

Adrenal Support

What are the adrenal glands and why do we need to support them? You have two adrenal glands, one near the top of each kidney. They are orange-colored and kind of triangular shaped. They're not big, only about one half inch tall and three inches long. The center of the gland is called the medulla; the outside is called the cortex.

The medulla produces epinephrine and norepinephrine. The medulla's production of epinephrine, also known as adrenaline, is what we commonly hear referred to as the fight or flight syndrome. It causes the heart beat to accelerate, the blood pressure to rise, increases lung capacity by opening the airways, and other things that prepare our bodies to fight or run. Unfortunately for many of us this an everyday occurrence as we fight traffic, watch exciting action movies, play stimulating music or computer games, and more. Norepinephrine works as a neurotransmitter, helping the neurons and muscle cells communicate. It certainly doesn't do the body any good to have the heart pumping and the lungs at maximum capacity and the blood pumping if the muscles and nerves aren't ready to go, too. Vital as the fight or flight response is, doctors have discovered that the medulla can be removed without "compromising" life, however, the adrenal cortex is essential to life. The adrenal cortex produces hormones that balance water and electrolytes (salt), cortisone (assists with inflammation and immune system responses), aldosterone (a hormone that helps regulate blood pressure), and sex hormones (not as many as the reproductive organs, but as we age and our reproductive organs no longer produce sex hormones, the adrenal cortex produces enough sex hormones to keep us balanced emotionally and physically, but not enough to promote reproduction). It also produces steroids that help regulate carbohydrate and fat metabolism. The adrenals also help monitor and balance your blood sugar levels so that you have energy when you need it and are able to relax when you don't.

As you can see, these adrenal glands affect our lives every day; I would even go so far as to say that every second of our day is affected by our adrenal glands. They take quite a beating in this fast paced world; they deserve a little support and TLC. Adrenal Fatigue or Adrenal Exhaustion are becoming more and more common. The symptoms of adrenal fatigue are wide and varied, some include:

- Getting enough sleep but waking up tired
- Feeling overwhelmed by stress, having difficulties coping with stress
- Difficulties in recovering from injuries or illnesses
- Constantly tired to the point of exhaustion
- Food cravings, especially sweet or salty foods
- Low stamina, feeling rundown, when you do exercise it's just too much
- Poor digestion
- Difficulty in concentrating or forming thoughts
- Low immune system, you seem to catch every bug that comes by
- PMS or difficulties with menopause
- Low blood pressure
- Extreme sensitivity to cold temperatures
- You have the most energy just before time to go to bed
- Food and environmental allergies

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If you looked at that list and found one or two that you have or have experienced you're not alone. We live stressful lives in a stressful world. Our adrenals are overworked and underappreciated. It's time to give them a little helping hand. Here are some suggestions on how to lighten their load.

- Do the Be Young Liver Cleanse. Simply put, every morning upon rising you take 1 teaspoon to 1 Tablespoon of fresh lemon juice, 1 drop of Be Young Lemon essential oil and 1 drop of Be Young Peppermint essential oil. This will help cleanse your liver. What does the liver have to do with the adrenals? The liver helps with hormone regulation, it also handles the toxins your body is exposed to. If the liver is too overwhelmed with toxins it not only quits helping out with the hormones, but it also tells the other organs in your body to help with the toxins so they're not doing their jobs! To learn more read the article entitled Liver Cleanse in the library section of our website at www.TracesEtc.com (Fresh lemon juice helps build the adrenal glands.)
- Practice some form of meditation. Some people like just meditation, others find Yoga or Tai Chi more to their liking, and others find a walk brings them more stress reduction. Some say golf is their ticket, others say fishing, others find their peaceful moments in reading the scriptures and another person may find that relaxing in a tub with bath salts is what sends them to their happy place. Find whatever it is that works for you that allows you to free your mind from thoughts and cares.
- Avoid artificial sweeteners! Google a search to find the results of studies that have been done with artificial sweeteners and the adrenal glands. They cause the hormones to be released like crazy and then be suddenly shut off creating a roller coaster of ups and downs. Recreational drugs will also cause this affect. Caffeine and regular processed sugars also do, but to a lesser extent.

There are many essential oils that help support the adrenal glands as well as assist you in relaxing physically and emotionally. Let's discuss some of them and how to use them.

If you know (or suspect and simply want to support) that you have a problem with the adrenal glands you'll want to apply some essential oils directly to that area of the body. Before using any essential oil, make sure that your essential oil is 100% pure, therapeutic grade, and free of all synthetics and extenders. If you don't do this, you will be causing more harm than good. Our bodies do not need any more toxins to deal with. Be Young brand of essential oils fit the bill perfectly. Check the labels (it should say at least therapeutic grade, don't go with aromatherapy grade, Be Young's labels show the EOBBB guarantee of purity), check where you bought them (chances are the local supermarket doesn't carry a pure essential oil), and when in doubt check the price. It takes a lot of plant matter to get one drop of essential oil. If the oil's cheap it was diluted, synthesized, or cut somewhere along the way. Okay, back to how to use them.

Apply Geranium (Rose Geranium), Cypress, and Bay Laurel essential oils over the kidney area every night before you go to bed. You can have someone do this for you, or do it yourself by putting the oils on the back of your hand and then reaching back and rubbing your hand over the kidney area (lower back). Layer the oils. This means put on Geranium, then put on Cypress, then put on the Bay Laurel. If the oils feel hot to you apply a little bit of carrier oil (Be Young provides Message carrier oil, a Grapeseed oil, or Gergelim & Baru carrier oil, a high quality extra virgin Olive oil would work, too). This will slow down the absorption of the essential oils and cool down that hot feeling. For the greatest benefit apply a warm compress (a cloth moistened in warm water) to the area, cover it with a dry towel so you don't get your chair or bed wet, and then allow it to stay on until the area feels cool or cold. Do this two to three times a week. If you want to change things up you can do the same process with the oils of Coriander and Rosemary. Be Young's essential oil blend called Eye Vision can also be used.

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To help relax and meditate there are several oils that can be inhaled. You can buy a diffuser, put a few drops in a bowl of warm water, or just put a drop or two on your hands and inhale. Citrus oils are great mood lifters, they sharpen the mind, and they relax you at the same time. Examples are Lemon, Orange, Bergamot, Grapefruit, or the Be Young blend Blossom. The fact they calm you while still keeping you alert means they are supporting the adrenals.

Peppermint essential oil can also be used for mental alertness; however, it raises some people's blood pressure. If you have a problem with this you can follow up using Peppermint with Lavender essential oil (Lavender lowers blood pressure) or simply substitute Spearmint oil which has many of the same properties but doesn't raise blood pressure.

If you find you experience a lot of mood swings you may want to look at one of Be Young's blends that have been designed specifically for hormonal balance. Venus is generally for female use and Mars is generally for men. These can be used by either gender, depending upon which hormones are causing the problems. Generally speaking if you're falling apart and want to cry grab Venus and if you want to beat up and destroy the problem grab Mars.

Everyone can benefit from a little bit of peace and tranquility, select one or two ideas found in this article and start implementing them in your life so that you can give your adrenal glands a little extra TLC, they deserve your love and support.

To order, for class information, or if you have questions contact:

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