

# Support For Adrenal Exhaustion

*"ADB5-Plus was developed to provide all the nutrients and appropriate glandular extracts to support and facilitate repair for adrenal exhaustion."*

While preparing to do a lecture to a group of nutritional consultants, I was given the rare opportunity to see the "top ten" selling products from Biotics Research nationwide and its distributors. To me when I see the "top 10" products I know those are the ones that work time after time and get the job done. Interestingly, ADHS a supplement for excess cortisol was #8 on the Biotics list.

ADHS stands for ADrenal HyperSecretion, it contains a number of adrenal adaptogenic herbs and nutrient cofactors to reduce cortisol and it works great. Because of the adaptogenic component, Dr. Lasneski says it even raises low cortisol in about 50% of the cases.

But what I found fascinating is that two of the distributors place major emphasis on in-office functional testing. And for those territories, ADB5-Plus was the number 5 and 6.

ADB5-Plus is a formula that was designed for those chronic stress people who



experience low cortisol and fight exhaustion, both mentally and physically. Besides exhaustion, some of the symptoms of low cortisol are: postural hypotension, low blood pressure, ligament laxity, and reactive hypoglycemia. But it is not uncommon to see depression, anxiety, confusion, an inability to cope with stress, salt craving, knee pain, back pain or insomnia.

When the adrenal glands become inactive or fail to produce sufficient amounts of the catabolic fight or flight hormone cortisol, the condi-

tion is called primary hypoadrenalism or Addison's disease.

This is usually caused by an autoimmune disorder. But when exposed to extreme stress for long periods of time cofactors become depleted and functional hypoadrenalism surfaces.

Remember Hans Selye the famous physiologist who studied stress? He said the beginning stages of stress is called the "alarm phase", then the body adapts to the stress and moves into a resistive phase. This is where we

expect to find elevated levels of cortisol. You may have heard the term "cortisol steal" as this phase continues.

The body takes raw materials that should go toward the repair of the adrenal hormone DHEA, but uses them instead to make more cortisol. After all, the real or perceived message is danger, danger. Ultimately levels of this life building anabolic hormone, DHEA, drop. But at some point we reach the third stage he called exhaustion. Here, cortisol levels plummet and DHEA levels go even lower.

ADB5-Plus was developed by Biotics Research Corporation to provide all the nutrients and appropriate glandular extracts to support and facilitate repair for adrenal exhaustion.

The term adrenal exhaustion suggests that fatigue factors must be addressed. ADB5-Plus provides phosphorylated forms of vitamins B1, B2 and B6, along with the minerals magnesium and manganese to facilitate the Krebs Cycle.

The combination of citrates and malates, low dose iron as well as the above mentioned B vitamins also support mitochondrial health.

Pantothenic acid (B5), and vitamin C have historically been found to be beneficial as adrenal supports.

Two unique factors in this formula are Choline and Rhodiola. I always think of choline for brain health and liver support but when you do functional testing you'll find choline comes up when everything else fails.

Rhodiola is another example of an adaptogen that has been used for centuries mostly in the traditional medicine of Russia, Scandinavia, and other countries as an energy boost and immune modulator. Some research shows that rhodiola, also known as Arctic root, can

increase work performance and reduce mental fatigue. Rhodiola normalizes hormones by modulating the release of glucocorticoid into the body. Rhodiola helps regulate blood sugar levels for diabetics and protects the liver from toxins.

But perhaps the most unique part of this formula is the porcine adrenal. As you are probably, aware pharmaceutical thyroid glandular products come from porcine rather than bovine because they work better. Hormonally we are more like pigs than cows so this product uses a porcine adrenal extract. You can see a complete list of ingredients to the right.

Doctors generally recommend 2-3 in the morning and at noon. This is one of those products that when the patient needs it, they feel like someone turned on the lights.

By the way, Dr. Lasneski describes that "some patients have difficulty sleeping because they are constantly waking up due to low cortisol and blood sugar dysregulation." As a clinical trial, give the patient 3 tablets and let them try it on a Friday night. If they need the product and get a little cortisol boost they will report they got a great night sleep.

Remember, I mentioned the distributors that focus on in-office testing. You can see a handout to the right that includes a description of some of the in-office tests, a patient questionnaire that you can give to everyone as they sit in the waiting room and then the list of products you can use to test. Of course you will want a separate appointment as you learn to use these tests; most patients want that individual assessment and are willing to pay for the extra time. I hope you find them as exciting as I do.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.