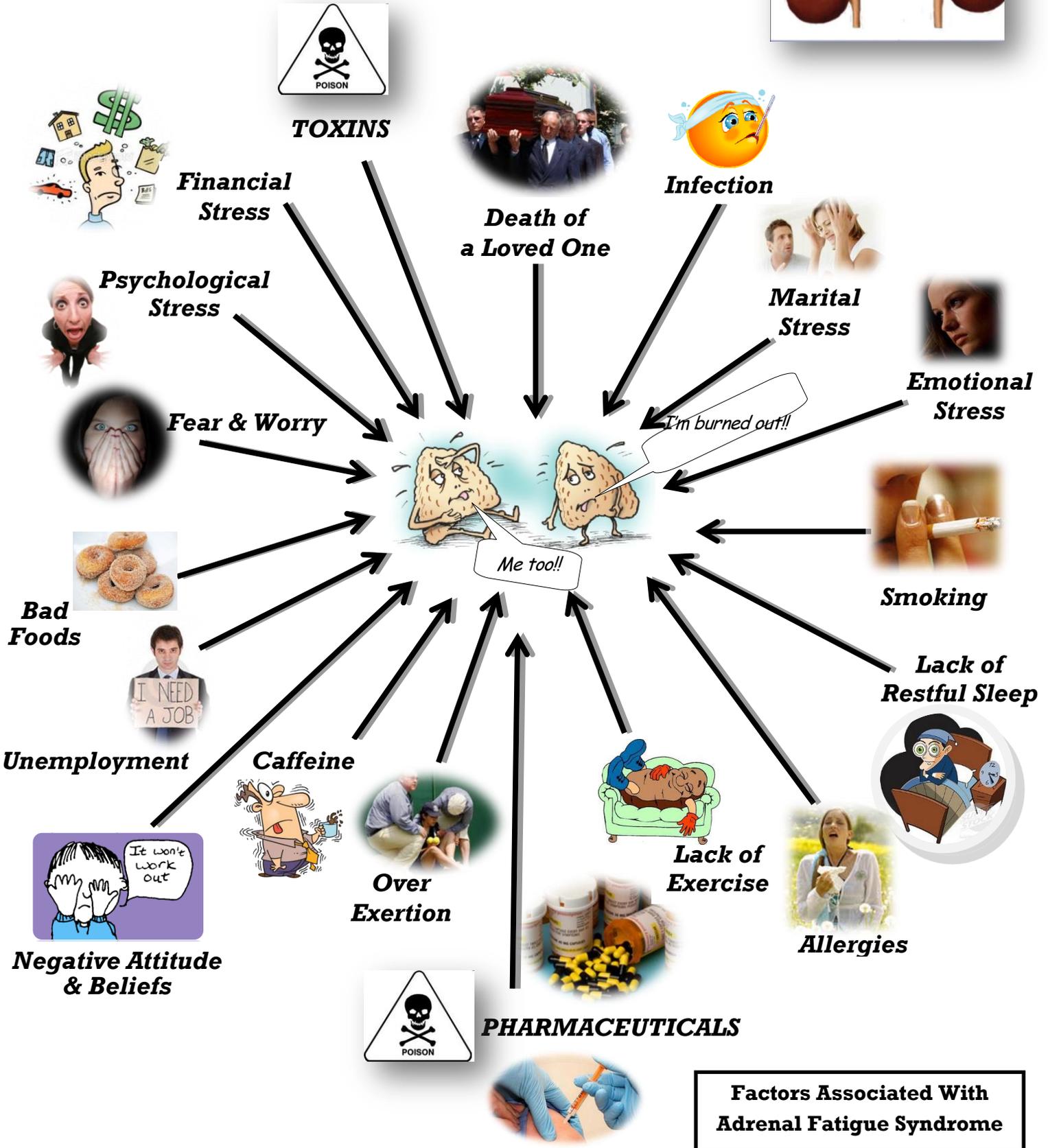
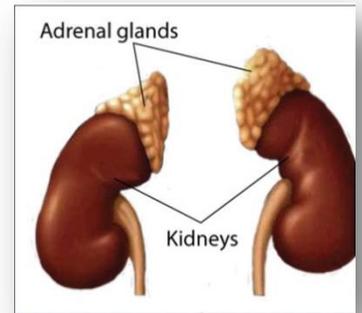


The ADRENALS - Your STRESS Glands

Stress is CUMULATIVE!



Adrenal Fatigue Syndrome

aka "Adrenal Burnout"

Classic signs and symptoms of adrenal fatigue syndrome include:

- Fatigue and weakness, especially in the morning and afternoon
- A suppressed immune system
- Increased allergies
- Muscle and bone loss and muscular weakness
- Depression
- Cravings for foods high in salt, sugar or fat
- Hormonal imbalance
- Skin problems
- Autoimmune disorders
- Increased PMS or menopausal symptoms
- Low sex drive
- Lightheadedness when getting up from sitting or lying down
- Decreased ability to handle stress
- Trouble waking up in the morning, despite a full night's sleep
- Poor memory

Medical doctors merely treat the symptoms as if **they** were the problem. We look to the **CAUSE** and help by supporting the tired adrenal glands with restorative whole food nutrition as part of our **HEALTH IMPROVEMENT PROGRAM**. We support ALL of your glands and organ systems in this way.



STRESS CAN BE A KILLER!

It's not just the stress you had this morning, that you had yesterday, or even last month . . . it's the stress that you have had since you've been on the planet. **Stress is cumulative!**

Take the Stress Test

[Check off the statements that apply to you]

- Are you generally dissatisfied with your occupation or job? Or your current status . . . employed, unemployed, household engineer?
- Do you exercise less than twice a week on a routine basis?
- Is there conflict, upset or disappointment in a close personal relationship? *[spouse, child, parent, friend, co-worker]*
- Do you take medications including aspirin, Tylenol, tranquilizers, or antacids more than two times per month?
- Do you have financial issues that often worry you?
- Have you Married, had a baby, moved, started a new job, or had a promotion in the past year?
- Have you ever been in an auto accident, or had a bad fall?
- Have you suffered a significant loss in the past year? . . . job, money, divorce, death of a loved one? *[make 2 or 3 checks for a death or divorce]*
- Do you experience headaches, or pain in your neck, back, arms or legs more than twice per month?
- Do you feel that you are generally a tense or nervous person?
- Do you commute more than twenty minutes each way to work or school?
- Do you feel that you get too little sleep or rest, due to not enough time or difficulty sleeping well?
- Do you already have high blood pressure, low blood pressure, heart disease, ulcers, colitis, or other stress related conditions?
- Were you born?

If you have six checks or more you are experiencing the detrimental effects of STRESS on your body, and there is a probability of even greater problems with age. More than ten checks indicates that you are at high risk.