

ADRENAL SUPPORT APPROACH FOR THE STRESSFUL LIFESTYLE

In today's society, stress seems to pervade every aspect of our home and work life. Traffic, late for work, pickup the kids, FAST FOOD, jet travel, soccer practice, unreasonable project deadlines, insomnia, working late, family pressures, EXHAUSTION..... HELP !!!



In our hurry to get things done, do we take the time to eat properly? I don't mean just 2 or 3 meals of fast food that we literally gulp down as we're racing from one place to the next. I mean getting a good balance of live food every day and taking the time to chew each bite. Unfortunately, many of us don't take the time to do this. We just keep plugging away until our metabolism is so down graded that we literally crash exhausted. Even 8+ hours of sleep doesn't put a dent in our fatigue. We wake up just as tired as we were when we went to bed. Then it's a piece of toast, donut, coffee, juice if we're lucky and we're back on the road again. Our drive, ambition, and emotional state pushes a stressed physical system lacking even the basic nutrients it needs to survive let alone repair. Exhaustion is the result.

So, what do we do ?

Well, the stresses aren't going away, so that's out. We need an approach to deal with it. It starts with diet. If you can't take the time to start your day with a good breakfast, then I recommend a protein power-shake. Take the **Wellness Shake** just as it is, or add your favorite fruit, nuts, really cold water, some ice and blend into a great smoothie. Your body needs the **protein** and **essential fats** to get things going, like your neurotransmitters.

Your body also needs **vitamins and minerals**, the key building blocks for overall health and repair. Every cell needs these components on a daily basis. With your **Wellness Shake** or good breakfast, take your **multiple vitamin/mineral** supplement. **B Complex** vitamins are very important in the **energy production** cycles of your body. Most multi's have them but a **stressful lifestyle** burns through them fast, so supplying your body with **extra** B Complex vitamins will insure you're not in a deficit. Remember that B complex vitamins are water-soluble and need to be replenished daily. If you are normally healthy, this morning regimen should help you regain some of the energy you have lost within a short time. It's the right way to start the day. For **lunch** it is also important to get a good supply of **protein** and **vegetables** to sustain through the afternoon. Just say **NO** to **burgers and fries**, with empty calories and no fiber to fuel our GI tract. A **salad or vegetables** with a **lean** piece of **chicken, beef or fish**, makes for **a power lunch**. A daily goal should be 5 servings of fruits and vegetables. You'll have good sustained energy till the workday is over. **Avoid fast foods** like the **plague**. There is a need to reduce or eliminate as many of the external, internal, and spiritual stresses as possible. Meditation, counseling, deep breathing, stretching and exercise are all possible ways to help deal with these stressors. Performing one or more of these daily can help relieve the stress.

Last, but certainly not least, keeping a healthy digestive system and GI ecology is very important to overall health. It starts with chewing your food. Thoroughly chewing each bite starts the digestion process and allows the stomach acid and digestive enzymes to do their work. Using a probiotic regularly will help keep the GI tract healthy. If indigestion, gas, bloating, diarrhea, constipation, or unusual bowel symptoms persist, see your Life-span pharmacist. For those of us with mild to moderate fatigue, this regimen alone may be enough to get us feeling much better.

ADRENAL SUPPORT APPROACH FOR THE STRESSFUL LIFESTYLE

OK. I've done this and I still don't feel that much better...

For some of us, however, this will not be enough to get the energy back. We're the ones who have been running on empty for so long that the multivitamins and B Complex, and even the dietary changes have not made marked progress towards increasing our energy. We still have moderate to severe fatigue and other physical symptoms as well. We will require more attention and focused help to get better.



Locate a Life-Span pharmacist. This **natural health practitioner** will be able to **assess** and **pinpoint** the **cause** of your fatigue using **comprehensive questionnaires** and **laboratory tests**. Your Life-Span pharmacist has all of the **tools** and **clinical support** at his/her disposal. With this information, **targeted specific nutritional products** will be identified to help put your body back in **balance**. This nutritional approach coupled with your commitment to dietary and activity changes will be the basis for your healing.

Wellness Power Shake

- 1/3 cup of nuts (cashews, almonds, walnuts, pecans)
NO peanuts raw nuts are preferred soak nuts overnight in filtered water.
- 2 scoops of Wellness Shake powder
- 10 – 12oz. filtered water (for a thicker smoothie use less water and ice cubes)

Blend at high speed..... ENJOY !

- ❖ Consider adding fresh or frozen fruit like blueberries for a change of pace!
- ❖ To add to your intake of green foods, mix in 1-2 tablespoons of Ultra Green powder.
This blend contains phyto nutrients and antioxidants.

Comprehensive Multiple Vitamin/Mineral formula for stressful lifestyles :

Executive Stress Pack: Take 1 pack per day, preferably at breakfast

Stress B Complex formula :

Stressplex Forte: 1 tablet per day preferably at lunch

SignaBIOTIC: 1 capsule away from food 3 times a week (comprehensive probiotic formula)

UltraGreen Powder: 1-2 tablespoons in water or juice, or add to a wellness shake (comprehensive phyto nutrient formula)