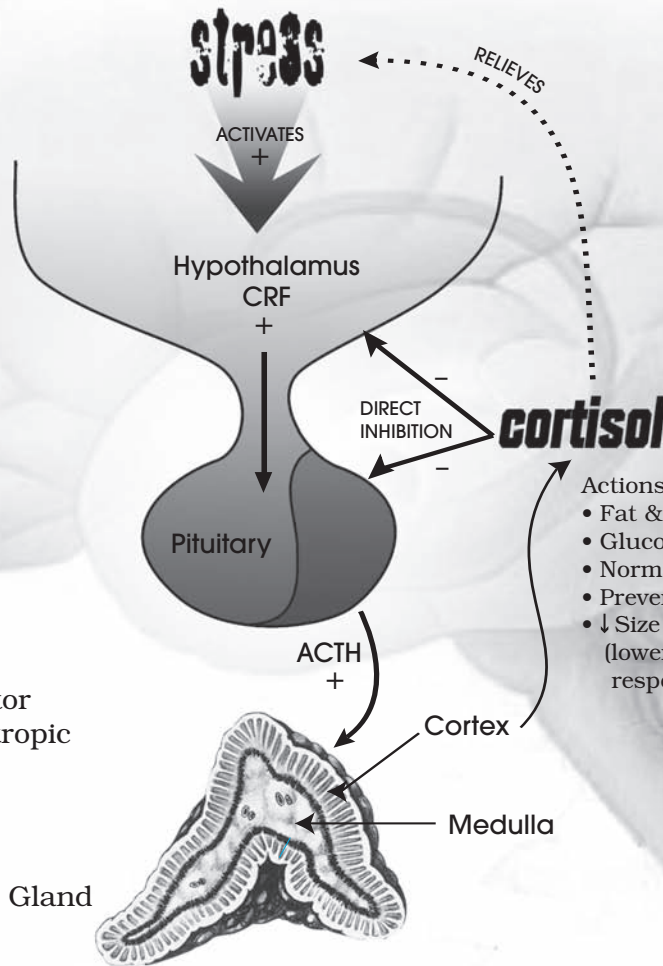


# Adrenal Stress

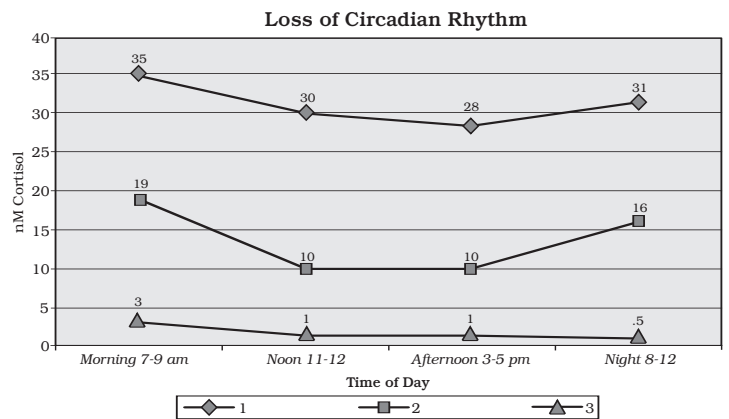
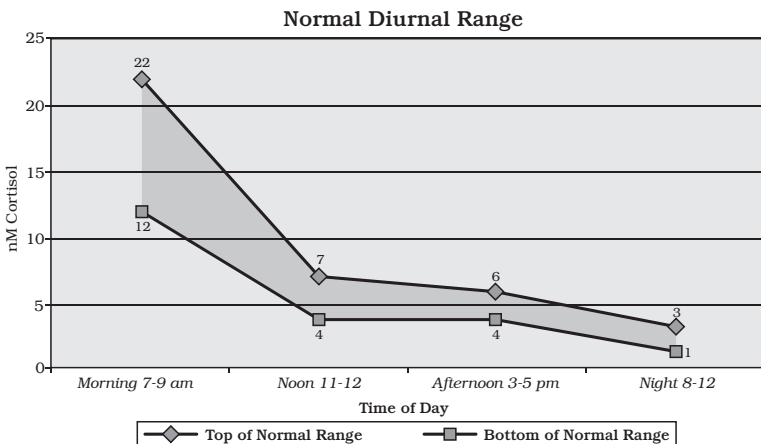
## Actions, Repercussions & Recovery



- Actions:**
- Fat & Protein Mobilization
  - Gluconeogenesis (Liver)
  - Normalized Blood Sugar
  - Prevents Inflammation
  - ↓ Size of lymphatic tissues (lowering the immune response)

CRF = Corticotropin Releasing Factor  
 ACTH = Adrenocorticotropic Hormone

## Cortisol Rhythms



# Stress Factors

Decreased HDL  
Increased Oxidative Stress  
(decreased antioxidant reserve)  
Elevated Fibrinogen  
Abdominal Obesity  
Blood Pressure  
HDL Cholesterol  
Triglycerides  
LDL Cholesterol

## Blood Sugar



## Mental/Emotional



Anger  
Fear  
Death of Family Member  
Major Personal Injury or Illness  
Birth of a Child  
In-Laws  
Home- Move  
Job  
Relationships  
Marriage  
Divorce  
Financial Worries

Lupus  
Rheumatoid Arthritis  
MS  
Diabetes  
Crohn's  
Colitis  
Lyme Disease  
Hepatitis  
Chronic Infection  
Trauma  
Diet

## Inflammation (acute or chronic)

### Acute Adrenal Stress

#### Distinguishing Features

- High Stress Reaction
- Elevated Cortisol
- Sleep Disturbances
- Immune Suppression

#### *Telltale Signs:*

A "Superman Complex"

### Mild Adrenal Fatigue

#### Distinguishing Features

- Irregular Cortisol Rhythm
- Additional Hormonal Irregularities

#### *Telltale Signs:*

"Sometimes Cranky"

### High Adrenal Fatigue

#### Distinguishing Features

- Low Cortisol
- Severe Hormonal Depletions

#### *Telltale Signs:*

"Down & Out"

***Taking Back Glycemic Control is the Foundation for Adrenal Recovery!***

#### Supportive Nutrients

- Phosphatidylserine
- Adaptagens
- Theanine
- Skullcap

#### *Primary Emphasis:*

*Reduce and Relax*

#### Supportive Nutrients

- Vitamin C
- Pantothenic Acid
- Adaptagens
- Licorice
- Adrenal Concentrate (Optional)

#### *Primary Emphasis:*

*Rest and Restore*

#### Supportive Nutrients

- Vitamin C
- Pantothenic Acid
- Adaptagens
- Licorice
- Adrenal Concentrate (Optional)

#### *Primary Emphasis:*

*Revive and Resuscitate*