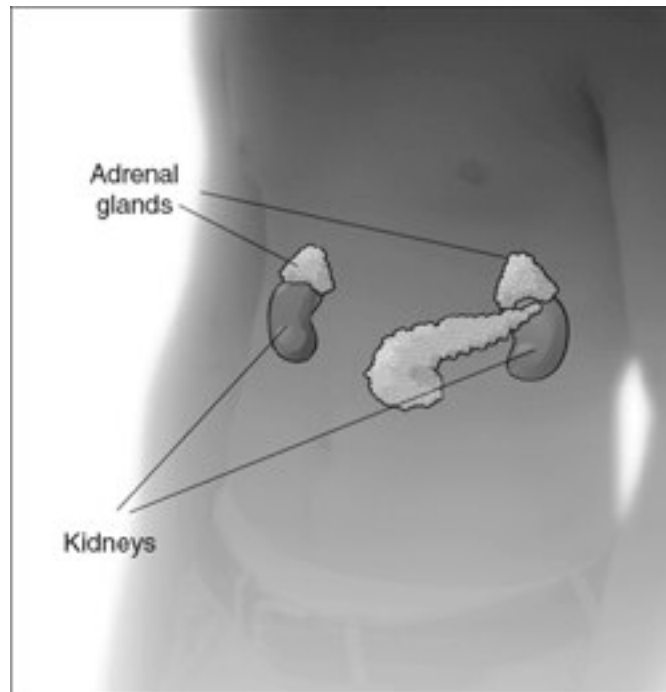


## ADRENAL GLAND IMBALANCE

The adrenal glands consist of two sections: An inner part called the medulla produces stress hormones and an outer part called the cortex secretes critical hormones called glucocorticoids and aldosterone. Because of these hormones, the cortex has a far greater impact on overall health than the medulla does.



Why are aldosterone and glucocorticoids so important? Because they directly affect blood pressure and mineral content and help regulate the conversion of carbohydrates into energy.

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### Supporting the Adrenal Glands

Add essential oils to 1/4 teaspoon of massage oil and apply as a warm compress over the adrenal glands (located on top of the kidneys).

- 3 drops clove
- 3 drops nutmeg
- 7 drops rosemary

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### ***Addison's Disease***

In cases like Addison's disease, adrenal cortex hormones are no longer produced or severely limited. This can lead to life-threatening fluid and mineral loss unless these hormones are replaced.

Because Addison's disease is an autoimmune disease in which the body's own immune cells destroy the adrenal glands, it may be treated with MSM. MSM is an important source of organic sulfur that has been shown to have positive effects with many types of autoimmune diseases, including lupus, arthritis, and fibromyalgia.

If adrenal insufficiency is accompanied by a lack of thyroid hormone, the condition is known as Schmidt's syndrome.

Symptoms:

- Severe fatigue
- Lightheadedness when standing
- Nausea
- Depression/irritability
- Craving salty foods
- Loss of appetite
- Muscle spasms
- Dark, tan-colored skin

Essential oils can play a part in correcting deficiencies in adrenal cortex function. Nutmeg, for example, has adrenal-like activity that raises energy levels.

### **Single Oils:**

Nutmeg, sage, clove, rosemary, basil

### **Blends:**

EndoFlex, Joy, En-R-Gee

### **EO Applications:**

#### **TOPICAL:**

COMPRESS, warm, over the adrenal gland area (on back, over the kidneys)

#### **INGESTION:**

CAPSULE, 00 size, 2 daily

## **Other:**

The following essential oil blend recipe is designed to be used with a compress over the adrenal area:

- 3 drops clove
- 3 drops nutmeg
- 7 drops rosemary
- 20 drops massage oil or V-6 Mixing Oil.

## **Dietary Supplementation:**

Thyromin, VitaGreen, Super B, Master Formula, Mineral Essence

## **Other:**

Supplementation regimen for adrenal support

- Thyromin: 1 immediately after awakening.
- Super B: 1 after meals. If you experience a niacin flush (skin becoming red and itchy for about 15 minutes), use only 1/2 of a tablet.
- Master Formula: 2-6 tablets, 3 times daily according to blood type and need.

## ***Cushing's disease***

Cushing's disease is the opposite of Addison's disease. It is characterized by the over-production of adrenal cortex hormones. While these hormones are crucial to sound health in normal amounts, their unchecked overproduction can cause as much harm as their underproduction. This results in the following symptoms:

- Slow wound healing
- Low resistance to infection
- Obesity
- Acne
- Moon-shaped face
- Easily-bruised skin
- Weak or wasted muscles
- Osteoporosis

Although Cushing's disease can be caused by a malfunction in the pituitary, it is usually triggered by excessive use of immune-suppressing corticosteroid medications—such as those used for asthma and arthritis.

Once these are discontinued, the disease often abates.

**Single Oils:**

Lemon, peppermint, fleabane, nutmeg

**Blends:**

ImmuPower, Thieves, Endoflex

**EO Applications:**

**TOPICAL:**

COMPRESS, warm, over adrenal area (on back, over kidneys)

**INGESTION:**

CAPSULE, 00 size, 2 daily

**Dietary Supplementation:**

Exodus, ImmuPro, ImmuneTune

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