

## **Adrenal Exhaustion**

It's all too common in our fast-paced, New York minute lifestyles to experience fatigue, tiredness, and low energy. Working, raising a family or dating, deadlines, 30-minute lunch breaks you name it, pushing the body to the extreme causes STRESS which ultimately leads to acute or chronic adrenal exhaustion. We all know that feeling where we just can't take another step or work another minute that's adrenal exhaustion.

Keep reading. Soon you'll see what an important role these two little glands play in the body!

### **Stress and Adrenal Insufficiency**

Excessive stress may contribute to the development of mild adrenal cortex insufficiency--a deficiency of hydrocortisone. Stress may take many forms. For example, stress can result from: (1) infections; (2) exposures to toxins; (3) sleep deprivation; (4) nutritional deficiencies; (5) loss of love or emotional support; and many others. All of these factors can adversely affect adrenal functioning.

Stress may be either acute or chronic. The adrenal glands are involved with both types. The adrenal glands are small structures located above each kidney. The internal part is called the adrenal medulla. It secretes adrenaline in response to acute stress and prepares the body for fight or flight.

The adrenal cortex, the outer part of the gland, secretes steroid hormones, such as hydrocortisone, to help the body adapt to chronic stress. Experimental animals, whose adrenal glands have been surgically removed, live normal life spans as long as they are not stressed. However, if stress stimulation, such as extreme temperatures, is introduced, they quickly die. From experiments such as these, scientists have deduced that the adrenal glands are necessary for stress management.

The name of the disease characterized by the complete loss of adrenal cortex function is Addison's Disease. Symptoms include severe fatigue, low blood pressure, low blood sugar, dizziness, weakness, depression, anxiety, loss of appetite, weight loss, and increased skin pigmentation. Our most famous public figure to have this disease was President John F. Kennedy. Patients with Addison's Disease can lead relatively normal lives by taking physiologic replacement doses of natural hydrocortisone pills. Addison's Disease, or complete adrenal cortex insufficiency, is described in every textbook of medicine and endocrinology. What is not mentioned is the common condition of mild adrenal insufficiency. This condition contributes to a wide range of symptoms and diseases.

People with mild adrenal insufficiency may suffer from the same symptoms as those with Addison's Disease. Symptoms can include headaches, muscular aches and pains, joint pains, confusion, impaired memory, low motivation, and many others. Additionally, such people may suffer from an increased susceptibility to all kinds of infections including those caused by bacteria, viruses, parasites, yeast, and fungi.

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Diseases such as rheumatoid arthritis, other autoimmune disorders, ulcerative colitis, MS, Crohn's Disease, hay fever, asthma and many others are made worse when mild adrenal insufficiency is present and may be helped by correcting this condition. Mild adrenal insufficiency is aggravated by, but also contributes to, a person's abuse of substances, such as alcohol, tobacco, caffeine, recreational drugs, sugar, and artificial sweeteners.

This is why we always test the adrenals, adrenaline, hypothalamus, pituitary, and all stress hormones when we run a scan on clients. If your adrenals are being pushed to the limit and you aren't getting enough rest, the right foods, nutrition, sleep, or emotional support, I can guarantee your adrenals are not functioning at their maximum. If the adrenals are weak, it takes longer for energetic treatments to do their job.

### **How to test if your adrenaline is out! Empower yourself!**

If your adrenaline is toxic, your body is not using your own steroids and inflammation is running rampant in your body. We've all gone to the doctor with allergies, a bacterial infection, a virus, a skin condition or whatever, and guess what the doctor gives you prednisone, a synthetic adrenal hormone that fights inflammation. So you know you're either toxic to your own adrenal hormones or they just aren't strong enough to do the job because you're pushing your body to the limit with work, emotional conflicts, past traumas that are still showing up in your energy field (that the body doesn't realize are in the past), major Internal Parts issues, etc. These are all things that can be discovered by Quantum Techniques or with the use of self-testing (a simple muscle test).

Another example of adrenaline running awry is with most people with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder. People with these issues often have difficulty focusing until they are in a crisis. In a crisis, which is a naturally occurring adrenalized state, the increased adrenaline allows them to focus. Often they unconsciously recreate crises in their life to remain in a highly adrenalized state where they can focus. Traditional pharmacology recreates this state with synthetic adrenaline-type drugs, such as Ritalin or Cylert. Quantum Techniques has released a CD to help people heal and manage ADD/ADHD symptoms without medication.

A common cause of adrenaline becoming toxic is bites and other injectants. Injectants and severe emotional trauma can both knock out the Hypothalamus-Pituitary-Adrenal axis which controls the fight-or-flight response in the body. When you're in this fear state, you cannot regulate or use water efficiently in the body. Inflammation sets in, healing is stopped, and symptoms surface.

### **Heres how to test your Adrenal hormones:**

With your chosen method of self-testing (your own or one from Truth Techniques I), ask..My adrenaline; My adrenaline, I want to be healthy My adrenaline, I want to be sick. If you get a weak on My adrenaline, you're switched to your adrenal hormones. If your adrenal hormones are normal, you should get a strong on the healthy and a weak on the sick response. If you get a weak on the healthy and a strong on the sick, you're toxic to your adrenal hormones.

# Adrenal Exhaustion

## My Adrenal Exhaustion

At age 10, I was diagnosed with Addison's Disease, a rare form of total adrenal nonfunctioning. By the time I entered college, major stress set in, and I could no longer use the synthetic adrenal hormones. At the age of 23, I had Chronic Fatigue Syndrome, because I had vital traumas surfacing, fungal problems, emotional conflicts, and major Parts coming up for healing. One thing I would suggest if you have inflammation, pain, autoimmune disease, or major traumas is to go to the website Products page and download the Parts Theory and Treatment Protocol manual to heal your unconscious fears from the past. Believe me, that's what saved my life. The QT treatments I received helped tremendously with my stress loads which greatly enhanced my health. This allowed my body to move from a state of fear to a state of healing. It helped me realize that anything that affects the body in a negative way is a STRESSOR whether it be emotional, physical, spiritual, toxins, parts whatever it may be.

Now, at the age of 30, I still take synthetic adrenal hormones as I have the same susceptibility to stress as everyone else does. However, I scan for stressors and neutralize them with QT every single day.

Take a moment to read the Stress Treatment Code below. Afterwards, take a deep breath and releases all that stress back into the Universe and let it know its not welcome back.

Next month, well talk about the role of adrenal hormones and pain, high blood pressure, depression, and more details on hyperactivity in children.

## STRESS TREATMENT CODE

sh if eb if eb if eb e mf eb e oe a c 9g un sh un eb g50 sh if eb e oe a c 9g un sh un  
standard chakra pattern twice

Jonathan Roberts, NHD