

Managing Stress for the Health of It

Relieving stress can seem impossible. But it's how you handle the stress that will allow you to feel better, and decrease cortisol levels.

Sleep—The best way to relieve stress is to ensure you get 8 hours of sleep per day. This allows time for cortisol levels to drop and give you deep, restful sleep.

Exercise—Participate in regular “moderate” exercise. An intense workout may only complicate your adrenal issues.



Nutrition—Whole foods are important because they provide a wide variety of nutrients that are crucial during times of increased stress and adrenal fatigue. When the body is under stress, your metabolism increases, creating a greater need for nutrients. Avoid sugar, high fructose corn syrup, and refined flour. Stick to high fiber foods (whole grains, fruits, and vegetables) and lean protein.

Supplements—Whole food supplements can provide additional support to help your adrenal glands stay healthy. Only whole food supplements with the maximum amount of focused nutrition, like Standard Process adrenal products, can provide what the adrenals need to return to optimal function.*



Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.

The Energy You Need Through Adrenal Support



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Relieve Stress Through Adrenal Support

When you're under stress, whether emotional, physical, or from poor nutrition, your adrenal, or stress glands, work hard and levels of cortisol, a stress hormone, are increased to help boost your energy and keep your body in a state of balance. When pushed too hard, the adrenals produce too much cortisol which leads to fatigue, making you feel exhausted, run down, and emotionally drained. Resist reaching for caffeine or carbohydrate-laden snacks, things your body craves when the adrenals are stressed. Combat adrenal fatigue with Standard Process adrenal support products with the balanced nutrition to keep your adrenals in healthy working order.

Adrenal Gland Function

The adrenal glands, stress-handling glands positioned atop the kidneys, act as the control center for over 50 hormones which are involved in a large number of physiological functions in the body. They produce hormones in response to stress and have an effect on the body's metabolism and blood flow, and regulate water and electrolytes in the body. These hormones also control blood sugar, natural inflammatory and anti-inflammatory responses, and immune system response. Steroid hormones, also produced by the adrenals, determine your overall strength, energy, and stamina.

The Impact of Stress on Your Health

Stress is a natural and necessary response when challenged with the pressures of living or when confronted with danger. When we are unable to rid ourselves of stress, the adrenals increase the levels of the stress hormone cortisol. High cortisol levels from ongoing stress can create changes in:

- Appetite, food cravings
- Energy levels
- Muscle mass and bone density
- Mood
- Immune response
- Memory and learning

Many other hormones, including thyroid and sex hormones, are affected by adrenal stress. But there are ways to help the adrenals function properly.

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



Standard Process Helps You Maintain Healthy Adrenal Function

Nutrients found in Standard Process adrenal products support the many functions of the adrenals and aid the body in handling stress.

Adrenal Desiccated provides powerful short-term adrenal support for immediate energy needs, and further supports immune system function, which can be compromised when adrenal fatigue sets in.*

Drenamin® offers comprehensive adrenal support to help reduce ongoing stress, increase energy production, and regulate mood.*

Drenatrophin PMG®, over the long term, helps re-establish adrenal function to reduce the effects of stress on the nervous system and combat fatigue.*

Cataplex® C provides the vitamin C complex, a powerful antioxidant, which protects against environmental and internal stressors. Stress depletes vitamin C in the body, especially in the adrenal glands.*

Cataplex® G contains riboflavin (B₂), niacin (B₃), and pyridoxine (B₆), producing a calming effect on the body. These vitamins support the body in breaking down fats, proteins, and carbohydrates for energy when you need it most.*

Talk to your health care professional about your stress level to determine which adrenal support product is right for you.

