

# The Nutritional Essentials

Issue Twenty - Three

**HealthBuilding Associates**  
**YOUR NAME, DC**  
 1919 Noble Purpose Way  
 Heavenly, USA 95459  
**555-515-1919**

## From the Pen of Dr. Royal Lee

(1895-1967) Inventor,  
 Scientist, Genius, Founder of  
 Standard Process, Inc.

*"Endocrine glands atrophy or degenerate following vitamin and mineral deficiencies . . . the adrenal glands stop functioning and soon become atrophied. We know that the adrenals must have the vitamin A, B, C and G (complexes) to perform properly." Dr. Royal Lee 1960*

## A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever  
 Ankle Swelling  
 Arthritis  
 Back Pain  
 Blood pressure -  
 High or Low  
 Bronchial Conditions  
 Bursitis  
 Circulation, Poor  
 Colitis  
 Colon, Spastic  
 Constipation  
 Cough, Chronic/Allergic  
 Diarrhea  
 Disc Problems  
 Diverticulitis  
 Dizziness (Vertigo)  
 Emphysema  
 Fatigue, Chronic  
 Feet, Cold or Burning  
 Feminine Problems  
 Gall Bladder Disorders  
 Gas  
 Glandular Troubles  
 Headaches  
 Heart, Fast or "Nervous"  
 Hemorrhoids  
 Impotence  
 Injuries to Soft Tissues  
 Insomnia  
 Joint Pain  
 Kidney Problems  
 Knee Pains, Chronic Leg  
 Pains, Cramps, Tingling,  
 Numbness  
 Liver Problems  
 Nervousness  
 Neuralgia  
 Prostate Trouble  
 Sciatica  
 Shingles  
 Sinus Trouble  
 Throat, Sore / Hoarse /  
 Congested  
 Thyroid Conditions  
 Ulcers -- Stomach,  
 Duodenum, Skin  
 Yeast Infections

## Chronic Stress – Adrenals & The Nutritional Essentials

**S**tressful challenges from our environment such as air, water and chemical pollution, the eating of junk "foods", stressed interpersonal relationships, overwork and anxiety combined with fears of the unknown future for our family and friends are the signs of our times.

Coping with these physical, mental and emotional stresses tests the limits of our health.

Each and every one of these challenging factors calls upon one or more of the dozens of healthful functions provided by the adrenal glands.

The adrenals are endocrine glands the size of walnuts which are located on top of the kidneys. The outer layers are known to create more than 30 hormones or hormone-like substances<sup>1</sup> which are integrated into virtually every function of the body. The inner part of the adrenal gland is an extension of nerve tissue providing quick jolts of energy to help us handle "emergencies."

The adrenal glands support us through thick and thin. Unfortunately, our modern lifestyle seems like one emergency after another to our adrenal glands, so they end up getting exhausted, "jumpy" and overworked. And without healthy adrenal glands we suffer.

Many of the syndromes, symptoms and diseases of the 21<sup>st</sup> century are directly related to a lack of adrenal health. To name a few:

- Chronic fatigue
- Immune deficiency
- Insomnia
- Craving of sweets and caffeine
- Weight gain
- Depression

### Stress Challenges to the Adrenals

Constant stressful stimulation of the adrenals ultimately leads to adrenal exhaustion. Think of the adrenals as if they were muscles. Muscles contract when a need arises and relax when the need passes. Try holding even a small hand weight straight out from your body – it won't take long for your arm to fatigue and go weak. Similarly, the adrenals respond to stresses but ultimately fatigue if not given an opportunity to "relax" and restore their strength and function. In this way constant stress leads to the loss of healthful adrenal function.

### Sources of Stress That Challenge the Adrenals

Refined carbohydrates - Junk foods - Physical and mental strain - Sleep deprivation - Chemical & heavy metal toxins - Trauma / Injury – Anger – Fear – Worry – Anxiety – Overwork – Noise pollution – Inflammation – Pain – Infections – Malabsorption – Maldigestion – Nutritional deficiency – Food allergies – Low blood sugar.

### Meeting the Challenge

As one can see from this list of challenges, in our world the adrenals are constantly stressed. No wonder adrenal fatigue affects virtually everyone from time to time.

**Do you suffer dizziness?**, Headaches?, Weakness? Are you tired but wired?

**Do you suffer prolonged weakness** after colds or flu? Are you suffering nervous or muscular exhaustion?

**Do you suffer insomnia?** Do you have weight gain around your waist or face only? Decreased libido? **Do you experience lightheadedness when standing up quickly?**

**You are very likely suffering from stressed, unhealthy adrenals.**

**HealthBuilding Associates**  
**YOUR NAME, DC**  
1919 Noble Purpose Way  
Heavenly, USA 95459

**555-515-1919**

Return Service Requested

Share this information  
with a friend - Thank You!

## Let's Check Your Adrenal Health!

### Healthy Adrenal Function

Outlining all of the intricate functions of the dozens of substances healthy adrenals produce is well beyond this TNE-Issue. Suffice to say healthy adrenals help your body with:

- "Fight or Flight" mechanisms
- Carbohydrate metabolism
- Connective tissue and muscle integrity
- Memory, learning, mood and sleep quality
- Pro & Anti inflammatory processes
- Immune regulation
- Fat and protein metabolism
- Weight and fat distribution
- Detoxification
- Pancreas, thyroid, ovarian and testicular functions

### Let's Check Your Adrenal Health!

Healthy adrenals are obviously very important. There are many ways to test to see if your symptoms, conditions and health challenges are related to adrenal stress. Because the adrenals interact with so many body functions one can test urine, saliva, heart rhythms, patterns of reflexes, muscle weakness and the ability of the blood pressure to respond to postural challenges to monitor their health.

Let us test you and your family for signs of Adrenal Stress – together we can decide what we can do to build your health.

### Adrenal Health and the Nutritional Essentials

The best approach to adrenal health is to avoid stressors and support healthy adrenal function with whole foods, whole food concentrates, Protomorphogens™ and herbs.

### Avoid adrenal stressors such as:

- Processed "junk" food
- Sugar, soda and caffeine
- Toxic chemicals and cleaners
- Late, inadequate sleep and stimulants to get going
- Mental stress – fears - anxieties

### Nurture your adrenals by:

- Eating fresh natural foods
- Taking an early bedtime, enjoy restful sleep
- Taking the Sugar Challenge (see TNE-11)
- Purifying your body of toxins (see TNE-6)
- Correcting your allergies (see TNE-8)
- Enjoying gentle exercise like walking, yoga
- Taking some time to relax and meditate

### Consider these whole food concentrates to build your adrenal health.†

**Drenamin** - introduced in 1935. Drenamin is a special combination of whole food concentrates formulated to help maintain the healthy functioning of the adrenal glands.†

**Drenatrophin PMG** introduced in 1953. This adrenal Protomorphogen™ extract (see TNE-9) is uniquely protective and supportive of adrenal glands.†

**Adrenal** (Desiccated) introduced in 1959 contains nutritional components of the adrenal gland for short-term application in support of adrenal health.†

**Paraplex** introduced in 1965. Paraplex Protomorphogen extracts of pancreas, adrenal, pituitary, and thyroid PMG™ extracts help maintain the healthy function of these corresponding organs and glands.†

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

### Patients Speak

*"Five years ago I began to be always weak, tired, jumpy, lightheaded, dizzy and nauseous. Most days it was an effort to get out of bed. Everything I did was an effort. I started on medications and as a result felt certain that I was dying. Then I found that Nutritional Therapy to my surprise (made me feel) like a new person in a very short time!" A.D.*