

Stress is not a way of life

We live stress filled lives.

We eat on the go, and our days are unending. We can't stop thinking and let ourselves relax and enjoy. We are always working or doing something. We wait for vacations, and then need a vacation after our vacation. We have forgotten how to relax and enjoy life. In our world today stress has become a way of life, but it should NOT be so. The right amount of stress helps motivate us to take action. Too much stress can cause us to feel overwhelmed, overworked, fatigued, and emotionally and physically drained. The adrenal glands, part of the endocrine system, primarily deal with stress. These glands are located on top of each kidney, which is how they get their name, the ad-renals.

There are 3 categories of stress that can cause the adrenals to react. The first is physical stress from poor posture, injuries or trauma. The second is chemical and environmental stress that can be in the form of food, toxic chemicals, insufficient water, missing vitamins or minerals, electromagnetic pollution or allergic reactions. The third type of stress is what most people think of when stress is mentioned – the emotional reaction. We create emotional stress by saying “No Problem”, when we really mean, “No Way.” Stress is cumulative, meaning the different types of stress add up to feeling overload. When the brain determines that it is stressed, it believes everything is an emergency. The brain does not distinguish between the three types of stress; it just knows that it is “stressed”. In a “brain emergency” there are four main hormones that are secreted by the adrenal glands in response to stress. The first of these hor-



mones is called cortisol. Cortisol is the major stress handling hormone. But it also helps the pancreas with sugar balancing and fat storage. The second major adrenal hormone is adrenaline. Its job is to increase the heart rate and keep the heart pumping so that you can run away from the stress. The next adrenal hormone is epinephrine. The job of this hormone is to move blood away from the digestive tract to the extremities, so that the body can more easily run away from the stress. The last hormone is DHEA, the anti-aging hormone. As a hormone, DHEA is also converted into the different sex hormones, including estrogen and testosterone.

When a body is under stress, the adrenals secrete these 4 hormones. We live under continuous stress from our diet, job, family and the environment, when compared to our ancestors. Because of this ongoing stress, the adrenals are continuously secreting these stress hormones in an attempt to help us cope, survive and handle stress. Unfortunately for us, the adrenals can eventually fatigue and burn out. They cannot continue to secrete hormones at the rate and demand that we impose on them day after day, week after week, year after year.

Signs of adrenal burnout include sugar, salt and/or carbohydrate cravings, unwanted weight gain, fatigue, irritability, sugar sensitivity, allergic reactions, sleep difficulties, lack of motivation, slow recovery from illnesses, bone loss, aches and pains, and digestive difficulties. These are the most common indicators of adrenal fatigue, where the adrenals

cannot keep up with the demand for stress handling hormones.

As the adrenals fatigue you feel older than you really are. As you lose your energy, vitality, and youthfulness, taking it easy becomes the preferred method of enjoyment, instead of living life to its fullest. Not being able to do what you want to do because you have no energy, is called adrenal exhaustion. While some may call adrenal burnout part of the natural aging process, it is just the result of long term chronic stress. You should not experience adrenal fatigue or exhaustion at any age.

There is a natural solution to this 21st century stress overload phenomenon. First identify the different stressors that are causing a stress reaction in your body. Next reduce the stressors that you can by changing your diet, and lifestyle habits.

Here are six ways to help you win the battle against adrenal stress burnout.

1. Follow your natural body instinct to go to bed early, when you first feel tired. Do not stress yourself by staying up late and allowing yourself to get that second wind.
2. Eat real whole foods and the correct protein requirement for your body type, instead of eating convenience and fast foods. Do not give into sugar, chocolate and carbohydrate cravings.
3. Avoid dietary stimulants that keep the body in a “stress emergency” state. Do not allow yourself to become dependent upon coffee, pop or caffeine stimulants.
4. Your body needs water to bathe the inside to flush out as many toxins as it can. When the body cannot flush out the toxins, they are stored in your body fat, adding to weight gain. Do not drink less water than half your body weight in ounces.
5. Avoid foods made with hydrogenated oils or Trans fats. These

bad fats damage the cells on the inside of your body. Do not eat junk food, packaged or processed foods that have these bad oils.

6. How long it will take for you to have your energy return varies from person to person. Have patience and allow your body time to heal. You will know when you are ready to get back into a regular routine. As your body heals your energy will return. Do not force yourself to exercise when you are exhausted, as this will only slow your recovery.

Chiropractic care is an essential tool to help reset the adrenals. Chiropractic reduces the accumulated physical stress on the nervous system, by taking the body out of the “stress emergency” state. Once the body had been de-stressed by chiropractic, exercise can then help to keep the physical stress level down. Nutrition is another essential tool to provide the necessary building blocks for the body to repair weak adrenal glands. Finding and fixing nutritional deficiencies allows the body to heal itself once it has the correct nutrients. Identifying and reducing the toxic burden the body has accumulated is another important component of stress reduction.

The goal of stress reduction and adrenal regeneration is to give the body the necessary tools and opportunity to rebuild and repair the adrenals. Avoid becoming dependent upon natural or synthetic hormone therapy. The hormones produced by your endocrine glands are very potent chemical messengers. High doses of natural, bio-identical or synthetic hormones prevent your body from actually healing. Change your diet and lifestyle habits to remove the interferences that have created the stress. Give your body what it needs to begin to make its own hormones again. Allow your body the time it needs to renew and repair. Your reward will be a new life, filled with energy, vitality and less stress!

Disclaimer: The recommendations in this article are not to be taken as medical advice. Please consult a qualified health care practitioner to obtain your own hormone evaluation, and for specific recommendations on your personal hormone issues.



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pain/stress free lives. For more information on Dr. Fischer's free public workshops on weight loss, diet, hormones and wellness visit www.TLCHolisticWellness.com or contact her by email at tlc4health@sbcglobal.net.

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A background image for the advertisement showing a woman from behind, wearing a black top and blue jeans, standing in front of a large, colorful measuring tape.