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Health Bulletin/Newsletter-2
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Since the last newsletter about the swine and seasonal flu I believe the information that I gave was not only accurate about the danger being over emphasized both by the media and the government and that stress would play a much greater part in getting the flu.

With the holiday season about to begin stress will be an all-important factor in staying well for both you and your family. You know that at this time of year we eat too much, drink too much and rest too little. We need to understand what stress is and how it effects our bodies. We are now going to have to contend with holiday shopping, visiting relatives and friends, normal daily activities coupled with school and work and play and the responsibilities of just living that we all have are all very draining to us and to our adrenals. With the onset of cold weather coming for many of us, flu, colds, winter allergies, molds, etc. that can also place undo stress on our adrenal gland and related organs.

To understand the word stress and how it effects our bodies we must look at the work of Hans Selye, M.D. who spent his life studying stress. He published his finding in a book titled "The Stress Of Life", McGraw-Hill Co., 1956 and 1976 with its final revisions in 1984.

What you will learn if you read this book, and I hope you will, is that stress effects a very primitive part of our brain that is responsible for our survival. This response is called **fight or flight**, and it causes our adrenal glands to secrete a powerful hormone call epinephrine also know as adrenaline. This hormone will speed up your heart and increase your blood pressure and will stop you digestion. We have all experienced the effects of this hormone with sweating of hand and butterfly feeling in our stomach. What you may not realize is the ramification of stress if it not held in check will lead to what is known as the **General Adaptive Syndrome or (GAS)**. This means that the gland will enlarge over time to handle the increase load being placed on it by stress. If the stress does not let up it leads to failure of this organ/gland, then to atrophy or shrinking of the endorecticular system (immune system), spleen, thymus, and the lymphatic system, finally to stomach ulcer and then death.

We get stress from both good (happy) or bad (sad) situations and that stress comes to us in five areas which can be explained with these examples (1. Physical-long work hours, (2. Mental/Emotional-worrying about money, (3. Chemical-eating too much refined food, sugar, coffee, alcohol, etc., (4. Thermal-temperature and weather fluctuations, and finally (5. Acoustical-working in a loud environment such as assembly line, living in the fight path of an airport, or being a rock musician or having teenagers at home.

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So what can you do to limit the detrimental effects of stress on your body? You can look at the five areas in which stress manifests and see what you can do to limit some of the overload phenomena, such as not over indulging both in food and drink and getting enough sleep, etc. You can also add some supplementation to support the adrenal gland system with more Vitamin C and Choline and Drenatrophin PMG, Thymus PMG, Wheat Germ Oil, Drenamine and Ligaplex 1. This last group is raw tissue derived from the gland and produced by Standard Process Laboratories. You can order them from my office at a 15% discount by calling my office 973-334-6053.

The symptoms of adrenals being over stressed are fatigue, sleep disturbances, light sensitivity to the eyes, joint pain especially in the knees and the pelvic region, increased blood pressure and digestive complaints.

You can easily treat adrenal stress with Applied Kinesiology and chiropractic care at this office. Looking forward to serving your health needs.

Sincerely,

Paul T. Sprieser, D.C., DIBAK