ADRENALS SUPPORT

Dr. Christopher's Herbal Support for Rebuilding the Adrenal Gland!

Your adrenal glands are two small glands that sit right on top of each kidney, and the job they do is far bigger than their size suggests.

They produce the hormones your body relies on to handle everyday stress — adrenaline for the fight-or-flight response, cortisol for regulating blood sugar and inflammation, and aldosterone for balancing sodium, fluid levels, and blood pressure.

When stress is constant instead of occasional — from illness, overwork, poor sleep, or emotional strain — the adrenals can wear down trying to keep up.

That's when people start noticing fatigue that doesn't lift with rest, a harder time handling stress that used to be manageable, and a heart that feels like it's working overtime.

Supporting these glands nutritionally, rather than pushing them harder, is what gives them the chance to rebuild.

This Herbal Combination:

- CORRECTS Imbalances in the Adrenal Gland
- COMPENSATES for any Stress Placed on the Heart
- CONTAINS the Perfect Glandular Food
- 100% organic, herbal, sugar-free and chemical-free

BOTANICAL INGREDIENTS: Mullein, Lobelia, Ginseng Mix (American & Siberian), Gotu Kola, Hawthorne Berries, Cayenne and Ginger



Mullein

Together with Lobelia, considered the perfect glandular food — traditionally paired to nourish and rebuild an overworked, rundown gland.



Lobelia

Paired with Mullein as part of the perfect glandular food combination. A relaxant herb long used in small, well-diluted amounts within compound formulas like this one.



Ginseng Mix (American & Siberian)

American Ginseng is the milder of the two — traditionally seen as less stimulating and well tolerated over time. Siberian Ginseng (Eleuthero) is the classic stress-endurance adaptogen, successfully used in the Soviet Union to ease stress in everyday situations and build endurance in athletes training under great strain.



Gotu Kola

Known to stimulate the brain and relieve fatigue when given in small amounts. Wonderful for the functioning of the pituitary in disorders of the adrenal system, when used in conjunction with other herbs.



Hawthorne Berries

A celebrated cardiac tonic for many centuries. Under conditions of stress, the heart often "works overtime." Hawthorn berries can help in treatment of high or low blood pressure, tachycardia, and arrhythmia. It is also anti-spasmodic, sedative, and soothing to nerves, especially in nervous insomnia.



Cayenne

Nature's finest stimulant; source of calcium and vitamin A. Aids in circulation of blood which brings oxygen and other nutriments to cells in need of repair.



Ginger Root

A stimulant and a 'lead sheep' herb, bringing the other herbs in the formula into the abdominal area. Ginger differs from cayenne as a stimulant, in that cayenne stimulates the heart, arteries, veins and then the capillaries. Ginger starts its stimulating effect in the capillary, flushing out the "constipated" capillary, driving these wastes into the veins for disposal.

HOW IT WORKS

As this formula corrects any imbalance in the adrenal gland it also compensates for any stress placed on the heart.

Dosage

Two to four droppers-full (1/2 – 1 tsp.) three times daily – 6 days each week.

Remember, it took years for your body to get into this condition. The Herbal Supports provide the nutrition for the glandular system to rebuild and function. Avoid any food or activity that will add stress to this tired gland. And remember — a happy heart does good like a medicine.

For more on this formula, see my blog post "Rebuilding Tired Adrenals" at www.daradietz.me.