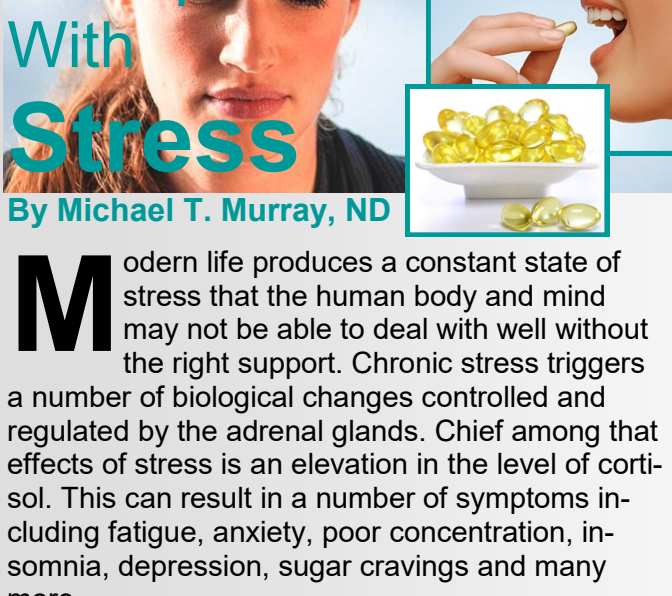


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Planet Health's Newsletter



Modern life produces a constant state of stress that the human body and mind may not be able to deal with well without the right support. Chronic stress triggers a number of biological changes controlled and regulated by the adrenal glands. Chief among that effects of stress is an elevation in the level of cortisol. This can result in a number of symptoms including fatigue, anxiety, poor concentration, insomnia, depression, sugar cravings and many more.

If the stress is prolonged, the adrenals can become "exhausted" as a result of constant demands placed upon them. Adrenal fatigue is a common side effect of continual stress and corticosteroid administration (e.g., the use of prednisone). An individual with adrenal fatigue or exhaustion will suffer from chronic fatigue and may complain of feeling "stress out." They will typically also have a reduced resistance to allergies and infection.

Nutritional Support for the Adrenal Gland

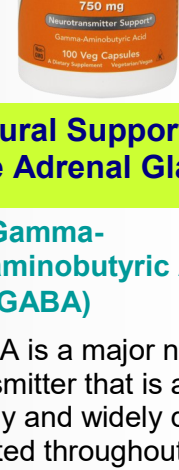
Foremost in the nutritional support of proper adrenal function is to eat a low glycemic diet. Avoid refined sugars, especially sucrose and high fructose corn syrup; pastries; doughnuts; beverages packed full of sugars (soft drinks, sports drinks and many coffee beverages); as well as other high sugar foods. The sugars in these foods are quickly absorbed into the bloodstream, causing a rapid rise in blood sugar and severely stressing blood sugar control. It is also important to limit starches, pasta, bread and other carbohydrates to very small portion sizes.

Fluctuations in blood sugar severely stress adrenal function and are a common cause of excess cortisol. Elevated cortisol levels are not only associated with increased feelings of stress, but also loss of appetite control, cravings for sugar and weight gain. Too much cortisol is also linked to weakening of the immune system, depression, loss of muscle mass, osteoporosis and brain atrophy.

Another dietary goal is to consume foods rich in potassium and avoiding foods high in sodium. A natural diet rich in plant proteins and low in salt-laden processed foods is the key.

Resource: vitamin retailer magazine

4th Quarter 2017



Natural Support for the Adrenal Gland

• Gamma-aminobutyric Acid (GABA)

GABA is a major neurotransmitter that is abundantly and widely distributed throughout the central nervous system. It produces significant anti-stress effects.

• Adaptogens

Adaptogens are herbal preparations that work to increase our ability to deal with stress, boost energy levels and improve our general well being. Well known adaptogens include:

Chinese ginseng

Siberian ginseng

Rhodiola

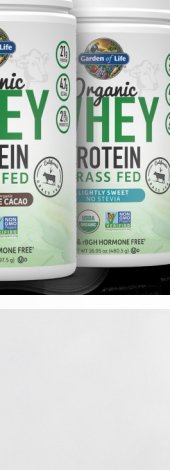
Ashwaganda

- Restore vitality in debilitated and feeble individuals

- Increase feelings of energy

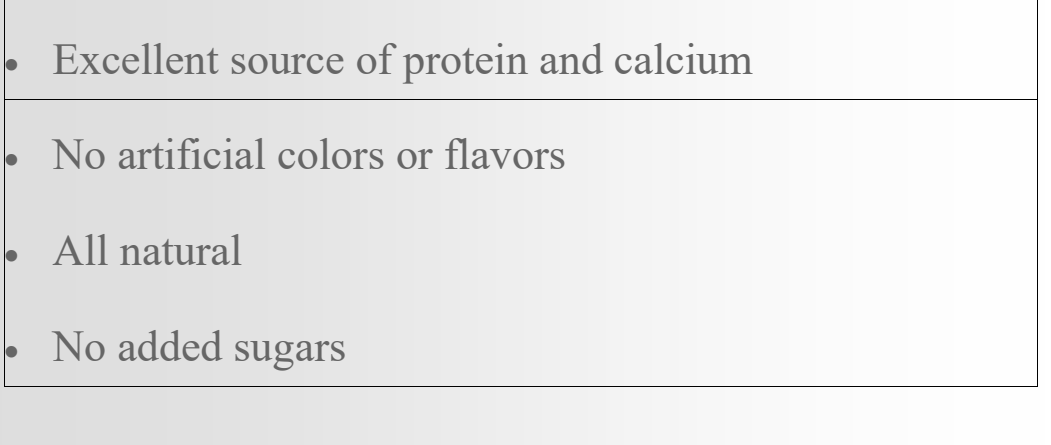
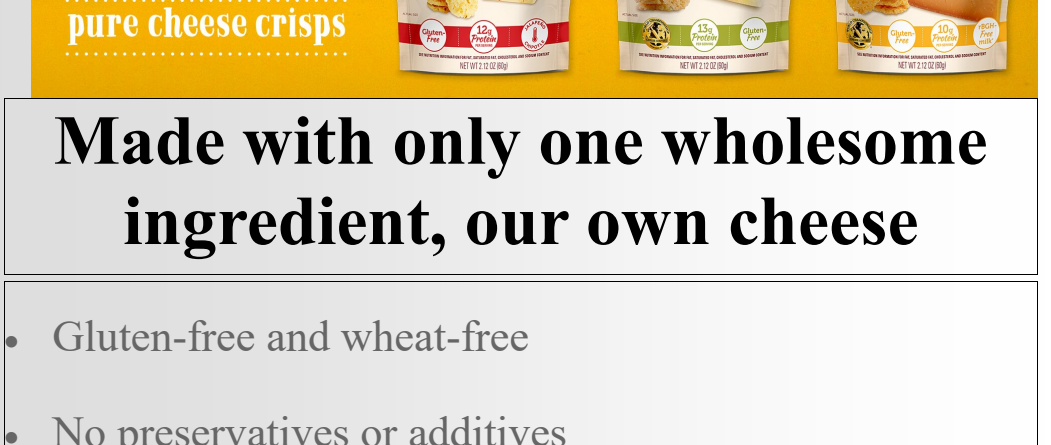
- Improve mental and physical performance.

- Prevent the negative effects of stress and enhance the body's response to stress.



What's New?

Dr. Axe



Made with only one wholesome ingredient, our own cheese

- Gluten-free and wheat-free

- No preservatives or additives

- Excellent source of protein and calcium

- No artificial colors or flavors

- All natural

- No added sugars

Gluten-free, wheat-free, no preservatives or additives, excellent source of protein and calcium, no artificial colors or flavors, all natural, no added sugars.

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