



healthcare for the whole family

Stressless - Support your adrenals

Q: I am under a lot of stress. I have 2 small children and work full time. I find it hard to keep up with all I have to do. Is there anything I can do without completely changing my life?

A: Many people suffer from “burn out” due to their stressful lifestyles. Our bodies are designed for quick bouts of stress not chronic stress. The best thing would be to avoid stress. If this sounds impossible (and it is), there are things that can help. Exercise, a whole food diet, and supporting your thyroid and adrenal glands are all important. The adrenal glands (sitting right over your kidneys) produce vital stress and sex hormones. With chronic stress we get “adrenal burnout” with symptoms such as fatigue, anxiety, lack of energy, decreased immunity, dizziness when standing up, and lowered sex drive. Does any of this sound familiar? There are many different options (too many to list here) for boosting your adrenal glands. Some simple ones are taking a multi B vitamin high in pantothenic acid as well as taking herbs such as licorice root and ginseng. Fortifying the adrenal glands may give you the extra boost you need. Wouldn't it be nice to have more energy and be better able to cope? Take charge—don't let chronic stress ruin your life!