

Herbs Etc. Your Ticket to Health!



Are Your Adrenals Fatiguing You?

Is your life stress free? ("Who are you kidding?" you're asking, right?) Did you know that stress accumulated over a period of time combined with a nutrient-poor diet can create something called adrenal exhaustion? Well, adrenal exhaustion means more than just feeling tired all the time, although that is a big indicator that things are out of balance.

The adrenal glands are two little glands that sit on top of your kidneys, and they help you to respond to life and all of its stresses in a variety of ways through the hormones that they produce. The main hormones that the adrenals produce are Cortisol, Norepinephrine (also called adrenaline), and DHEA. Cortisol increases appetite and energy and also calms down the body's allergy and inflammatory responses. Ideally, Cortisol is released on an occasional basis. However, if the adrenal

glands become stressed, Cortisol levels become high, and this can have undesirable effects, such as weight gain, fluid retention, lowered immunity, and decreased ability to build protein. Norepinephrine (or adrenaline) is known as the fight-or-flight hormone. It prepares you for battle by increasing your heart rate, sending blood to large muscle groups, and increasing your tolerance for pain. However, when daily stress becomes a constant battle, the body overdraws Norepinephrine so that when it is really needed, there is not enough available to respond to the situation. DHEA is an androgen produced by the adrenals that helps the body make testosterone as well as help the body recover from elevated levels of Cortisol and Epinephrine. When the adrenal glands become seriously exhausted, they are no longer able

to produce enough DHEA for support. The result of all this stress is relentless fatigue, depression, memory problems, recurrent infections, headaches, insomnia, loss of interest in sex, and dependence on or cravings for caffeine and sugar.

If adrenal exhaustion is affecting you, it is time to restore adrenal health so that they can make the proper amount of their hormones, and you can feel energized and balanced even in times of stress. Here are just a few tips: Eat healthy, whole foods high in nutrition and with minimal sugar. Get plenty of sleep to balance adrenaline levels. Exercise regularly. Expose yourself to natural sunlight. Focus on positive thoughts. Prioritize, and take time to recharge your adrenal batteries by doing something fun!



Special points of interest:

- Spring Clean Your Liver
- Oils and Herbs to Nourish the Adrenals
- Five Flower Formula for Fast Relief
- Ask the Naturopath about Your Adrenals

The Benefits of Licorice Root

Licorice Root is an herb that has been used since ancient times. Many ancient cultures believe it increases endurance, strength, and energy. In China, it is known as the "Great Detoxifier" because of its effects on the kidneys, liver, spleen, and stomach.

It is high in the minerals magnesium, silicon, and sodium and also contains significant amounts of chromium, cobalt, iron, potassium, and niacin.

Licorice is a powerful anti-inflammatory herb, because one of

its active components provides a similar action to hydrocortisone and other corticosteroid hormones. This active component also decreases the body's conversion of cortisol, a natural anti-inflammatory steroid hormone, into cortisone, which is inactive until converted to cortisol. Taking Licorice Root helps to reduce or avoid the need for pharmaceutical anti-inflammatory medications which have toxic side effects.

In addition to strengthening the adrenal glands and stimulating the

adrenal cortex, Licorice Root is known for soothing mucus membranes, relaxing muscle spasms, lowering cholesterol, providing a soothing effect for bronchitis and sore throats, balancing low blood sugar, and helping to reduce sugar cravings. Licorice Root is available in liquid or capsule form from Nature's Sunshine.



DHEA for Drive

DHEA, known formally as dehydroepiandrosterone, is a hormone produced by the adrenal glands which is then converted into male or female hormones by the body. It is believed to be the only hormone that declines with age, and research has found that, by the age of 70, most people register at one-quarter of the DHEA levels found in an average 25 year-old.



This hormone plays a vital role in the aging process and proper levels improve energy, endurance, immunity, libido, muscle tone, memory, insulin function, sleep, and general well-being. If the adrenal glands have become fatigued, then they are probably not producing adequate levels of DHEA.

Nature's Sunshine offers two different formulas to supplement DHEA. There is DHEA-F for women that is combined with herbs that support the female glandular system, and for males, there is DHEA-M that is combined with herbs to support the male glandular system. Consider an "Ask the Naturopath" appointment if you think one of these may benefit you.

Five Flower Formula

The Five Flower Formula is Dr. Bach's flower essence blend for stress and trauma. Together, Clematis, Cherry Plum, Impatiens, Rock Rose, and Star of Bethlehem combine for a "rescue" combination. It can be used in times of emergency or crisis to calm and alleviate pain and suffering. Additionally, it relieves stress, anxiety, and tension and promotes recovery from illness

or trauma. It is often used as a baseline remedy for all healing to stabilize the mind-body interface. Further, this remedy is great and safe to use for children and is also used to calm animals and reduce shock in plants from transplanting. As a liquid remedy, 4 drops can be taken under the tongue as needed, or as a spray, sprayed directly into the mouth. In emergency situations

with someone who is unable to drink, the liquid can be rubbed onto the lips or the pulse points of the body. Consider the Five Flower Formula for a healthy and immediate release from stress.



Calm and Energize the Adrenals with Essential Oils

Essential oils are one great tool to work with when balancing the adrenal glands. The oils have the benefit of aromatherapy (they smell wonderful), they balance physically as well as mentally and emotionally, and they can be applied externally to the body.

Nutmeg is well-known for assisting adrenal gland function. This oil has adrenal cortex-like activity, meaning it supports the adrenals for increased energy. It also helps to balance both the nervous system and the immune system.

En-R-Gee is an oil blend that contains nutmeg, and it can be used to improve one's energy in a natural way without overstimulating the body. It also helps with mental alertness and emotional balance.

Peace and Calming is a very popular blend. It helps calm hyperactive children, promotes relaxation for sleep, and helps to relieve depression, anxiety, and stress.

Valor oil blend is used to build courage, confidence, and self-esteem and overcome fears. It encourages feelings of calmness and peace.

Additionally, it helps to balance and align the electrical energies within the body and has been nicknamed "chiropractor in a bottle" for its aid in aligning the spine.

The oils can be diffused or sprayed into your chosen room or used externally by applying 1-2 drops of your chosen oil over the adrenal glands on the back, or applying 1-2 drops on the bottom of each foot.



Ask the Naturopath: An Adrenal Evaluation

Do you awaken feeling groggy and have trouble dragging yourself out of bed in the morning? Do you need coffee to help get you going? Are you relying on sweets in the afternoon to keep your energy up? Is your thinking foggy?

If this sounds familiar, your adrenal glands may be out of balance. To help pinpoint the imbalance and to

design a program of natural remedies that will improve your energy and restore your health, consider an Ask the Naturopath appointment for an adrenal evaluation.



At Herbs, Etc., an Ask the Naturopath appointment is only \$10 for a 15-minute assessment. Meet with a knowledgeable naturopath who will focus specifically on what remedies will work best with your own body chemistry to ensure that those you choose will be most helpful for you. To schedule a time, call 989-773-3636 and start feeling better right away.

Spring Home Remedy



Spring is a great time to clean and that includes your liver and gallbladder! One of our favorite cleansing recipes is the Egyptian Liver and Gallbladder Flush:

Blend together in a blender:

3 ounces of fresh lemon juice,

3 ounces of pineapple juice,

and 3 ounces of olive oil.

Drink it first thing in the morning on an empty stomach, then follow your normal, daily routine. Do this for the last 5 days of the month for 3 consecutive months, and you will be ready for Spring!



12 New Emotional Flower Blends

The Flourish line of blends from FES are 12 new formulas that are designed to address the most fundamental body and soul healing issues facing people of all ages and lifestyles.

Activ-8: A blend of 8 flowers to empower positive purpose and passion.



Animal Rescue Formula: Is calming and comforting for animals in transition or trauma.



Fear-less: Used to attain composure and containment when challenged by fear, anxiety, or panic.



Gaia Green: This garland of green flowers blends together to nurture a connection and compassion for the Earth.



Grace: A symphony of white lilies that brings grace to the feminine soul.



Grief Relief: Instills solace and insight in times of searching and sorrow.



Illumine: Allows the light of understanding to transform discouragement and depression.



KinderGarden: This blend is a child's bouquet to soothe feelings and nourish radiance.



Magenta Self-Healer: A blend of magenta blossoms to encourage self-healing potential and physical vitality.



Mind-Full: Imparts a vibrant state of mental coherence and clarity.



Post-Trauma Stabilizer: Helps to recover and rebuild from shock and trauma.



Sacred Heart: Integrates heart strength and compassion in relationships.



These blends help clear and stabilize so that more individualized flower essences can be of greater impact. They are available as liquid sprays that can be taken orally several times a day or as needed.
