



Here's how to tell if you have adrenal exhaustion, and what to do about it.

80% of all doctor visits in the US are from stress related conditions & 90% all diseases are caused or complicated by stress.

Seems like everybody's under stress nowadays, but how can you tell if your body is under too much, and what can you do about it?

When your body is under too much stress it causes your adrenal glands to be exhausted for being on overload, and it can make it literally impossible to lose weight, cause depression, and cause you to have little to no energy.

It can lead to disease, accelerates aging (you'll look AND feel older than you are) and it throws off your thyroid and hormones.

Stress & Adrenal Exhaustion Causes:

- Weight gain - even on a low calorie diet
- Tired or low energy - rely on caffeine for energy
- Speeds up the aging process - look & feel older
- Depression/Anxiety
- Throws off your hormones
- Suppresses your thyroid

Adrenal exhaustion is the number 1 cause of the problems that people come to me for, and I'm not just talking about work stress here.

The stress of the economy, of raising kids, of trying to lose weight, even flying across time zones is stressful to your body, and all this compiled is what is causing our bodies to be in a constant state of "fight or flight" and it's wreaking havoc on our bodies.

Whether you're in *real* danger, or you're just worrying about something, your body reacts the same. And when your body **thinks** it is in danger, it releases cortisol which turns on the switch to store glucose as fat for reserves for what it thinks is an emergency, instead of using that glucose for energy, thus making us fat and tired.

I can't tell you how many of my clients will tell me that they started gaining weight 6 months to a year after a traumatic or stressful event like losing a loved one, or a divorce.

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How to tell if you have adrenal exhaustion

Are you tired a lot? I mean, when you go without caffeine for a few days? Do you feel like you are under a lot of stress - real or imagined? Are you unable to lose weight, even with regular exercise? Chances are you might have it.

But how can you tell?

Adrenal Exhaustion Signs:

1. Do you ever feel light-headed when you stand up too quickly?
2. Do you crave salt and/or salty foods?
3. Look in a mirror and stick out your tongue. Is it shaky? That's a sure sign. I know it sounds crazy, but it's a tell-tale sign.
4. Are you jumpy or easily startled? If someone jumps around a corner and yells "BOO!" does it always scare you?

If you answered yes to any of these questions, there is a high probability that you are suffering from adrenal exhaustion.

So what can you do about it?

Healing your adrenal glands takes time, it doesn't happen over night. When I do saliva testing in my one-on-one practice it usually takes 6 months to a year for them to improve. So this is a process, and requires that you use several different angles or approaches at the same time to help take stress off of them, and then give them what they need to repair and heal. The only thing I've ever seen work long-term is using the 'holistic approach'.

These are just 4 of the many things I've used to repair mine...

4 Steps to rebuild your adrenals:

Step #1

One of the things you can do is to switch from table salt (sodium chloride) to Celtic Sea Salt. The reason you crave salt is that your adrenal glands have depleted your minerals, and you need minerals to repair the adrenal cortex. Celtic Sea Salt contains over 80 minerals that your body *needs* desperately. You can use it on your food, or add it to water to make mineral water. Use it liberally, you can't use too much of this stuff. This is THE best place to get it: <http://www.tryvrp.com/>

Step #2

Next, try Alternate Nostril Breathing. It may sound silly, but it literally sends a message that calms your body and mind - making you feel safe. It balances the left and right hemispheres of the brain, and flips the switch in your mind that you switched on when you started worrying about whatever you were worrying about. You can check out my video about it here to see how.

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Step #3

Another thing to do is to load up on B vitamins. To rebuild your adrenal cortex, B vitamins are absolutely essential. My favorite is Bio-B100 from Biotics Research. They're a fantastic company, but you have to set up an account to place an order over the phone. Call this number (800) 231-5777 and give them this number: 05TD9354. This will allow you set up an account of your own to place the order.

Step #4

Finally, my "10 Week Transformation Program" is perfect for getting your body back into balance. This program address adrenal exhaustion, and helps to increase your energy and lose fat by getting to the root cause of your weight gain. The "10 Week Transformation Program addresses adrenal exhaustion, hormonal imbalances, thyroid issues and cleansing your body of toxins. Call 888-898-WELL for more info, or this link for all the details: <http://www.WellnessWithRose.com/transformation>

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