

Ways to shop @Emagenes



In-Store at Loch Logan, Waterfront, Bloemfontein



Online at www.emagenes.co.za



via WhatsApp 076 999 0177 How it works: 1) Please WhatsApp us your order. 2) We will send you a invoice. 3) You pay via EFT.

4) We send your parcel via Courier Guy or Postnet.

Adrenal fatigue results when the adrenal glands function below their necessary level. Most associated with intense or prolonged stress, it can also arise during or after acute or chronic infections, especially respiratory infections such as influenza, bronchitis or pneumonia. As the name suggests, its main symptom is fatigue which is not relieved by sleep. You may look and act relatively normal with adrenal fatigue and may not have any obvious signs of physical illness, yet you live with a general sense of unwellness, tiredness or "grey" feelings.

During adrenal fatigue your adrenal gland functions, but not well enough to maintain optimal homeostasis because their output of regulatory hormones has been diminished - usually by over-stimulation.

The GI tract, lungs and the blood-brain barrier are the primary immune barriers in the body. They prevent foreign substances from entering the bloodstream and the brain. Adrenal stress weakens these barriers, weakens the immune system in general, and promotes poor immune system regulation.

When these immune barriers are breached large proteins and other antigens can pass into the bloodstream or brain where they don't belong. If this happens repeatedly, the immune system gets thrown out of balance.

Symptoms of Adrenal Fatigue

- Constantly feeling tired for no reason
- Having trouble getting up in the morning
- Feeling rundown or overwhelmed
- Having difficulty bouncing back from stress or illness
- Craving salty and sweet snacks
- Waking up at night and can't fall asleep

- Anxiety and depression
- Recurring infections
- Always feeling cold
- Muscle and Joint Pain
- Thirsty and needing to urinate frequently
- Brain Fog can't think clearly

The adrenals are involved in manufacturing numerous hormones, blood sugar regulation, the regulation of the body's minerals, and producing and maintaining the body's energy levels in conjunction with the thyroid.

DHEA (dehydroepiandrosterone) is a precursor to oestrogen, progesterone, and testosterone.

Healthy adrenal glands are vital for women who are peri- and post-menopausal. The adrenal glands are responsible for producing most sex hormones in a menopausal woman once the ovaries stop functioning. If the adrenal glands are fatigued and not ready for menopause, there will be an exaggeration of menopausal symptoms such as hot flashes, weight gain, sleep problems, bone loss, mood swings, depression, anxiety, loss of sex drive and vaginal dryness. Healthy adrenals ensure an easy transition into menopause.

Cortisol

Cortisol raises blood sugar by releasing stored glucose. Having chronically high cortisol levels can lead to persistently high blood sugar levels.

Cortisol helps to maintain blood pressure, immune function, and the body's anti-inflammatory processes.

Aldosterone

Aldosterone regulates the balance of **sodium** and **potassium** in the body, which in turn helps in controlling blood pressure, electrolytes, and the distribution of fluids (water retention)

Adrenaline:

Raise blood sugar in there is stress on the body. If there is no physical activity the **excess sugar will be converted into fat** and stored mainly around the midsection, hips, and thighs. The main action of adrenaline is to prepare the body for the 'fight or flight' response in times of stress.

Norepinephrine (also called noradrenaline)

This hormone leads to the squeezing of the blood vessels (vasoconstriction), thus maintaining blood pressure, and increasing it in response to acute stress.

All hormones are secreted in a 24-hour cycle that tells our bodies when to sleep and regulates many other physiological processes. Cortisol production is the highest in the early morning and then slowly tapers off as the day progresses. Cortisol levels are lowest at night so that the body can repair itself to the best of its ability. Two-thirds of the body's stored *sugar* is lost while sleeping and cortisol production ensures balanced *blood sugar* during the night. If the adrenals are fatigued, the person may have trouble staying asleep as the body will make adrenaline to raise *blood sugar* due to inadequate cortisol production which is enough to wake the person up. If the adrenals are in overdrive with too much cortisol production, then there will be difficulty in falling asleep. In people struggling to get started in the morning, the adrenals are probably fatigued and can't make adequate cortisol to raise *blood sugar* and get the person going in the morning.

White refined sugar, white flour and other refined food put a continuous strain on the adrenal glands as well as the liver, pancreas and other organ systems and is the second leading contributor in the causes of adrenal fatigue. Sugar, etc. is absorbed very quickly by the body and brings blood glucose levels up too quickly to an excessively high level. This sends an emergency signal to the pancreas to bring the blood sugar levels back down, so it releases an excessive amount of insulin to deal with the excessively high levels of blood glucose. This in turn causes the body to call on the adrenal glands to release cortisol to bring the blood sugar levels back up because it works in conjunction with insulin to keep blood sugar in balance. Every time sugar and refined foods are consumed, the pancreas and the adrenals go through this cycle, and this puts too much demand on them.

Over time as the adrenal glands are called on over and over to regulate this vicious pattern, they become depleted and no longer release the amount of cortisol that is necessary for adequate functioning thus **blood sugar** stays in a consistently lower state and this leads to the problem of **hypoglycaemia in addition to adrenal fatigue.**

Blood Glucose

Chronically elevated cortisol levels from adrenal stress will cause insulin receptor insensitivity. This basically means that when insulin binds to cell receptors to allow glucose (blood sugar) entry into the cell, the receptors may not respond which leaves sugar floating in the bloodstream which will be converted into fat and stored mainly around the abdomen, hips and thighs. This also puts extra stress on the pancreas to make more insulin to deal with the excess blood sugar which increases the risk of diabetes. Cortisol is very important for blood sugar stability.

The Thyroid

The thyroid gland produces two main hormones: T4 (also called thyroxine) and T3 (also called triiodothyronine). **These hormones help to control the rate at which the body burns calories.** They also have a huge bearing on **energy levels** and the maintenance of normal **body temperature.**

T4 is not the active thyroid hormone; it must be converted into T3 in the body to exert its effects.

Most of this **conversion does not occur in the thyroid gland but takes place in the liver, kidneys and muscles.** These conversions are not effective in people with **fatty liver**. Thyroid hormone medication must also be converted into an active form in the body. If the thyroid medication does not yield results, the liver could be the problem. It is vital that liver health is improved to ensure healthy thyroid hormone levels.

The Liver

The liver is **the major detoxification centre of the body.** It acts as an in-line filter for the removal of foreign substances and wastes from the blood. Toxins that are cleared by the liver include alcohol, solvents, drugs, binders and fillers from nutrition supplements, formaldehyde, pesticides, herbicides, and food additives.

Impaired detoxification in the liver can lead to abnormal thyroid hormone function. Elevated insulin levels will reduce glutathione levels inhibiting the liver's ability to detoxify. This will affect the conversion of inactive T4 into active T3, increase thyroid-disrupting chemicals and may lead to excess oestrogen levels which inhibit thyroid hormone function.

Cortisol imbalance can lead to liver dysfunction. Similarly, **severe liver disease is associated with adrenal insufficiency**. *When the adrenals are overstressed, the liver can become congested and ineffective over time*. The weaker the adrenals become the higher the risk of liver problems.

The Gastro-intestinal Tract

Elevated cortisol levels slowly eat away at the immune system that lines the gastrointestinal (GI) tract. **Cortisol also increases inflammation in the GI tract** and prevents the cells that line the GI tract from regenerating which increases the *risk of ulcers*. **A leaky gut** is another consequence of chronically elevated cortisol levels which is a condition in which gaps open in the intestinal barrier allowing undigested proteins and toxins to enter the bloodstream uninhibited

Candida

The toxins that Candida emits alter and disrupt neurotransmitters and hormones in the body, thus disrupting the endocrine system, challenging the immune system, and putting the body in a constant state of stress which weakens the adrenal glands. A candida waste product produces a false oestrogen, which tricks the body into thinking it has produced adequate levels, **signalling a reduction of its own oestrogen.** Similar messages can also be sent to the thyroid, **reducing thyroxin production**, and initiating or worsening a hypothyroid problem. Candida can affect the ability to convert T4 to T3.

Elevated **oestrogen** levels also increase vaginal candidiasis incidence. **Oestrogen will literally feed candida growth**, which is why birth control pills and oestrogen replacement therapy put women at a greater risk of developing Candida.

Candida albicans can change their form from a simple non-invasive cell to an invasive form with tendrils (tentacles). These tendrils grow like roots and can penetrate the wall of the bowel, and act like a leaking pipe through which waste products and toxins can enter the bloodstream, bypassing the liver. The liver is unable to get to these toxins which can then cause symptoms such as **fatigue**, **allergies**, **and mysterious ill health**.

Diabetes and Adrenal Function

When a person with diabetes is under stress, the demand for blood glucose increases. When suffering from adrenal fatigue, the adrenals cannot produce enough hormones to generate blood glucose from reserves. Further complicating this matter is that during stress, insulin levels are increased because the demand for energy in the cells is greater. Insulin opens the cell wall membranes so the cells can take in more glucose for fuel to generate energy. Cortisol normally helps create insulin resistance in the cell membrane to slow the flow of glucose from the blood into the cell. This helps protect the cells from the detrimental effects of too much glucose and the body from too rapid a decline in blood sugar. When cortisol is low, available blood glucose is reduced. Glucose is the main fuel of the brain. In times of stress, it is affected by a lack of glucose. Most of the mechanisms involved in regulating blood sugar are designed to ensure that the brain always has enough glucose to enable it to function properly. Many of the symptoms of adrenal fatigue and most of the symptoms of hypoglycaemia are the results of insufficient glucose available to brain tissues.

Supporters of adrenal fatigue may advise you to improve your lifestyle by giving up smoking, alcohol, stimulants (LIKE SUGAR, ENERGY DRINKS, COFFEE) and drugs. Starting an exercise program, eating healthy foods, and following a daily routine for sleeping and waking will almost always make you feel better, no matter what the medical diagnosis. Stimulants make us feel as if we have more energy. However, what they really do is elevate the nervous system, giving us an artificial or fake rush of energy. We then basically run on empty and burn out in the long run.

STEPS TO COMBAT FATIGUE:

- Say no to high-impact exercise
- Say yes to fresh air
- Take B vitamins and vitamin C
- Get lots of sleep
- Include enough protein daily
- No caffeine and no refined sugar
- Magnesium, Magnesium, Magnesium

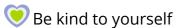
- Stay hydrated! DRINK water HOURLY.
- ◆ Take an Epsom salt bath (1 cup a bath)
- Meditate and relax
- Eat regular meals
- Eat more fruit and vegetables
- ♦ Eat as little processed (refined) food as possible
- Do fun things / laugh

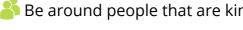
Loving yourself will contribute greatly to healing your body, for love heals.

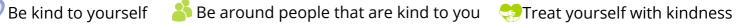
So how do you love yourself?

First, and most important cease all criticism of yourself and others. Accept yourself as you are. Praise yourself as much as you can. Criticism breaks down the inner spirit; praise builds it up. Look into a mirror often, and simply say: I LOVE YOU, I REALY LOVE YOU. It may be difficult at first, but keep practising, and soon you will mean and feel what you say. Love yourself as much as you can, and all of life will mirror this love back to you.

On the path to loving yourself, take the steps to like and appreciate yourself:



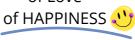








You are worth eating healthy food having Good people around you of Love



Follow us:







Contact us:

051 448 2186

076 999 0177

info@emagenes.co.za

Please Note: This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.

Please note: This information is to arouse intrest and awareness. Do your own research and empower yourself.