



## ESSENTIAL INSIGHTS™

The Light of Seeing for the Truth of Healing

Annette Ahlers #372920

916-242-7896

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Someone in my downline just emailed about a man in her life who is suffering from "adrenal burnout". I know Cortistop is good for women but not men... any suggestions for men?  
K.F. Los Angeles

### ADRENAL FATIGUE

From my personal experience adrenal exhaustion can take time and persistence to overcome. A good reference is Adrenal Fatigue by James Wilson:

"Healing from adrenal fatigue requires a combination of things; first and foremost, your recovery depends upon your lifestyle. How you spend your energy, how you conserve your energy, and how you create energy are all extremely important. Your recovery is also contingent on what you eat and drink, as well as on the thoughts you feed your mind and the beliefs you base your life on."

- refer to Live Right 4 Your Type by Dr. Peter D'Adamo for diet
- refer to Water & Salt by Hendel and Ferreira for sole solution
- refer to Curing the Incurable by Thomas Levy for Lypo-Spheric Vit C

According to the research it is important to support the glandular and the nervous systems. According to statements in the Young Living product catalog, some beneficial supplements may be as follows:

- MegaCal (supports normal nerve function)
- Thyromin (contains iodine, adrenal extract and L-tyrosin an amino acid that is a precursor for brain-stimulators including adrenaline which support stress response mechanisms)
- Mineral Essence (contains bee products which support adrenals)
- SleepEssence (supports relaxation and counters stress)
- Master Formula His/ProGen (male glandular support)
- Omega Blue (supports hormone production and the nervous system)
- En-R-Gee may be of benefit over-all (uplifts and energizes mind and body) in addition to NingXia Red (energizes, fortifies and replenishes the body)

\*Identify the source of the stress that led to the exhaustion.

If illness related, that could be addressed with the support of the immune system (ImmuPower, etc.)

If it is more emotionally based consider Joy, Australian Blue or Peace & Calming.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. Before starting any supplement or exercise programs, see a licensed healthcare professional.