Got stress?
We’ve got support!

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Stress Is Everywhere

Everyone has stress—now more than ever!

- Environmental stress
- Physical stress
- Emotional stress
Environmental Stress

- Pollution
- Cell phones
- Computers
- Toxins in our water and air
- Pesticides
Physical Stress

- Poor dietary choices
- Too much exercise
- Not enough exercise
Emotional Stress

- Excessive worry
- Fear
- Low mood/lack of joy
- Excessive irritability
- Difficult relationships
  - Personal
  - Workplace
STRESS ADDS UP!

• Responding to stress is normal …

• But what happens when stress becomes excessive and the body doesn’t recover like it should?
Effects of Stress

- Loss of energy
- Low mood
- Inability to concentrate and focus
- Increased anxious feelings
- Increased PMS
- Increased menopausal symptoms
- Sleep disruption
Additional Effects of Stress

- Increased digestive problems
- Challenged blood sugar metabolism
- Leaky gut syndrome
- Increased muscle and joint challenges
- Challenge to natural tissue healing function
- Compromised bone and skin function
- Challenged immune system
What happened?

- Our hormones have to respond to a stress response.
- The hormones produced by the adrenal glands are the primary stress-handling hormones.
- When stress becomes excessive, these same hormones become out of balance.
Cortisol and Stress

- Cortisol produced by the adrenal glands
- Strongest inflammatory response hormone in the body
- Supports healthy sugar metabolism
- Supports proper immune system response
- Balances with another adrenal hormone called dehydroepiandrosterone (DHEA)
Support Is Critical

• Supporting the health of the adrenal glands will help the body have an appropriate stress response.
• This is essential for proper cortisol regulation.
• Adrenals require multiple nutrients for normal function and response.
• Lifestyle modifications are necessary too.
Change Your Lifestyle
Dietary Changes

- Avoid refined sugars.
- Avoid processed flours.
- Avoid hydrogenated fats.
- Drink more water.
- ADD lots of fresh vegetables. Think colorful!
- ADD fresh fruits.
- ADD healthy fats like olive oil, coconut oil, and real butter.
Exercise

- Start an exercise program. Pick something you’ll enjoy.
- Set goals. They’ll help you stay motivated.
- Add resistance or weight training to your program. Try for three days per week.

*Just get moving!*
Stress Management

- Get adequate sleep every night.
- Worry less and laugh more.
- Try meditation.
- Avoid situations that rob your energy.

Make your health your priority!
Reduce Natural Toxins

- Do a liver cleanse once or twice a year.
  - Standard Process® 21-day purification (gentle and effective)
  - 10-day blood sugar program
- Great ways to jump-start your health and get you back on track!

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Nutrition Support
Drenamin® supports adrenal function and helps maintain emotional balance.

- Promotes healthy adrenal gland function
- Encourages a healthy response to everyday environmental stresses and supports immune system function
- Maintains energy production
- Supports a balanced mood
- Contains a combination of key ingredients from Cataplex® C, Cataplex® G, and Drenatrophin PMG®

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Cataplex® A-C-P supports epithelial integrity and healthy adrenal function.

- Provides vitamin C to support healthy adrenal cortex and medulla functioning
- Supports maintenance of healthy epithelial cells
- Maintains skeletal health
- Supports a healthy immune system
- Contains a combination of key ingredients from Cataplex® A, Cataplex® C, and Cyruta®

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Paraplex®

Paraplex is designed to promote normal carbohydrate metabolism.

- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health
- Supports healthy pancreas, pituitary, thyroid, and adrenal gland function
- Contains a combination of key ingredients from Pituitrophin PMG®, Thytrophin PMG®, Pancreatrophin PMG®, and Drenatrophin PMG®

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Adrenal Health Daily Fundamentals

- Drenamin®
- Cataplex® A-C-P
- Paraplex®
- 30-day supply (60 packs per box)
- Suggested use: 1 pack each morning and evening

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Combining Support

- Adrenal Health Daily Fundamentals convenience packs gives specific nutrients to rebuild the adrenals or to maintain adrenal health.
  - Vitamin C, multiple B vitamins, overall endocrine support for an improved stress response
- Additional herbs can provide the added support needed for better stress management.

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Additional Support

- Trace Minerals-B<sub>12</sub>™
- Adrenal Complex | MediHerb®
- Rhodiola & Ginseng Complex | MediHerb®

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Trace Minerals-B\textsubscript{12}™

Trace Minerals-B\textsubscript{12}™ combines important nutrients to support enzymatic reactions in the body.

- Spectrum of minerals that support a healthy body
- Provides essential cofactors for healthy cell functioning
- Provides iodine, which is required for healthy thyroid, spleen, and red blood cell functions
- Among other functions, these trace minerals support ligament, cartilage, and bone structure; immune and thyroid function; fat metabolism; and calcium utilization.

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Adrenal Complex (MediHerb®)

Adrenal Complex contains Licorice and Rehmannia. Together these herbs and the substances within them:

• Restore adrenal function to reduce the effects of stress on the body
• Support adrenal gland health and energy production to help combat fatigue
• Help the body adapt to the challenges of everyday life
• Promote the body’s normal resistance function
• Support a healthy immune system when experiencing occasional stress

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Rhodiola & Ginseng Complex (MediHerb®)

Rhodiola & Ginseng Complex contains Rhodiola and Korean Ginseng. Together these herbs and the substances within them:

- Enhance mental clarity and support cognitive function
- Support physical endurance
- Maintain feelings of general well-being when experiencing temporary stress
- Help the body adapt to the changes of everyday life
- Support the body’s natural defenses against emotional and environmental stressors

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Final Thoughts

• Being healthy is a choice we make daily.
• It doesn’t have an end. It’s ongoing.
• You cannot have a happy ending to an unhappy journey.

What journey will you choose?
References/Bibliography

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- From Fatigued to Fantastic, Jacob Teitelbaum, MD