

Abstract

Image Awareness Wellness Institute Health Letter

Adrenal Health (Part 1)

June 2010 Volume 6 Issue 6

Abstract:

The adrenal glands perform many functions in the human body. Most importantly, they enable the body to cope with stress. The adrenal of many people do not function optimally due to poor diets high in sugars and cooked, processed foods which are depleted of vitamins, minerals and other nutrients. Sugar and caffeine elicit powerful responses from the adrenal glands and can be major contributors to adrenal exhaustion.

Adrenal weakness is indicated by a number of signs including rising suddenly from a reclining position (postural hypotension) and an abnormal papillary reflex in which the iris does not contract or constrict when exposed to bright light. Those with weak adrenals tolerate heat and cold poorly. Digestion is poor and they are prone to numerous allergic responses. Hypoglycemia or low blood sugar is common in those with weak adrenals since the gland increases blood sugar when it falls too low.

Allergies are not only a hallmark of adrenal weakness, but also a contributor to adrenal exhaustion. Many years ago Dr. Arthur Coca discovered that allergic responses tended to increase the pulse rate by triggering the release of adrenalin. Avoiding foods and exposures which increased the pulse would often result in dramatic improvement in these sufferers. Avoidance of allergens gives the adrenals a chance to rest and regenerate.

Adrenal health is also necessary for proper thyroid function. The conversion of thyroid hormone to its active form is dependent upon proper adrenal function. Failure of treatment for thyroid failure often results from neglect of the healthy functioning of the adrenal glands.

This is an abstract of the full length article which is available by logging into the Image Awareness Member site. The subscription to this site is \$40.00 a year. You can subscribe by calling Image Awareness at (530) 823-7092.