



# Bit by Bit

Gathering Information and Taking Action that Builds your Health and Enhances your Life

August 2009

Universal Health Institute



## Dr. Case's message

I call Adrenal Dysfunction "The Great Mimicker":

Adrenal Fatigue presents in many different ways, causing or augmenting disorders such as asthma, arthritis, immune insufficiency, heart palpitations, insomnia, headache, fatigue, incontinence, erectile dysfunction and obesity.

## The Chiro Edge

Chiropractic adjustments relieve the stress placed on the body by helping correct and reduce structural imbalance, poor posture and chronic pain. That's how adjustments help relieve adrenal stress

## Action Facts

To improve your health, first become familiar with your stressors. Here are four examples of Stress:

- **physical**, (chronic pain, repetitive injury, poor posture, underused joints and muscles, long hours of physical work, heavy physical exertion, poorly fitting clothes or shoes)
- **chemical** (refined food, sugar, *stimulants and depressants - like coffee and alcohol*, medication-*over-the-counter, prescription and recreational*, food additives and preservatives, insecticides, pesticides, air pollution),
- **thermal** (extremes of temperatures - *cold or hot*, and changes from one temperature to another)
- **emotional or mental** (grief, worry, anxiety, loss, failure, anger, as well as prolonged concentration on projects or subjects of concern)

## Put Your Mind to Rest With a Test

ASI Test (a take-home saliva test that accurately measures hormones) reveals the health of your adrenal glandular system. Insurance usually does not cover this test, but FSA dollars usually are allowed. This test is 99 dollars when sent directly to the lab.

## Clinician's Point of View



Words of Wisdom from **Dr. Ray Manasia**

Have you ever been ill? How about under stress? Then you have experienced some level of adrenal fatigue, a condition that results in the imbalance of the adrenal hormones necessary for the body to function optimally. (Don't feel bad about being unaware of this condition, because it is commonly overlooked by physicians. In fact, unless the body is in a full blown adrenal crisis, endocrinologists do not consider the various stages of Adrenal Fatigue to be a problem. It was a gifted physician and researcher, Dr. Hans

Selye, who won the Nobel Prize for his contribution to medicine regarding Adrenal Fatigue. Generally, however, physicians do not address this serious condition. For more information, read about Dr. Selye's work at our website (click on Newsletters) or refer to the book Adrenal Fatigue: The 21st Century Stress Syndrome by Dr. James L. Wilson)

Dr. Selye introduced the term "stress" to identify the problem that caused harmful physiological responses in laboratory animals. Dr. Selye later broadened and popularized the concept to include the perceptions and responses of humans trying to adapt to the challenges of **everyday life**.

## Nobel Laureate Advice

“Adopting the right attitude can convert a negative stress into a positive one.” - Hans Selye, MD, Noble Prize Laureate

## Your future at UHI

At UHI, you can count on our work to help you reduce stress and prevent a problem rather than wait for a crisis.

## Quick Flash

Diminished adrenal function is a predisposing factor to the use (and temporary success) of corticosteroids.

## UHI Recipe

1.) When the kidneys are tired and people are suffering from fatigue as well as fluid retention and/or edema, this soup can be consumed in large quantities on a daily basis for weeks or months (along with an adrenal support diet). Some people will lose as much as 30 pounds in ten days IF the weight consists mainly of fluids rather than fat.

2.) When there is a mixture of fluids and fats in the tissue, spices will promote fat metabolism. Turmeric will help emulsify and remove fat from the gall bladder and kidneys.

3.) Beans are diuretic, and these little black beans are good for stamina.

Combine the following in a pot, then simmer on your stovetop for one hour. Remove the solids and consume the broth:



2 T virgin olive oil

2 t cumin seeds

7 cloves of garlic

1 large yellow or red onion

1 cup rinsed black turtle beans

2 t freshly grated ginger

7 inch stalk burdock root, chopped

2 t turmeric powder

1 - 2 cups chicken Stock

1 dried red chili pepper

## What can you do to help your body?

Identify the stressors, then start to eliminate or reduce them one by one.

Face the facts: Find out how your adrenal glands are working. You may start by taking the Adrenal Stress Index (ASI) test. The ASI test is a saliva based test that measures several hormones which are essential for proper adrenal function.

Get treatment using natural health care treatments that rebuilds your health by repairing your adrenal function.

## Science Class

### Why Stress is the Most Crucial Determinant for Glandular Function.

When a particular hormone is present in abundance the number of receptors for it will decrease and when the hormone is present in less amounts, the number of receptors will increase. This is one way the body regulates hormone activity for homeostasis. Sometimes an underactive gland, such as the adrenal gland, really isn't underactive, but simply has overproduced, causing receptors to lessen. This can happen especially during periods of **stress**. In fact, stress is the most crucial determinant of glandular function.

## Attention!

### Early Warning Signs?

Some of the early warning signs and symptoms of adrenal fatigue are: feeling tired, sleeplessness, feeling of dragging, foot pain, knee pain, slow healing, chronic tendonitis, repeat joint sprain, inability to cope, reduced sex drive, low back pain, sighing, yawning, recurrent infections, irritability, craving sweet food, and irrational anxiety.

## Clinician Spotlight :



Lillian Irene Lovas  
Energy Therapist



Jacquelyn Hamilton  
CranioSacral Therapist



Alan Salmi  
Counselor

**Bit by Bit** you can help someone you care about. Share what you have discovered today. Spread the Word!

**Until we meet again: Choose Healthy!**