



June Newsletter

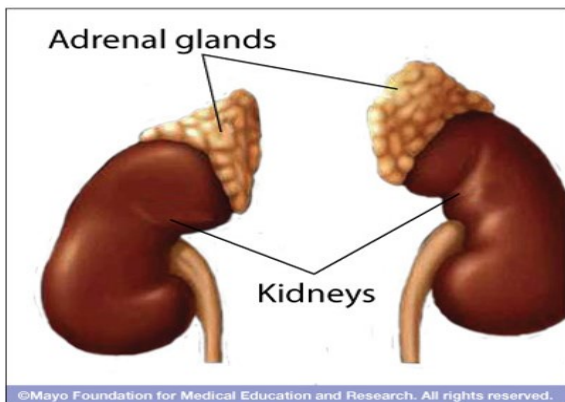
June, 1 2016

What is Adrenal Fatigue?

What are your adrenal glands and what do they do?

The adrenal glands are two triangle-shaped glands that sit over the kidneys. They are responsible for regulating the body's response to stress by controlling the hormones released during stress. When stress becomes excessive or is not well managed, the adrenal glands ability to do their job is compromised.

The main adrenal hormone, cortisol is used to manage stress. The highest amount of cortisol is secreted by the adrenals in the morning to get us going, with levels decreasing throughout the day. The adrenals secrete cortisol in response to low blood sugar, stress, and excitement.



Source: New Health Products

How this may affect you?

If your energy lags during the day, you feel emotionally unbalanced much of the time, you sleep poorly or less than seven hours a night, can't lose excess weight even while dieting or use caffeine and sugar products as "pick-me-ups"- these are all red flags indicating adrenal insufficiency and that nutritional support may be needed.

What can you do?

The Stress and Adrenal support vitamin is formulated to handle all these symptoms of weakened adrenals and more.

Immediately you will notice you're sleeping better, have more energy, increased ability to handle stress, and less fatigue.

Ask Doctor Moses for more information and how to get started today!



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