

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Stress & Burnout: The Adrenal Factor / Tidbits

By Jeremiah P. Huck

Stress & Burnout: The Adrenal Factor / Tidbits by Jeremiah P. Huck

Stress & Burnout: The Adrenal Factor / Tidbits

Psycho-somatics

June 10, 2004

I was a psychotherapist for years before I got involved in the holistic movements....before I became a shaman. I had a strong interest in psychosomatic problems. The popular approach at that time, which is still common, was that many body problems, pains, etc., were all in the head. That there was no actual medical basis for many human problems. I also accepted that as a fact, and saw many clientstrying to resolve their mental / emotional issues so they would no longer have these false medical complaints, or painful symptoms. [Many were helped to live better lives with the therapy....but that is not the point of this article.]

To make a very long story much shorter, let me just say that a range of personal experiences followed by years of personal research led me to become an expert in psycho-physiology. Where psycho-somatics assumed that ' it is all in your head ', psycho-physiology assumes that there is something actually going on in the body causing the symptoms. Then my research / experience took me one step further. I began to realize that many problems were actually coming from the environment, effecting both the mind and the body!

This issue is very complex....I could write books about it.....but these tidbits will stay focused on some common [adrenal] issues.....So if you are suffering with a whole range of symptoms...I can clearly state that [it's not all in your head].

First of all, we are not a closed system....yes there is a skin around us but we are really an energy system, and energy around us does get inside us.

Some of this environmental energy helps us, and some hurts us....the environment is a mixed bag, a melting pot of many things.

The adrenal glands.....try to handle all stress.....it doesn't matter if that stress is caused by our own internal process or environmental factors.

Among other things, the adrenals work on the [fight or flight approach]. That means when they are dealing with a stressor, they will try to get you to resolve the cause of it by fighting with you inside or fighting with something in the environment. Let's say that your fighting with your boss at work...not knowing quite why....the adrenals know why.....they are causing the fight so you will address with your boss the real issues causing the stress. If that doesn't resolve things..the adrenals kick in the [flight] approach...telling you to [get away from here before you get too damaged]. The adrenals are trying to protect you [that is their job] by getting you to quit and find another job.

However, like most body processes, the adrenal live and work in that part of you called the [unconscious]. That means that you don't always know what they are trying to resolve. However, there is always a real issue causing damage to you when they become active.... this is the basis for psycho–physiology! The pain and damage is real....not in your head!!!

Once these glands are reacting to something, they don't stop until the issue gets resolved. Since you

often don't realize what the issue is, often things don't get resolved. So the glands get weaker [from over use], over time they become exhausted and can even stop functioning in total failure [DEATH]. Other body gland will often try to take over the adrenal's job.....they too can become exhausted. The phrase [burn out] is referring to this actual exhaustion of these glands.....it's not all in your head.

You can die, or develop many stress related conditions.....or be open to many environmental toxins or infections when the mind–body is weakened by burn out.....the immune system is burnt.

You have a few choices in how to handle this situation.....most often people use [coping tools]. Some of these tools cause further damage.....drugs, smoking etc. Some help...like taking high doses of [B Vitamins].

However, I always suggest that you actually resolve the cause of the stress, rather than just cope with it. In future Tidbits and Newsletters I will be taking this further, and offering you many approaches to [coping] and stress resolution!

Good Luck!

The Shaman

Jeremiah P. Huck

Jerry is a former psychotherapist.He has been a professional shaman and business intuitive for years. He currently publishes an online magazine dealing with shamanism and holistic living. Magazine address:<http://www.jeremiahhuck.workzsites.com>

How To Reduce Your Stress Like The Pros Do.

By Christos Varsamis

Stress is a huge problem especially for people in western societies. There are three types of stressors:

– Physical – Psychological – Environmental or Social. The first group of stressors affect physically, for example : hunger ,hot and cold, illness, pain and injury, viruses, lack of sleep.

Stress & Burnout: The Adrenal Factor / Tidbits

The Psychological affects your mind. Examples are : loneliness, fear, death of a relative or friend, threats to security, rejection, depression.

The Social occurs on your environment and they are such as: unpleasant work, extreme weather, economic depression, family environment and friends.

The Job stress is the most important that dominates our lives. It's high unlikely to find someone without stress. Some of the symptoms of stress are : Tension, anxiety and confusion. Withdrawal and depression. Feelings of isolation and alienation. Boredom and job dissatisfaction. Low self-esteem.

So how you can reduce your stress? One factor which is diminished is the nutrition. Most of us eat junk food, like fast food , snacks , refreshments which contain a lot of sugar e.t.c. That kind of food will cause illness sooner or later and there is no way you can reduce your stress.

Another factor is smoking especially when is compined with caffeine. These two triggers the stress response.

Medical research has proved that during the stress situations particular vitamins are needed to maintain proper functioning nervous and endocrine systems.

Deficiencies of vitamins B-1, B-5 and B-6, can lead to anxiety reactions, depression, insomnia, and cardiovascular weaknesses, while vitamins B-2 and niacin deficiencies have been known to cause stomach irritability and muscular weakness. Their depletion lowers your tolerance to, and ability to cope with stressors.

One widely popular theory is that the body's need for vitamin C increases when under stress.

The reasons are two: Vitamin C is stored in the adrenal gland. After the gland releases adrenal hormones as part of the stress response, the supply needs to be replenished. The production of adrenal hormones is accelerated by vitamin C.

Vitamin C is also needed for the synthesis of the thyroid hormone. Thyroid hormone production regulates the body's metabolism. Thus, when the metabolic rate increases under stress, so does the need for vitamin C. Where do you find these vitamins, particularly B and C? The B vitamins are amply supplied in protein rich foods. Vitamin C is found in : citrus fruits, broccoli ,strawberries, tomatoes, green peppers

You may want to give special attention to foods that provide those vitamins affected by stress, but not

to the extent that you neglect other important nutrients.

Relaxation is the best tool you could use in order to reduce stress. You can achive relaxation by following the techniques below:

– meditation – yoga – hypnosis – deep breathing – Progressive relaxation

Relaxation essentially means paying attention to something calming. For example, you can concentrate on your breath and your body. Your aim is to calm your mind and lower your metabolism.

Stress management is a lifelong process. With a successful stress management program, you'll note positive changes:

–In your own health and well–being . –In your relations with family, friends and coworkers . –In your performance your energy your concentration your ability to cope your efficiency

Christos Varsamis is a Marketing Consultant. Sign for your Free 15 day Success E–course at

. Get your Free E–courses "How to Create Minisites That Make Money

in Just 24 Hours + Secrets of Internet Millionaires" at

&



This Free E–Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)

**Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

