

CONTINUALLY FEELING RUNDOWN?

Most commonly associated with **intense or prolonged stress**, adrenal fatigue is a collection of signs and symptoms, known as a "syndrome," that results when the adrenal glands function below the necessary level. As the name suggests, its main symptom is fatigue that is not relieved by sleep but has no easily identifiable cause. You may look and act relatively normal with adrenal fatigue and may not have any obvious signs of physical illness, *yet you live with a general sense of unwellness, tiredness, or "gray" feelings.*



Stress-induced adrenal fatigue can wreak havoc with your life. *With each increment of reduction in adrenal function, every organ and system in your body is more profoundly affected.* Changes occur in your carbohydrate, protein, and fat metabolism; fluid and electrolyte balance; heart and cardiovascular system; and even sex drive. Your body does its best to make up for under-functioning adrenal glands, but it does so at a price.

The adrenal glands mobilize your body's responses to every kind of stress (whether it's physical, emotional, or psychological) through hormones that regulate energy production and storage, immune function, heart rate, muscle tone, and other processes that enable you to cope with the stress. If their response is inadequate, you are likely to experience adrenal fatigue. During adrenal fatigue your adrenal glands function but not well enough to maintain optimal homeostasis because their output of hormones has been diminished.

You may be experiencing adrenal fatigue if you regularly notice one or more of the following:

- You feel tired for no reason.
- You have trouble getting up in the morning, even when you go to bed at a reasonable hour.
- You feel rundown or overwhelmed.
- You have difficulty bouncing back from stress/illness.
- You crave salty snacks.
- You feel more awake, alert, and energetic after 6pm than you do all day.

For a comprehensive explanation of how stress and adrenal fatigue affect your health and what you can do to recover and protect yourself stop by the pharmacy and pick up Dr. James Wilson's book *Adrenal Fatigue: The 21st Century Stress Syndrome*. The most important tool in the book is a questionnaire in Chapter 8. Your answers to the questions will create a picture of how functional or dysfunctional your adrenal glands are and will help you to determine possible sources of this problem. Also, check out our Adrenal Protocol for getting back to feeling great again!

Adrenal Protocol

NP Adrenal (multivitamin)	2 tabs at each meal or three times a day
Adrenal Complex (for energy)	1 cap when you first wake up for 7 days 1 cap when you wake up and 1 cap at noon for 7 days 2 caps when you wake up and 1 at noon thereafter
Probiotics (for stomach)	2 caps at bedtime <u>REFRIGERATE</u>
GABA Complex (for sleep)	2 caps at night before bed on an empty stomach
Phosphatidyl Complex (for sleep)	2 caps at 5-6 pm

BIBLICAL KEYS TO PHYSICAL, EMOTIONAL, & SPIRITUAL HEALTH



KNOW WHEN TO “WAIT”

Sometimes the best thing you can do is wait, instead of thinking that you must “solve the problem” or “make it happen.”

Psalm 27:14 – Wait for the Lord; be strong and take heart and wait for the Lord.



THE BEST MEDICINE

Not to brag, but I just went into another room and actually remembered why I went in there... It was the bathroom, but still.

The other day I was in a hurry to go outside. In my haste I ran into the screen door and strained myself!

“If you focus on results you will never change. If you focus on change you will get results.”

- Jack Dixon

COMPOUNDING FOR ACNE

Acne is a skin condition that occurs when your hair follicles become plugged with oil and dead skin cells. It often causes whiteheads, blackheads, or pimples, and usually appears on the face, forehead, chest, upper back, and shoulders. Acne is most common among teenagers, though it affects people of all ages.

The four main factors that cause acne are excess oil production, hair follicles clogged by oil and dead skin cells, bacteria, and excess activity of a type of hormone (androgens). The following factors can trigger or aggravate acne:

Hormones: Androgens are hormones that increase in boys and girls during puberty and cause the sebaceous glands to enlarge and make more sebum. Hormonal changes related to pregnancy and the use of oral contraceptives also can affect sebum production. And low amounts of androgens circulate in the blood of women and can worsen acne.

Certain medications: Examples include drugs containing corticosteroids, testosterone, or lithium.

Diet: Studies indicate that certain dietary factors, including skim milk and carbohydrate-rich foods—such as bread, bagels, and chips—may worsen acne.

Stress: Stress can make acne worse.

If you’ve tried over-the-counter acne products for several weeks and they haven’t helped, your primary care doctor or a dermatologist can prescribe stronger medications that can help control your acne, avoid scarring

and other damage to your skin, and make existing scars less noticeable. The most common topical prescription medications for acne are as follows:

Retinoids and retinoid-like drugs: These come as creams, gels, and lotions. Retinoid drugs are derived from vitamin A and include tretinoin. It works by preventing plugging of the hair follicles.

Antibiotics: These work by killing excess skin bacteria and reducing redness. An example would be clindamycin with benzoyl peroxide. The benzoyl peroxide reduces the likelihood of developing antibiotic resistance. You usually use this in the morning with the retinoid in the evening. Topical antibiotics alone aren’t recommended.



While there are many acne medications available commercially, the price of these medications has risen dramatically over the past few years. We are able to compound effective solutions at a reasonable price (30gm for \$49). If you would like more information, please feel free to stop by the pharmacy for a handout to take to your doctor.

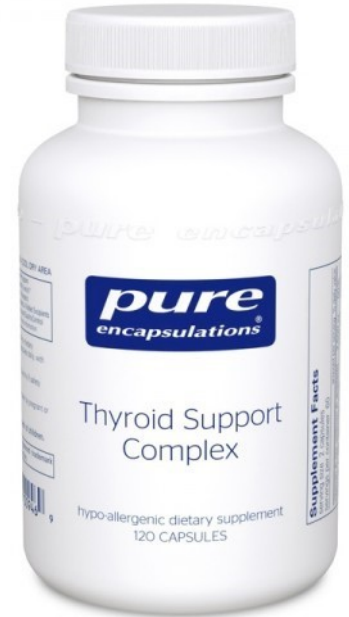
THYROID PROBLEMS?

Thyroid Support Complex from Pure Encapsulations is a comprehensive formula containing vitamins, minerals, and herbal extracts to support healthy thyroid cell metabolism and thyroid hormone function.

This comprehensive formula was developed to help nourish and support thyroid gland function. The ingredients all play a role in building thyroid health:

Healthy vitamin A, vitamin D, zinc, and selenium status have been associated with maintaining healthy thyroid cell metabolism as well as triiodothyronine (T3) and thyroxine (T4) hormone function. Iodine and l-tyrosine are key components in the synthesis of thyroid hormones. Coleus extract contains forskolin, which has been shown to promote adenylate cyclase activity, supporting thyroid hormone metabolism. Research indicates that ashwagandha and guggul are also key factors for helping to sustain healthy thyroid function. Vitamins A and C, along with selenium, guggul and curcumin, help moderate free radicals that affect iodothyronine 5'-monodeiodinase enzyme activity, the limiting factor in the conversion of T4 to the more active T3 hormone.

If you have been struggling with a thyroid problem, please stop in and talk to our supplement specialist about this great supplement.



Essential Oils TIPS & TRICKS

COPAIBA OIL

Known for its gentle, woody aroma, Copaiba essential oil is a product of steam distilling the gum resin tapped from the Brazilian *Copaifera reticulata* tree. Copaiba oil has high levels of beta-caryophyllene and a uniquely sweet aromatic profile, which helps create a relaxing atmosphere when it is diffused or applied topically. Copaiba is a great addition to your daily routine and skin care. Add it to a neutral moisturizer to utilize its natural fragrance and moisturizing properties. It can also be applied following activity for a comforting cooldown.

Copaiba's warm, slightly woody aroma creates a comforting environment when diffused.

Copaiba has been used for various purposes in areas where it grows natively since at least the 16th century. Beyond its use in Young Living essential oil blends, Copaiba is used in many soaps, lotions, and perfumes.



TAKE ACTION AGAINST MENOPAUSE

If you are at your wits end trying to deal with the symptoms of menopause, stop by the pharmacy today to pick-up a saliva test kit. With the results from the test, our hormone specialists can work with you to develop a customized plan to get you back to feeling like yourself again!

We offer several tests through the ZRT Labs' at different price points. Our recommendation is a full salivary hormone profile which tests estradiol, progesterone, testosterone, and DHEA-S as well as cortisol levels. This gives us a comprehensive view of your hormones to know how to best treat you.

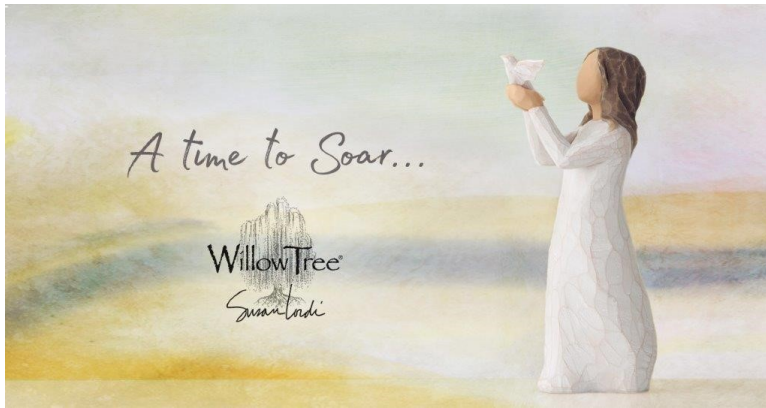
You can pick a kit up at the pharmacy (\$295), and one of our team members will explain how to use it. We will also schedule a follow-up consultation to sit down and review your results with you.

Knowledge is power. The saliva test kit gives us the knowledge to get you back to optimal health.



Willow Tree Figurines

Give the gift of a Willow Tree figurine this season. A message for all occasions.



20% OFF

**ONE REGULARLY PRICED
NUTRITIONAL SUPPLEMENT**

One coupon per customer. In store only.
Good through May 15, 2018.

