

# HERB STOP

## December 2011 Highlight



### Adrenal Health

The adrenal glands are also known as the “fight and flight” glands. They are part of the endocrine system and lie on top of each kidney. The cortex or outer section of the adrenals is responsible for the production of cortisone and the medulla or central section secretes adrenaline. Healthy adrenal glands protect us from stress and inflammation in the body. They improve digestion, burn fat more efficiently, give the body strength and muscle tone. They are responsible for the hair standing erect in time of fear and troubles. A craving for salt is one sign of adrenal stress. Other signs may be fatigue, lethargy, weakness, headaches, memory problems, food cravings, allergies, blood sugar disorders, moodiness and dizziness.

Keep in mind, that during stressful times the adrenals pump out adrenaline to prepare the body for extreme activity. This increased energy needs to be used up. If it is not, and the response is internalized, as it is often the case when triggered by emotional reactions, the body cannot simply forget the adrenaline. It reacts internally, because external expression is suppressed. Over a period of time this can lead to exhaustion and possibly lay the foundations for chronic diseases in the body. Constant fear, anger and resentment will also wear out the adrenal glands more than anything else. Surround yourself with more love and joy, a soothing environment, good music, and hobbies that fit you, etc.

### Nourishing Herbs And Nutrients For The Adrenal Glands

**Astragalus** root looks like a tongue depressor when you get it from the herb store. It is a superior tonic, nourishing exhausted adrenal glands, and helping reduce stress. Astragalus has many other qualities, too many to mention here.

**Borage** stimulates the adrenal glands, which helps restore vitality when recovering from an illness due to exhausted adrenals. Enjoy it as a tea, or add the fresh leaves and flowers to salads.

**Eleuthero aka Siberian Ginseng** is an herb that helps the adrenal glands prepare the body for stressful situations. It is an adaptogen, which means that it increases resistance to stress. Eleuthero builds stamina, enhances immunity, strengthens adrenal function, regulates blood sugar, and benefits the musculoskeletal system. When under mental or physical stress and exhaustion, this herb is very valuable. Although it is not a sedative, eleuthero is helpful for many nervous disorders, including insomnia, especially when insomnia is due to tension, worry, and stress.

**Ginseng** is used to improve immune function and normalizes overactive stress response. It increases physical and mental performance, reduces fatigue, strengthens adrenal response, improves liver metabolism and enhances immunity.

**Licorice** is a delicious sweet herb and is known to strengthen endocrine function, especially the adrenals. Some experts say that licorice root contains a natural hormone that will replace cortisone. It induces the adrenal cortex to produce larger amounts of cortisone and aldosterone. Licorice stimulates adrenal function without depleting them. It has a soothing influence upon gastric mucosa, it's an excellent remedy for peptic and duodenal ulcerations, arthritic symptoms and chronic constipation.

**Caution:** Do not use in the case of heart conditions, as it may in large amounts cause water retention and elevate blood pressure!

**Parsley** root and leaves are not just a common nutritious culinary herb, parsley is also used in cases of low blood sugar if there is adrenal weakness or malfunction.

**Rosehips** contains the highest amount of vitamin C, including the entire vitamin C complex. Rosehips vitamin C is alkalizing, contrary to ascorbic acid, which makes the body's pH acidic. When under stress there is an increase of toxins in the body. Rosehip takes this toxic waste from the body and throws them out through the kidneys. Any condition that exists in the body due to toxins can be helped with vitamin C, including exhausted adrenals.

**Sesame Seed butter (Tahini)** is nourishing to the adrenal glands, as well as the nervous system. Take 1 teaspoon everyday

**Adrenal Support** is a blend of seven rejuvenating herbs traditionally known to help with low physical and mental energy, due to weakened adrenals. This formula may be beneficial during times of great mental and physical stress. Adrenal Support may also help with blood sugar imbalances.

**Bee Happy** is a superb formula during times when life is getting you down. When taking this formula you may start to see the glass half full instead of half empty. Bee Happy contains ginkgo, to increase mental focus; royal jelly, to feed exhausted adrenals and gives you a feeling of euphoria; and milk weed, to increase prana or oxygen uptake. People who take Bee Happy say that it cancels out extreme negative thoughts. They start seeing and living life in more positive way.

### Stress Juice

During demanding times you may want to drink the following vegetable juice to protect your body from the various stress related symptoms. Juice 4 carrots, 2 stalks of celery, 1 small beet, and 1 tbsp whey powder.

### Feed The Glands Tea

Here is a delicious tea that can give you a general feeling of well-being and at the same time revitalize your adrenal glands.

- 1 tablespoon licorice root
- 1 teaspoon freshly grated lemon peel
- 1 teaspoon freshly grated ginger

Simmer ingredients in 10 oz of water for about 30 minutes. Strain and enjoy warm or cold.

### Things To Consider For Low Adrenals

- ☼ Stay away from all kinds of caffeinated drinks and foods, as these stimulate the adrenal glands excessively.
- ☼ Get extra rest and sleep
- ☼ Do light exercises, such as walking, yoga, tai chi, etc.
- ☼ Avoid stressful situations whenever possible
- ☼ Do not watch late night action-oriented movies or the news
- ☼ Avoid overly stimulating music (loud base beats up the adrenal glands)
- ☼ Keep your body warm, day and night
- ☼ Have a good belly laugh everyday, as this increases the “happy hormones”, dissolving stress and anxiety.

Drink borage tea and take ginseng during stressful situations. If a person has been on steroid drugs, licorice is indicated for revitalizing the adrenals. These hormone pre-cursors are natural building blocks which the body can use while the glands are being restored to their natural function. These plant hormone precursors do not act like orthodox synthetic hormones, which usually come in an unnaturally concentrated form. Although doing the job for which they were designed, they leave a trail of dangerous side effects in their wake.

Foods that feed and nourish the adrenal glands include beets and beet greens, spinach, parsley, celery, carrots, pecans, lightly cooked egg yolks, broccoli, cauliflower, kale, lecithin, rosehips, citrus fruits and strawberries.

### Adrenal Gland Function Self Test

To test adrenal function, take and compare two blood pressure readings, one while lying down and the other while standing. Before taking the lying down reading, rest for five minutes. Then, stand up and immediately take the blood pressure again. If the blood pressure is lower after standing, suspect reduced adrenal gland function.

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