

***Abstract***

**Image Awareness Wellness Institute Health Letter**

**Adrenal Health (Part 2)**

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Support for weak adrenals has historically taken two paths. The first path is hormonal support. Initially physicians supplemented patients with extracts of the natural hormones from the adrenal glands with remarkable effectiveness. In the early 1950's synthetic cortisone was developed. The pharmaceutical firms began promoting the synthetic hormones which were much more profitable than the natural extracts. In 1978 the FDA sent a regulatory letter to drug firms suggesting that adrenal cortical extracts represented substantial risk of undertreatment. This brought to an end an extended period of successful use of adrenal cortical extracts for adrenal support in the treatment of asthma, arthritis and allergy problems.

This was followed by widespread use of synthetic hormones at far higher levels of intake. The non-physiologic dosage of synthetically produced adrenal substances was associated with a wide range of negative side effects. Physicians such as William Jefferies who stuck with physiologic dosages of the hormones did not see these dramatic negative effects of using the drugs. Other physicians such as John Tintera maintained that the balance of 32 or more hormones in the natural thyroid extracts was far superior to the newer synthetic drugs.

A second pathway for support of the adrenal glands focused on diet and supplementation. Raw foods were observed by Francis M. Pottenger, Jr., to produce much healthier adrenals than process and cooked foods. Other physicians found that tyrosine (found in GNL D Enersine) was helpful as the precursor amino acid for the production of adrenal and thyroid hormones. These physicians also found that B Complex vitamins and Vitamin C were important for optimal adrenal function.

Research on Tre-en-en grain and legume extracts demonstrated that lipids and sterols contained in these foods were also beneficial in optimizing adrenal function tending to improve energy levels and the ability to cope with stress.

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