



THERAPEUTIC GUIDE

ADRENAL DYSFUNCTION

The adrenal glands are triangular-shaped organs resting on top of each kidney responsible for the production of cortisol and secretion of adrenaline. The functioning of the adrenals may be impaired due to long term stress, thyroid issues, toxic exposures, or extensive use of cortisone therapy. Please also refer to the Anxiety (Stress) section of this guide.

Homeopathics

Adrenal Homeopathic Diet Formula- designed for the adrenal body type to balance the glandular system, indicated for fatigue, anxiety, and a tendency to gain weight while the legs stay thin.**

* **Adrenapar™**- glandular homeopathic for adrenal support, indicated for the relief of nervous exhaustion, fatigue, and forgetfulness.**

Cortisol Phenolic- isopathic remedy to support normal diurnal output.**

Endopar™- multi-glandular homeopathic support, indicated for nervous exhaustion, mental sluggishness, and a tendency to be easily fatigued.**

Metabatone™- tonifier for the metabolism, indicated for relief of tiredness, weakness, and general fatigue.**

Thyropar™- glandular homeopathic for when thyroid imbalance is a contributing factor, indicated for exhaustion, heaviness of the body, and dry rough skin.**

Herbals

* **Adrenacom™**- fortifier for the adrenal glands, indicated for adrenal fatigue.

Adrenal Herbal Diet Formula- designed for the adrenal body type to nourish, detoxify, and naturally decrease the appetite; also, used by many to balance and support the adrenals.

Ashwagandha- single herb to fortify the adrenals and rejuvenate the body.

Astragalus- single herb to fortify the adrenals and the immune system.

Calming Formula- Rainforest Botanical calming formula that soothes nerves and eases jitters.

Chuchuhuasi- single Amazon Rainforest herb known to support adrenal function, fortify the immune system, and support libido.

* **Eleuthero**- single herb to support adrenal function and boost energy. Formerly known as Siberian Ginseng.

Gingercom- fortifier for the pancreas, liver, and adrenals, indicated for adrenal fatigue.

* **Licrocom™**- fortifier for the adrenals, indicated for adrenal fatigue.

Stress Formula- Rainforest Botanical anti-stress formula that eases tension, combats emotional fatigue, and helps maintain balance at high-stress moments.

Valericom™- fortifier and detoxifier of the nervous system, indicated for stress and anxiety.

**Denotes primary remedies*



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ADRENAL DYSFUNCTION (CONTINUED)

Nutritionals

B Complex- many of the B vitamins are necessary for proper adrenal function.

C-TR 1500- time release vitamin C plus bioflavonoids for proper functioning of the adrenals.

* **Enervimin™ Stress Focus**- full-spectrum vitamin and mineral supplement for those under stress.

* **Intact Adrenal**- freeze-dried adrenal concentrate for optimal adrenal nourishment and support.

L-Tyrosine- aids adrenal gland function and relieves excess stress put on the glands.

Pantothenic Acid (Vitamin B5)- necessary for adrenal function.

Primrose Oil- healthy fatty acids to support adrenal recovery.

Additional Considerations

Guide patients to avoid drops in blood sugar by regularly eating a balanced diet that includes protein and complex carbohydrates. Plenty of fresh fruits and vegetables should be consumed, as well as deep water ocean fish at least three times per week. Have the individual avoid stressful situations. Moderate exercise helps to stimulate adrenal function. Steps must be taken to protect these glands or they can become exhausted.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

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

**Denotes primary remedies*