# The Secret

# Stress Affects More Than You Think

*Little Known Facts That Could Change Your Life*

*By Joe Perry*

# Chapter One
# The Stress Connection

Stress has long been considered a major health problem. Doctors are always telling us to reduce stress. Unfortunately, most people only think of stress as worry, fear and anxiety. But there are many different types of stress, which are commonly overlooked. In addition, stress has a cumulative effect on the body.

> **"It has been estimated that 75 – 90 percent of all visits to primary care physicians are for stress related problems."** ~WebMD

Infomercials have been telling us about *cortisol* and its association with weight gain (especially 'belly fat'). Unfortunately, they have only shared half of the truth and overlooked some important facts. Most importantly, they missed the fact that it is not simply cortisol causing the problem, but imbalances in the HPA (Hypothalamus, Pituitary, Adrenal) axis.

The HPA Axis is a stress-response team in your body. The hypothalamus signals stress, the pituitary gland releases hormones, and the adrenal glands respond by releasing cortisol. This hormone helps handle stress and maintains balance. Once the stress is over, cortisol signals back to stop the process. It's a teamwork system for stress and balance. We like to say that these 3 glands are "dancing partners" – they all work together in harmony to help you with multiple functions.

- ✓ Energy and Mental Clarity
- ✓ Hunger & Cravings
- ✓ Hormone Imbalances
- ✓ Blood Sugar
- ✓ Reproductive
- ✓ Hormonal – e.g. Hot flashes, PMS, Infertility
- ✓ Libido
- ✓ Thyroid
- ✓ Liver
- ✓ Digestion
- ✓ Immunity
- ✓ Sleep

In simple terms, **stress can kill us**…in so many different ways.

As you continue to read, you will learn more about Stress and its effects.

You will learn:

- How stress affects your health.
- The different types of stress.
- That stress is cumulative.
- How to identify where your stress is coming from.
- Stress creates a vicious cycle of health ailments.

Most importantly, you will learn how to support the balance of key parts of your endocrine (hormonal) system.

# What is Stress?


Stress is anything that causes your adrenal glands to produce more of the stress hormones, *cortisol* and *adrenaline*. The adrenal glands are two small organs that sit on top of the kidneys. They produce several hormones that regulate many parts of the body. They are best known for producing our primary stress hormones when we are in the "fight or flight" mode. But they are also responsible for producing other hormones, including Progesterone, Testosterone and DHEA. (dehydroepiandrosterone), which is commonly known as our *anti-aging hormone* … some even refer to it as the 'fountain of youth.'

Your adrenal glands also produce hormones and chemical brain messengers that regulate fluids (sodium and potassium), blood sugar, reproductive hormones and neurotransmitters. They even activate your immune response, stimulate heart rate and blood pressure, and regulate metabolism, mood and sleep.

Your body is designed to handle short-term stress… not constant, prolonged stress. Infomercials have many people thinking that cortisol is a bad hormone and everyone needs to have their cortisol levels lowered. That simply is not true. Cortisol is not a good or bad hormone… It simply does what it is supposed to do. If you make too much it will trigger one set of reactions -- If you don't make enough it will set off a different set of reactions, or bio-chemical pathways.

**How can you tell if your body is under too much stress? Do you struggle with…**

- Depression, Anxiety or Mood Swings?
- Difficulty with Hot Flashes, Night Sweats or PMS?
- Cravings and Low Blood Sugar?
- Allergies and Sinus problems?
- Worry about finances, family, career, etc?
- Difficulty Sleeping or Insomnia?
- Fatigue and Weight Gain?
- Digestive Difficulties?
- Weakened Immune System?
- Decreased Sex Drive?
- Being constantly on the go?
- A lost job or a loved one?

If you answered 'yes' to many of these questions, it is a good indicator that stress HPA axis imbalance could be the underlying cause to your problem and needs to be addressed.

# What is HPA Axis Imbalance?

The HPA (Hypothalamic-Pituitary-Adrenal) axis is like a regulatory system in your body that helps manage stress. It involves three main parts: the hypothalamus (a region in your brain), the pituitary gland (another small gland in your brain), and the adrenal glands (located on top of your kidneys). These 3 parts must work in harmony. Simply put, too much stress can cause imbalances in many hormones that are required for optimum health. This can occur quickly because stress is cumulative. This intricate balance must be maintained!

The adrenal glands play a crucial role in the body's stress response by releasing cortisol and other stress hormones, triggered by signals from the hypothalamus and pituitary gland. While all three parts of the HPA axis are vital for stress response, the adrenal glands primarily produce stress hormones, making them more directly exposed to stress. This booklet extensively explores adrenal function due to its profound impact on health.

# The Two Critical Operating Systems

There are two main operating systems that regulate and control the body. One is called the "**fight or flight**" **mode**, or the 'sympathetic system.' The other is the "**resting, digesting**" mode, and is referred to as the 'parasympathetic system.' These two systems work at different times. When one is activated the other is, figuratively speaking, off! You CANNOT be running from a tiger, while digesting your meal at the same time.

When you are in the fight or flight mode, the body will produce and activate many different hormones to help you run or fight. It produces lots of adrenaline to help pump blood to all of your muscles. It will speed up your heart rate, so you can pump more blood to those muscles. It will speed up your metabolism, so you can quickly burn carbohydrates or protein (lean muscle), for energy so you can run or fight. It will dilate your pupils so you can see more. It will dilate your lungs, to take in more oxygen. You get the picture... The 'HPA Axis' at work.

On the other hand, the hormones that kick in when you are in the "resting/digesting" mode will help you relax, calm down and digest your food. They will help slow down your heart rate and metabolism and allow your elimination and detoxification systems to do their job. They will also keep your reproductive hormones in balance and activate your immune system.

The two systems work differently and are masterfully balanced. The problem occurs when we spend too much of our day in the fight or flight mode and not enough in the resting/digesting mode.  Cortisol, adrenaline and insulin aren't bad hormones, but **if you spend too much time in the fight or flight system it can cause imbalances.**

**Some simple facts/truths about restoring hormonal balance:**

1. Stabilizing blood sugar is very important.

2. Reducing Inflammation is paramount.  Excess inflammation can be caused by an unhealthy gut.  Gas, bloating, indigestion, reflux, heartburn, irritable bowel can all be signs of unhealthy levels of inflammation.

3. Improving production of hormones like DHEA ('youth hormone), thyroid (weight control, energy, metabolism) and neurotransmitters like serotonin (sleep and relaxation) can have dramatic effects on your overall health.

# The First Domino to Fall

Your body is regulated by hormones, which are simply chemical messengers that tell the body what to do.

If you produce too much insulin, cortisol, progesterone or serotonin you get one set of reactions. If you produce too little insulin, cortisol, progesterone or serotonin your body gets a different hormonal reaction. For instance, too much cortisol tells the body to burn calories from carbohydrates and protein (lean muscle). It also causes the cells of the body to become resistant to insulin, which causes the body to produce more insulin -- and **insulin causes the body to *store* fat.**

Most of us have set up dominos and watched the chain reaction after you push the first one over. Declining health is similar; it's typically a series of events.

**This is important… the adrenal glands are typically the first domino that falls**.** They play a crucial role in the body's response to stress, and they are particularly affected during periods of high stress. The adrenal glands are responsible for releasing certain hormones, including cortisol and adrenaline (epinephrine), as part of the "fight or flight" response to stress. Overproduction of cortisol can lead to weight gain, especially in the mid-section ('belly fat'). Thyroid function is also affected. All of this can lead to fatigue, brain fog, weight gain, sleep problems and more.

Since the adrenal glands are the first domino to fall – it should be a high priority to nourish and support them. This is one of the first key steps when you are trying to restore your health

# The Different Types of Stress


Stressors include mental, chemical, physical, microbial, nutritional deficiencies and electromagnetic stressors. Let's focus on the stresses that specifically overwork the adrenal glands. Remember, stress is cumulative!

- **Mental, emotional stress** such as worry, fear and anxiety. Being on the run throughout the day is stressful and causes a constant surge in your stress hormones.
- **Physical stress** can occur from insufficient sleep/rest, injuries, overworking and even too much exercise. Yes, exercise can be stress reducing. However, physical exercise can be stress *producing*, if the intensity level is too high. Obesity also causes physical stress. Yes, that extra weight takes a toll on the body!
- **Dietary stress** is divided into two different categories.

  1. **Low Blood Sugar** causes the adrenal glands to produce additional cortisol and adrenaline to help raise blood sugar. This is why skipping meals or eating the wrong foods is taxing on the adrenal glands.

  2. **Digestive Difficulties**, such as bloating, gas, indigestion, heartburn, reflux, or irritable bowel problems cause irritation and inflammation to the intestinal tract. The body's natural response to inflammation is to call on the adrenal glands to produce additional cortisol to help lower the inflammation. **Antacids or acid blockers only alleviate the discomfort; they don't address the cause of the problem.** These medications can create many other problems and interfere with normal digestive function.

Chapter Two

# The Health Consequences of Stress

Stress and diet are at the root of almost every health problem! Let's examine what happens as a result of stress, diet and adrenal overload.

**You Gain and Retain More FAT**

Losing weight and keeping it off is more than simple diet and exercise, or burning more calories than you eat. Millions of people have been dieting and exercising with little or no results. Successful weight loss is not just about how many fat grams or carbohydrates you eat. **The key to successful weight loss is triggering your body to burn calories from stored body fat.**

Hormones can be the missing link to successfully losing fat. This is because some hormones trigger your body to *burn fat*, others tell the body to *store* fat, while others trigger the burning of *carbs* (sugar) and *protein* (muscle). **You could literally be burning the wrong fuel!** So, when the calorie meter on the treadmill says you burned 300 calories… you need to ask, "300 calories of WHAT?" The body will burn calories from the breakdown of either carbohydrates (sugars), proteins (lean muscle) or fats.

For example, when you are stressed, your adrenal glands produce more cortisol and adrenaline. This triggers your metabolism to start burning carbs and protein, rather than fat. This is also why so many people who struggle with weight loss also struggle with fatigue. They're burning the wrong fuel! You get two and a half times more energy when you burn fats, rather than carbs or protein.

# A Good Diet is Paramount!

While stress will activate cortisol and adrenaline, your diet will activate insulin and glucagon, two other hormones that control your metabolism. Insulin is produced in response to carbohydrates. The more carbohydrates in your diet, the more insulin your body will produce. **Insulin triggers the body to *store* fats.** In short, a diet high in carbohydrates will cause your body to produce more insulin and store more fats.

On the other hand, **when you balance your blood sugar, your body will produce more *glucagon*, which causes the body to *burn* fats**. High protein/low carb diets were successful in helping people control their blood sugar and lose weight. Unfortunately, because of a severe lack of carbs, many people hit a plateau, or became too moody and irritable to continue on that dieting program. Good (slow-digesting) carbs can be very beneficial. These carbs come from foods that are unprocessed and convert to blood sugar more slowly. For lists of 'slow carbs,' you can do a search on "low-glycemic foods."

Plateaus usually occur because of an imbalance of blood sugar hormones. It's easy to overlook the *stress* hormones and the effects they have on the metabolism and our ability to lose weight.

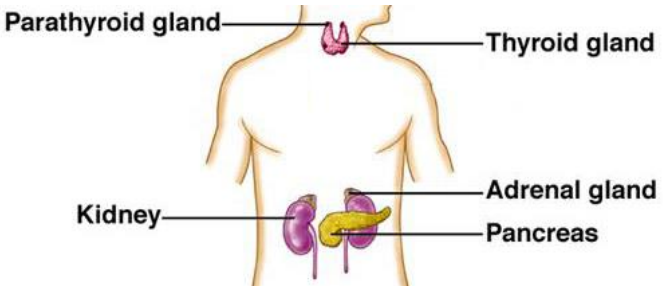
How can you tell if you are burning carbs and proteins for energy, instead of stored body fats?

Are you struggling with?

| | |
|---|---|
| • Having to eat every few hours to keep your blood sugar up?<br>• Lightheadedness or dizziness when standing?<br>• Irritability if meals are missed or delayed?<br>• Eating refined, processed foods on a regular basis? | • Cravings or low blood sugar?<br>• Mid-morning and afternoon slumps?<br>• Difficulty focusing and concentrating?<br>• Inability to stay asleep?<br>• Skipping meals, or only eat one or two meals a day? |

If you answered yes to a few of these questions, it is a very good indicator that your body is likely burning carbs (sugar) and proteins (muscle) for energy. You will have a difficult time losing fat and keeping it off.

# Thyroid Function




Thyroid problems are common. Millions of people, mostly women, suffer from a sluggish thyroid and are taking medications such as Synthroid™ or Levothroid™.

The thyroid produces hormones, which ***regulate our metabolism***. During periods of rest, our metabolism is controlled by our thyroid hormones. During times of stress, it is being controlled by the hormones produced by our adrenal glands.

The functioning of our thyroid can be influenced by the adrenal glands, as they have the potential to disrupt the production of thyroid hormones. By addressing the issues with the adrenal glands, we can effectively target a significant root cause of the problem.

***The thyroid problem can actually be a secondary problem!*** There is a concept known as the "adrenal-thyroid connection," where issues with the adrenal glands can potentially impact thyroid function. The adrenal glands and the thyroid gland are both part of the endocrine system, and their activities are interconnected.

# Digestive Function

Millions of people suffer from bloating, gas, indigestion, heartburn, acid reflux and other irritable bowel problems.  All of these can be linked to stress and cortisol.

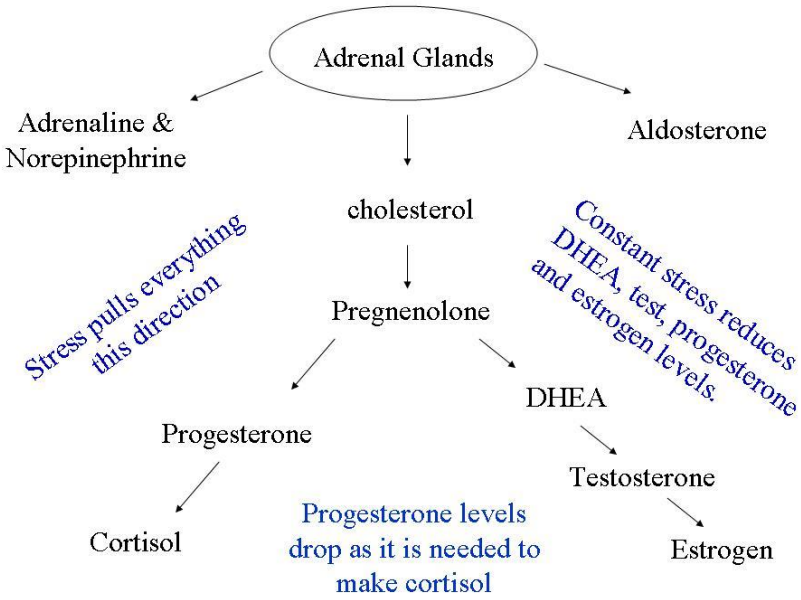
The reason is simple… when you're under stress, you produce more cortisol. **Constant surges of cortisol *erode the intestinal lining of your digestive tract***.  This leads to irritation and inflammation of your intestinal lining, which can ultimately lead to ulcerations in your digestive tract. These ulcerations make it easier for undigested food particles to pass, or leak across your intestinal lining, into your blood stream.  This ultimately leads to food allergies, a weakened immune system, yeast, fungus, candida and parasitic overgrowth.

Important note: If you frequently experience the 'Fight or Flight' response, your body might not produce sufficient digestive enzymes or hydrochloric acid (HCL) for effective meal digestion. Contrary to the belief that excessive stomach acid causes digestive issues, it could be the undigested protein in your stomach leading to irritation through putrefaction and rotting. It might not be an issue of too much acid. Some individuals find relief by incorporating digestive enzyme and HCL (hydrochloric acid) supplements.

# Reproductive Function: Estrogen, Progesterone & Testosterone Imbalances

Many women experience ***decreased levels of progesterone***, which is associated with hot flashes, bone loss, PMS, fertility, fatigue, insomnia, decreased libido, heart health, etc. The problem is pregnenolone and progesterone are being 'stolen', to make additional cortisol. This causes a deficiency of progesterone, and disrupts the balance of estrogen to progesterone and testosterone.

The diagram below shows the hormonal pathways. The key point is this… **as your body makes more cortisol and adrenaline, it begins to steal pregnenolone and progesterone.** This can eventually lead to a decreased supply of pregnenolone, which is needed to make adequate levels of DHEA, testosterone and estrogen.




Note: DHEA is called the 'anti-aging hormone' because it is known to increase lean muscle tissue, burn stored body fat, balance blood sugar, improve memory and support immune function.

**Ladies, keep in mind that as you approach menopause, your ovaries stop functioning and produce a very small level of hormones. Now, it is up to your adrenals to do more work and produce more estrogen, progesterone, testosterone and DHEA**. However, if your adrenals aren't up to the job, how will they take on the extra work and keep up the same pace as the ovaries? It doesn't happen… which is why so many people struggle with menopausal difficulties and other hormonal imbalances.

Don't forget our ***libido is determined by our testosterone levels! This applies to women and men.*** If you're always making cortisol, you may not be making enough DHEA and testosterone, which could also explain your drop in libido. It could be stress related!

FYI…infertility and miscarriages are closely associated with low progesterone. Progesterone is needed for gestation and growth of the embryo -- but how can the body support an embryo if much of your progesterone is being used to make cortisol?

# Blood Sugar Imbalances: Diabetes, Insulin Resistance, Syndrome X

Skipping meals, having only a few daily meals, or consuming a diet rich in refined and processed foods can lead to a rapid spike and subsequent drop in blood sugar. This decline prompts the adrenal glands to release extra cortisol and adrenaline to elevate blood sugar levels. This places an extra burden on the adrenal glands, potentially depleting them quickly.

Blood sugar imbalances are another player in this 'vicious cycle' we will be talking about later. Just remember, you can never restore your adrenal glands and HPA Axis if you can't keep your blood sugar stable.

Diabetes, Insulin Resistance and Syndrome X are a result of poor dietary and lifestyle choices and are intensified by stress. The wrong foods will cause blood sugar to go up and down, which contributes to these problems.

If the adrenals are too exhausted to make sufficient cortisol and adrenaline when your blood sugar drops – that is when the cravings, lack of mental focus, irritability, etc. begin.

**It's all about balance…too much, or too little cortisol is not good. Healthy adrenal function will help keep cortisol and adrenaline in balance.**

FYI…When blood sugar drops, the brain cannot function as well as it should…this is why mood swings, irritability, ADD/ADHD, lack of concentration and focus are dramatically improved when blood sugar is well controlled.

# Sleep Difficulties

Sleep is so important to our health, yet it is so often disregarded.  Sleep is when the body repairs and regenerates by releasing most of its growth hormones (GH), testosterone and melatonin.

**The two classic problems associated with sleep, are stress-related:**

- The **inability to fall asleep**. This typically occurs as a result of the body producing too much of its stimulatory brain messengers (neurotransmitters); adrenaline, noradrenaline and dopamine late in the day.

  Playing video games, searching the Internet, answering e-mails, stimulating television, eating wrong foods, etc. trigger the release of these stimulatory brain messengers, which makes it difficult to fall asleep.

- **Waking up in the middle of the night and can't go back to sleep**.  This is also a sign of poor hormonal balance. This can cause a blood sugar problem that needs attention. The fact that you are able to fall asleep is understandable -- your body is fatigued.  But the reason you keep waking up and can't fall back asleep is your brain is unhappy.

Typically, this occurs when you struggle to maintain stable blood sugar levels. Your adrenal glands step in to balance blood sugar and promote brain well-being. Unfortunately, these hormones can also activate your brain, leading to wakefulness.

# Chemical Imbalances:
# Cravings, Depression, Anxiety and Mood Swings

The constant demand to produce additional cortisol and adrenaline also causes a decreased production of another brain messenger called *serotonin*.

Pharmaceutical companies are aware that a decrease in serotonin, a neurotransmitter associated with relaxation, calmness, and pleasure, is linked to cravings, depression, anxiety, mood swings, and PMS. This is why they extensively promote antidepressant and anti-anxiety medications, commonly referred to as Selective Serotonin Reuptake Inhibitors (SSRIs).

The issue lies in the fact that these medications simply modify how your body manages the limited serotonin it produces, rather than tackling the root cause, which is the inadequate production of serotonin by the body.

Interesting note:  The first SSRI's manufactured and prescribed were initially marketed for weight loss and food cravings.

The majority of serotonin in the body is found in the gut, not the brain. Approximately 90-95% of the total serotonin is located in the cells lining the gastrointestinal tract.
**If you are struggling with digestive issues…it could be interfering with the production of serotonin… your 'feel good' brain messenger.**
Serotonin is also needed to make melatonin, a powerful antioxidant that is released while we sleep.  Melatonin is needed to activate your natural killer cells (NK), which are your best defense against cancer and other immune invaders.

# Heart Disease

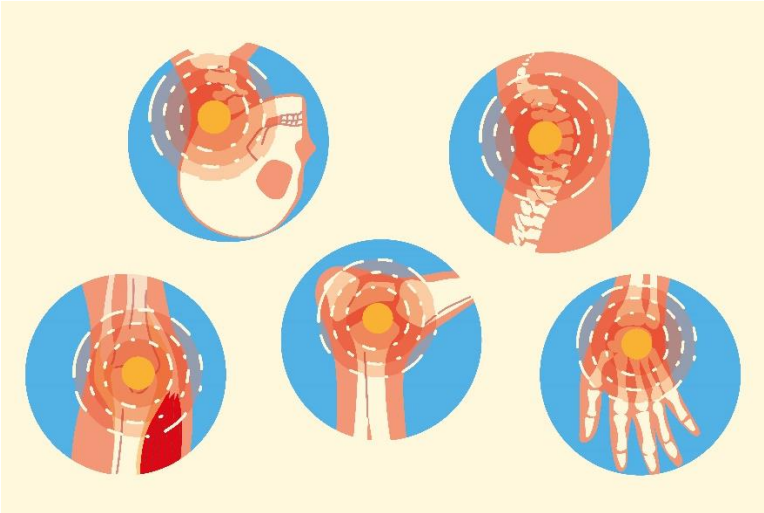
Heart attacks and strokes are the number one killer in the United States!  The pharmaceutical industry has spent billions of dollars marketing the problem as being caused by elevated cholesterol and high blood pressure.  **But the root of the problem is many times stress, diet and inflammation**.

When you are under stress, the hormones your adrenals produce cause your heart to beat faster and your arteries to constrict.  What do you think that is going to do to your blood pressure? How many people are taking blood pressure medications?  Millions!

How many individuals rely on diuretics to eliminate excess salt and fluid from the body? Millions! However, it's crucial to note that the adrenal glands release a hormone known as aldosterone, responsible for regulating sodium and potassium levels. If the adrenals have been consistently producing cortisol and adrenaline, there might be insufficient reserves to produce adequate aldosterone for maintaining proper fluid levels. Could this potentially contribute to your heart issues?

Add a couple cups of coffee, soft drink or the popular energy drinks that are loaded with caffeine and other stimulants, which cause your arteries to constrict even more -- you can see where the problems are coming from.

# Arthritis, Fibromyalgia and Joint Pain



Inflammation triggers pain, it's that simple.  The body's natural response is to stimulate the adrenal glands and produce more cortisol. This (cortisol) works as a natural anti-inflammatory, to help reduce the pain.  The question is, are your adrenals already depleted and unable to make enough cortisol?

Is joint pain the sole inflammation your adrenals handle? If digestive problems, intense exercise, and excess weight also contribute to inflammation, your adrenals may be overwhelmed. Are they sufficiently healthy to produce adequate cortisol and alleviate this collective inflammation?

# Immunity/Allergies

The adrenal glands activate our immune defenses, our white blood cells, the first line against threats. Increased stress weakens the immune system, often observed in individuals with hectic lifestyles. Instances of infections in those who overwork, lack sleep, or have poor diets point to stress as the root issue.

Weakened immune systems can lead to allergies and sinus problems, where foreign invaders challenge the body's response. Adrenal issues may be associated with classic allergy and asthma reactions due to compromised immune function.

**FYI….over 70 percent of the immune system is found in the digestive system.  Poor digestive function weakens the adrenal glands and threatens our immune system.**

# Osteoporosis and Anti-Aging

The body undergoes a continuous process of building and breaking down tissues in various organs, including bones, liver, stomach, and skin. Osteoporosis and aging result from the body accelerating the breakdown process more than it can rebuild.

Cortisol and adrenaline, termed "catabolic" hormones, accelerate tissue breakdown. Healthy individuals spend more time in the "anabolic" or rebuilding phase, while constant stress hormone production keeps the body in a perpetual breakdown state.

Moreover, when the adrenals consistently produce cortisol and adrenaline, there might not be enough reserve to generate DHEA, the natural anti-aging hormone. Maintaining well-functioning adrenals becomes crucial for those seeking a youthful look and feel.

# Liver Function

The liver, responsible for over 500 functions, is our primary detoxifying organ. It transforms harmful toxins into less harmful ones for elimination. Compromised liver function can lead to fatigue, headaches, allergies, acne, PMS, menopausal symptoms, and weight gain.

Elevated cortisol disrupts normal liver function by unraveling packaged toxins, returning them to the bloodstream. Similar to thyroid function, cortisol disturbs liver function.
How can you become healthier if your body is constantly in a state of pollution? It all originates from ***stress*** and the effect cortisol has on the liver.

# Exercise and Over-Training

Exercise, especially at higher intensities, can induce stress, and its true benefits materialize during sleep and rest.

Individuals grappling with excessive stress and hormone imbalances often struggle to build new muscle despite dedicated workouts. Cortisol can impede the release of growth hormones (GH), testosterone, and insulin growth factor (IGF-1)—critical for musculoskeletal growth and maintenance.

Note:  For those under substantial stress, reducing exercise intensity is advisable. Intensive workouts may break down the body, which is acceptable if recovery capabilities are high.

Chapter Three

# Restore These Functions, Dramatically Improve Your Health

The bottom line is this -- unless you address the root cause of your problem -- you will always be fighting a losing battle. You will always be stuck in a 'vicious' cycle.


These four issues ("D-I-S-H") are at the center of almost everyone's health problems. If you don't address these issues…you will constantly be fighting the battle to get healthy.

# Filling In the Gaps

**Don't assume that everyone's cortisol is too high and needs to be lowered.** In fact, people who have been under stress for long periods of time may not be producing *enough* cortisol and adrenaline. This can be worse than over-production, due to the fact that stress has been prolonged and may have affected the HPA Axis and hormonal balances.

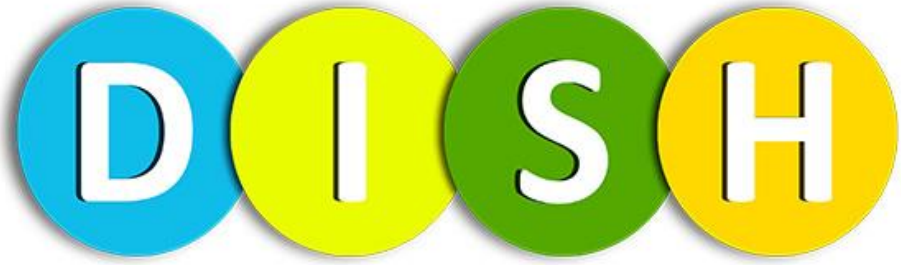
This is where infomercials really missed the call, because not everyone's cortisol needs to be lowered. Many patients have been tested, only to discover they were not making enough cortisol, DHEA or adrenaline. Therefore, taking a supplement that is designed to lower cortisol may be working against you!

Another oversight by marketers was their failure to advise individuals suspected of having hormonal issues and high stress to avoid caffeine stimulants like, guarana, kola, yerba mate, and bitter orange.

This underscores the efficacy of Adrenal-Fuel™ Stress Recovery Formula, which is caffeine-free. It utilizes special herbal adaptogens to promote healthy adrenal function and hormone production—a feature lacking in many other products.

# The Solution (How to get started)


**The most important part of the healing process is to *restore normal function* to the body**. A chain is only as strong as its weakest link…. it is the same with the human body. It is only as healthy as the weakest functioning system.




**Digestion – Inflammation – Stress - Hormones**

If your digestive system is a problem, how are you going to strengthen your body? If inflammation is a problem, how are you going to keep your immune system strong? If blood sugar is an issue, how are you going to lessen hormonal demands? If stress is a problem, how are you going to support healthy hormone levels, and nourish the healing process?

The goal is to restore normal function. To accomplish this, you must recognize that these four commonly overlooked areas can be a vicious cycle and are at the root of almost every health issue!

- **Digestive problems**
- **Inflammation**
- **Stress**
- **Hormone imbalances**

When you address these areas first - you are able to make some significant changes in your health -- ***Usually in less than 30 days!***

# The Power of Adaptogenic Herbs

Adaptogens are natural substances, from unique plants or herbs that support your endocrine system. They help balance hormones by adapting to what the body needs to regulate the system up or down. They are often used to help offset the effects of stress.

These plant-based ‘natural wonders’ can help a variety of conditions –


- ✓ Energy levels
- ✓ Hormonal balance
- ✓ Fat loss
- ✓ Sleep
- ✓ Libido
- ✓ Immunity
- ✓ Mental clarity
- ✓ Athletic performance

# Synergy

The powerful synergy of specific adaptogens, vitamins, minerals, and trace elements effectively addresses the impacts of stress. Each ingredient serves a purpose, showcasing the strength of Adrenal-Fuel™ Stress Recovery Formula..

- ✓ All Natural
- ✓ No caffeine
- ✓ Unique blend of adaptogens and other nutrients

# We love testimonials!


**"I am a 48 year old woman who stumbled onto your web site and has never been happier! The Adrenal Fuel is fabulous!**

**I started taking it months ago, but after 1 month my sister wanted to know what was up with me. Well everything you have written about this product is true, stressed, weight, energy, and concentrating have all improved. My sister is now taking them and swears by them too!**

**~ Jan D., New York**

**"I can certainly tell the difference since I got my new order of Adrenal-Fuel. My energy doesn't fade by early afternoon, I feel less stressed, and I sleep more soundly. Thanks!"**

**~ Theresa H., California**

**"I've been using Adrenal-Fuel for several weeks now. I immediately noticed more mental clarity & fewer cravings. I have also lost 4 pounds and one dress size over those weeks. The whole 'stress thing' is a very interesting concept."**

**~ Kay P., Texas**

Now that you know the ‘secret,’ you are ready to get started.  We would love to hear YOUR success story!

Joe

*Adrenal-Fuel™ Stress Recovery Formula* is available exclusively from:
NatraTech.com