



The Spring
center for natural medicine

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Chronic Stress and Anxiety

Chronic Stress and anxiety (S&A) can break down even Superman. It will eat your nervous system, break down your adrenal glands, hyper-stimulate your pancreas which causes crazy up and down blood-sugar swings, and causes sleeping problems. Over the years I have found this problem to be one of the toughest to treat.

One will never be able to resolve stress and anxiety until one addresses the cause of the problem - whether it is your job, family, social problems or health. In the beginning it is often difficult to determine exactly what is causing the S&A. Nonetheless, determining and treating the cause of S&A is essential.

While one is working out the cause of S&A, one must take action to keep it in check. This helps the body cope, and actually make it easier to determine, and then address and treat, the underlying causes.

Prescription drugs should be the treatment of last resort. In the most severe cases they can be used as a temporary crutch until one is able to take action, get better, and finally uncover and address the underlying causes of the S&A. Prescription drugs for S&A may cause problems, perhaps the most serious of which is addiction to the drug.

Take Action

Some people may not want to uncover or address the underlying causes because it may cost them their job, or it may be too personal or painful. But it must be done. If you can help your body, even a little during this time, it will pay dividends and make treating the underlying cause easier.

Chronic S&A breaks down the adrenal/pancreas function. The body is constantly bombarded with adrenalin, making you more nervous and tense. The adrenalin/cortisol is signaling the pancreas into an on-off syndrome of hyper-secreting insulin, followed by a temporary shut-down. This wreaks havoc on blood sugar levels, pushing you from hypoglycemia with all its symptoms, to a diabetic state, back and forth, over and over.

While turning this syndrome off at the cause is the only real answer, you can soften the physical effects of S&A. Start with nutrition to supplement the glands most affected.

The following protocol supports the adrenal glands, pancreas and heart:

- Use the natural anti-stress products Drenamin or Adrenal Complex for the adrenals, mineral "tranquilizer" Min-Tran or Tranquinol and the heart de-stressor Cataplex G or Cardiocidin.
- Try to exercise during the day. While aerobic training and weight lifting may be best, a powerful walk in full stride will help. Practice deep breathing or meditation, it is a natural de-stressor.
- Make sure you have a high quality Cod Liver Oil daily as brain food. This protocol will help the body cope with S&A syndrome.

Come in for a full health evaluation today!

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