

ADRENAL FATIGUE



Can't stop stressing? Can't seem to stop feeling tired, achy, get your stomach to settle, or get enough sleep?

Courtesy of



Adrenal glands go beyond that rush thrill seekers chase. They're a pair of squishy-looking triangles that sit atop your kidneys, kind of like a party hat. They produce hormones called adrenaline, aldosterone, cortisol, and noradrenaline. The bottom line is, your adrenals affect your health from head to toe.

Adrenaline and noradrenaline both help you cope with emotional and physical stress by increasing your heart rate and blood flow. Your body releases them only during intense moments of stress.

Aldosterone mainly regulates blood pressure and electrolyte balance, and helps balance blood pH.

Cortisol helps control both fat storage and burning, inflammation reactions, regulate blood pressure and blood sugar levels, and even moderates bone formation. It also affects sleep patterns. Your adrenals secrete extra cortisol during moments of stress so you are alert enough to handle the situation.

On top of all that, your adrenal glands are responsible for balancing other hormones, like glucocorticoids and sex hormones. Gluco-corticoids balance your body's blood sugar, help with food metabolism, and affect your immune response.

The problem is our modern lives often have us stuck in a perpetual state of fight-or-flight. We're not doing enough to wind down, which

in turn never gives our adrenal glands a chance to wind down either.

This lifestyle has created sleepless nights and some serious antacid, acid blocker, and painkiller consumption. All that turns into other major health issues, like insomnia, nutrient deficiencies, and overall poor health. Even worse, the root of the problem hasn't been touched: adrenal fatigue.

Your adrenals don't have an unlimited supply of hormones. With lights that never turn off, devices that never stop pestering us for our attention, technology that allows for a sedentary lifestyle, and a permanent connection to the rest of the world, it's no wonder we never find a moment to wind down.

ADRENAL STRESS: KNOW THE SIGNS & SYMPTOMS

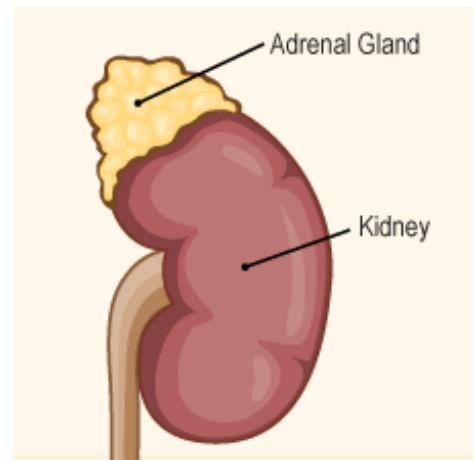
- Fatigue
- Body aches
- Unexplained weight loss or gain
- Low blood pressure
- Lightheadedness
- Loss of body hair
- Skin discoloration
- Brain fog
- Cravings for sweet or salty foods
- Insulin resistance
- Hormone imbalance

The challenge with your adrenal glands is that it can turn into a vicious downward spiral, kind of like a drug addiction. The more you abuse a drug, even caffeine, the more dependent you become on it to function. The more dependent you become, the more you need to function.

The more you use your adrenals, the farther behind hormone production falls. When these hormones become depleted, health issues, like dehydration, arise.

Every cell in your body needs proper hydration to survive and thrive. If your adrenals are constantly fatigued, which causes you to constantly be dehydrated, this takes a huge toll on your kidneys. If you don't have functioning kidneys, you don't stay alive for much longer.

The interesting challenge with adrenal fatigue is that many doctors insist it doesn't exist because cortisol levels fall within the normal range, even when exhibiting any of the symptoms listed above. So, even though your cortisol levels may be fine, chances are you feel anything but fine.



WHAT WEARS DOWN YOUR ADRENALS

- Prolonged stress, mental or physical
- Lack of sleep
- Poor diet
- Chronic pain
- Food sensitivities
- Surgery
- Caffeine overuse
- Rheumatoid arthritis

Stress is perhaps the most obvious culprit. Your adrenals exist to help you overcome stress. However, just because that's what they do, it doesn't mean it can handle everything you throw at it. Just like a boat can carry only so much before it sinks, your adrenals can handle only so much stress before hormone production falls behind and stays behind.

Losing out on sleep means your body misses out on crucial quality time to unwind and perform maintenance that takes place during periods of deep sleep. If you don't take a break, your adrenals don't take a break or moderate when to have cortisol tell your body it's time for bed.

The quality of your health begins with what you eat. Humanity's hunter-gather days are long gone. Food--or rather "food"--is readily available in wrappers, boxes, food carts, drive-thrus, convenience stores, and so on. The problem is sustenance has taken a huge turn for the worse. We load ourselves



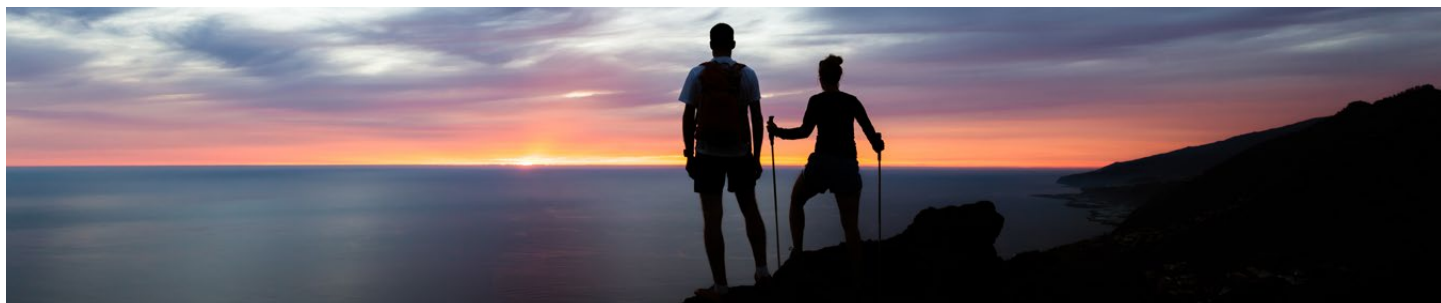
up with empty carbs, especially sugar, too much fat, not enough protein, fruits, or vegetables, and so much caffeine that it's slowly killing us.

This heavily processed fake food doesn't provide our bodies nutrients; just calories. Our bodies crave nutrients, not calories. Adrenal glands try to make up for the missing pieces but there's only so much they can do.

Pain, surgery, and so on all trigger

an inflammatory response. Inflammation is also a stress response.² Stress, both physical and mental, triggers cortisol production, which triggers inflammation. While inflammation is necessary for repair and healing, it often feels painful in the process. Since pain can stress you out, your adrenals keep pumping out the cortisol.

HOW TO OVERCOME ADRENAL FATIGUE



THERE ARE THREE THINGS YOU CAN DO TO CLIMB OUT OF THAT DOWNWARD SPIRAL AND REACH OPTIMAL HEALTH. KNOWING WHAT EXACERBATES THE PROBLEM IS HALF THE BATTLE. THE OTHER HALF IS IMPLEMENTING CHANGES.

1 HAVE YOUR DIET WORK WITH YOU, NOT AGAINST YOU

You simply cannot overestimate how important your diet is when it comes to your health. Nutrient-rich foods promote excellent health while nutritionally worthless foods do the exact opposite.

To keep it simple, avoid caffeine, sugar, artificial sweeteners, bakery goods made with white flour, processed foods, and hydrogenated oils.

Caffeine isn't your friend when your adrenals are fatigued. Nixing this can help eliminate stomach problems and sleep struggles.

Stevia and raw honey are safe alternatives to both real and artificial sugars, and they don't create nutrient deficits.

Switch to whole wheat or simply eat more fruits and vegetables. Processed foods, including white flour, are hard to digest, lack nutritional value, and rob you of your health.

When it comes to fats and oils, make the switch to olive oil or eat healthy fats found in olives, avocado, raw nuts, fatty fish, and certain seeds.

3 SUPPLEMENT UNTIL YOUR ADRENAL GLANDS ARE BACK UP TO SPEED

Lifestyle changes for the healthier are an absolute must. And sometimes, in order to stick to those changes, you need therapeutic levels of key nutrients to help your adrenals

recover. Those nutrients are organic minerals, whole food B vitamins, vitamin C, chlorella, rhodiola rosea, L-tyrosine, and glandulars.

2 REDUCE STRESS

If adrenal fatigue is a problem, then it's time to analyze your priorities and decide for yourself what truly needs to come first. Your options are wide open when it comes to getting exercise, which is perhaps the best thing you can do to relieve and reduce stress. Exercise naturally improves your mood and energy levels, and improves your overall health.

If you need a little extra help coping with mental stress, make the time to unwind, get in some laughs, or even seek counseling. Sometimes an objective, professional take is exactly what you need to free yourself from a vicious cycle and start moving forward again.



OPTI-ADRENAL

Opti-Adrenal™ is paired with the industry's only predigested glandular and supportive whole-food nutrients to provide a foundation to best support the body's response to stress.

Adrenal, parotid, thymus, and spleen glandulars are extracted from an Argentinian bovine source that ensures safety and purity. These glandulars are then predigested ensuring complete absorption and utilization at the cellular level.

The amino acid chelates, along with other chelated minerals, are incorporated into the formula to support immune function, energy generation, and the promotion of sufficient enzyme activity.

Activated whole food B vitamins are present to support energy production in the body and support adrenal gland balance. Whole food vitamin C with bioflavonoids and proanthocyanidins from grape seed extract are provided to support antioxidant systems and metabolic activity. Predigested chlorella is present to support health detoxification. Rhodiola rosea is present to support a healthy response to stress. L-tyrosine is available as a foundation for synthesis of neurotransmitters that the body uses during the general adaptation syndrome.

Dosing

Take 2 capsules two times daily, or as directed by your health practitioner.



Supplement Facts

Serving Size: 2 Capsules/Servings Per Container: 45

Amount Per Serving	% Daily Value
Vitamin C (whole food cultured media)†	175 mg 292%
Vitamin B2 - Riboflavin (whole food cultured media)†	15 mg 882%
Vitamin B3 - Niacin (whole food cultured media)†	15 mg 75%
Vitamin B6 - Pyridoxine (whole food cultured media)†	10 mg 500%
Vitamin B5 - Pantothenic Acid (whole food cultured media)†	105 mg 1050%
Magnesium (Magnesium Bisglycinate)**	45 mg 11%
Zinc (Zinc Bisglycinate)**	5 mg 33%
Chromium (Chromium Nicotinate Glycinate)**	50 mcg 143%
Lemon Bioflavonoids (Citrus x Limon) (Fruit Peel)	225 mg ***
L-Tyrosine	175 mg ***
Parotid (from bovine) (Argentina) Predigested	80 mg ***
Thymus (from bovine) (Argentina) Predigested	70 mg ***
Chlorella (Chlorella Pyrenoidosa) (Broken Cell)	50 mg ***
Adrenal Gland (from bovine) (Argentina) Predigested	25 mg ***
Rhodiola (Rhodiola Rosea) (Root)	25 mg ***
Spleen (from bovine) (Argentina) Predigested	20 mg ***
Grape Extract (Vitis Vinifera) (Seed) (95% Proanthocyanidins)	1 mg ***
† Whole Food Cultured Media Blend:	341 mg ***
Yeast, Pea Protein, Organic Vegetable Blend: Oat Bran, Red Pepper, Carrot, Broccoli, Cucumber, Beet, Okra, Wild Yam, Organic Fruit Blend: Wild Blueberry, Apple, Raspberry, Strawberry, Cranberry, Grape, Orange, Raspberry Seed, Blackberry, Bilberry, Tart Cherry, Cinnamon, Pomegranate, Black Currant, Probiotic: Lactobacillus Plantarum, DDS-1™ L. Acidophilus***, Bacillus Coagulans, Bifidobacterium Bifidum, B. Lactis, L. Bulgaricus, L. Salivarius, Enterococcus Faecium, Streptococcus Thermophilus.	
*Opti Blend™ Delivery System: Amylase, Protease I,	5 mg ***
Protease II, Peptizyme SP-Serrapeptase, Lipase, Invertase, Cellulase, Lactase, Phytase, Patented Organic Zinc**, Patented Organic Copper**, Patented Organic Manganese** and molasses.	
***Daily Value not established.	

Other ingredients: Rice Flour, Beet Fiber, Plant Based Magnesium Stearate, Silica, Lemongrass, Potassium (Potassium Glycinate Complex)**

REFERENCES

- https://www.hopkinsmedicine.org/healthlibrary/conditions/endocrinology/adrenal_glands_85,p00399
- <https://www.drlam.com/blog/chronic-inflammation-and-adrenal-fatigue-part-1/23803/>

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.