Wilson, N.D., D.C., Ph.D.

Resources: www.adrenalfatigue.org

Winter 2009 Flu Update

Have you ever woke up and felt a tickle in your throat, heaviness behind your eyes, drippy nose, or maybe an ear ache? I'm sure you recognize these as pre-symptoms of the cold or flu. It is important to immediately take steps to assist your body's healing process and to avoid infecting others.

Be proactive and start strengthening your immune system to better resist any cold or flu bug that comes along this season. This can also be achieved by testing your biological terrain, the environment inside your body that surrounds and feeds your cells. If this environment is not healthy, you will be more susceptible to *any* infection. I have posted a *top ten* list of healthy ways to combat the flu this season on our website www.preventivemedicinestl.com.

A Few Flu Facts:

1. Researchers make an educated "guess" as to which strain of influenza to use in each season's vaccine based on which strains of influenza were most prevalent the previous season.
2. The swine flu cannot be caught from eating pork or pork products. It is a respiratory virus that is passed from person to person by breathing contaminated air or touching contaminated surfaces and then touching your eyes, nose or mouth.
3. Alcohol dissolves the influenza's protective outer coat, "making it non-infectious," so using an alcohol-based hand sanitizer can be effective in preventing the flu.

4. Infected people can infect others 2 days before and up to 7 days after becoming sick.
5. Some viruses can live up to 2 hours on hard surfaces such as doorknobs and table tops.

Sources:

www.globalsecurity.org

www.theatlantic.com

www.cdc.com

Should I get the flu vaccine?

Vaccines are recommended in certain situations. I base this decision on your current circumstances and also your personal medical history. I have spoken more completely about this in the 2007 Winter newsletter on the website. If you have specific concerns my staff can schedule a short visit to develop a plan of action.

"You're invited to discover for yourself just how effective and rewarding a natural approach to health can be" – Diane McLaren

Questions and Answers

Who suffers from Adrenal Fatigue?

The young, the elderly, usually those who have suffered: serious or repeated injury, illness, allergies, inadequate nutrition, intense social pressures, or those exposed to a toxic environment are more likely to suffer from Adrenal Fatigue.

Can I recover from Adrenal Fatigue?

Most people can fully recover once you have completed a treatment plan.

If I have Adrenal Fatigue, am I more prone to getting sick?

Yes. Adrenal Fatigue frequently goes hand in hand with weakening the immune system.

What is the difference between H1N1 and the seasonal flu?

They are both influenza. H1N1 is a different strand of influenza virus than the typical seasonal influenza. H1N1 has affected humans earlier in the year. Patients were reporting H1N1 cases as early as April this season. The peak months for the typical influenza season are October through February.

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