



Do You Suffer From Adrenal Fatigue?

The adrenal glands are responsible for your ability to cope with stressful and dangerous situations. As it releases cortisol, heart rate and blood pressure elevate to increase circulation to the muscles (the fight or flight response)

and blocks less critical body processes such as digestion and sleep. The problem lies in our stresses lasting for long periods of time. This over activity of the adrenals can be a crippling disease leading to the inability to exert energy in any endeavor. It can progress to the point of severe depression and nervous breakdown. In Dr. James Wilson's book, Adrenal Fatigue, the subject is laid out in depth. Those suffering from this low energy problem such as hypothyroidism, fibromyalgia and constant illness can begin to improve by improving diet and supplementing adrenal support type vitamin and glandular extract products. Visit www.larryspharmacies.com or see Larry Durrant for more information.

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