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Subject: Adrenal Fatigue or Something Else? - The Natural Path - July 2019



The Natural Path

Expert Nutrition Advisors

Newsleaf July 2019



Be sure to read to the end for **monthly specials**.

Adrenal Fatigue or Something Else?

Before we talk about adrenal fatigue, let's talk about watermelon. Sometimes on a really hot day, there is just nothing better than a juicy, cold slice of watermelon. You can't really have a proper July 4th picnic without it.

But growing up, there was a bit of a dark side to watermelon. Were you ever told by your elders to be careful about swallowing the seeds because you didn't want a watermelon sprouting inside of you? When you were a kid, there was almost nothing bigger that you could eat. The thought of growing a watermelon in your stomach probably prompted you to take time to pick out every last seed and spit out any you missed.

Perhaps that is why we have seedless watermelons now. Of course, we are told it is just more convenient to not have to deal with the seeds, but aren't we glad that we don't have to worry about swallowing those little black slippery things?!

DON'T
EAT
WATERMELON
SEEDS




Happy 4th of July!!

The office will be **closed** on Thursday, July 4th, but will **open** again on Friday, July 5th.

Wishing you a fun and safe holiday!

July Events

[View Calendar](#)

Learn to Muscle Test - Just \$20, Bring a Friend for Free

Tuesday, July 16th, 6:15 - 7:30 pm

Thursday, July 25th, 6:15 - 7:30 pm

If you have been a client in our office, it is likely you have experienced muscle-testing. Have you ever thought it would be nice if you could test yourself, or your family, for a food or supplement at home? Come learn the basics of muscle testing with Dr. Malone. Please RSVP - space is limited.

Overcoming Hashimotos Summit

Monday, July 15th - July 21st

Register for this summit here: <https://overcominghashimotosummit.com/>.

Thyroid issues are running rampant these days. Hashimotos is an autoimmune condition that can cause hypothyroidism. If you have thyroid concerns or just want to prevent a problem in the future, check out this online summit. There will be many great speakers covering many aspects of thyroid health. (Don't forget that you can request thyroid testing at our office.)



Upcoming Events

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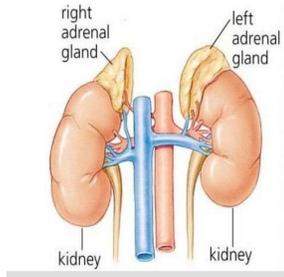
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Snopes website to verify 'truth', but there were episodes of *Ripley's Believe It or Not* convincing us that just about anything was possible! Thankfully, there are now multiple websites explaining to today's kids that the "watermelon-seed-swallowing" story is simply urban legend, a hoax primarily used by your brother, your dad or your uncle to make you lose sleep at night. So, sleep easy, kids!

Truth is, watermelon is full of nutrients. The fruit itself is a good source of vitamin C and the seeds pack a punch of vitamin B, as well as protein, minerals and healthy fats. Sun-dried or sprouted the seeds make a healthy snack sprinkled on salads, used in smoothies or just eaten by hand.



On to the adrenals....

Today we hear 'adrenal fatigue' as a catch-all for all sorts of "I'm tired" symptoms. We awaken exhausted even after a good night's sleep, almost fall asleep at our desk after lunch or find ourselves nodding off watching a movie and wonder if we might have adrenal fatigue.

Adrenal issues are also associated with symptoms of low blood pressure, blood sugar problems, dizziness, salt cravings, etc. But do we really have 'adrenal fatigue'? Let's start with what the adrenals are and do.

The adrenals are two small glands that sit atop our kidneys. Together they weigh in at only about 1/4 to 1/3 oz. These glands may be small, but they are mighty and the hormones they produce are powerful. There are two main parts to the adrenals - the Adrenal Cortex and the Adrenal Medulla. The Adrenal Cortex produces aldosterone for regulating blood pressure, cortisol in response to stress and DHEA. The Adrenal Medulla is the core of the gland and produces adrenaline and dopamine.

True adrenal insufficiency ('fatigue') is called Addison's disease and is marked by too little cortisol production and, often, too little aldosterone. This is a very serious, but fairly uncommon, disease. There may also be an autoimmune component causing damage to the Adrenal Cortex.

The adrenals are best known for helping us navigate stress. That rush of adrenaline you may feel when you are almost in an accident is your adrenals hard at work. The chronic stress most of us experience on a day-to-day basis is handled with elevated levels of cortisol. While the adrenal glands play a very important role in our body's stress response, they don't work alone. They are part of a much larger system with a variety of inputs and feedback controls. The system is called the HPA Axis (HPA - Hypothalamus, Pituitary, Adrenal). While many of the symptoms we experience may seem to be a malfunction or 'fatigue' of our adrenal glands, there are other places in the larger system where things can go awry.

Perhaps a previous brain injury can negatively affect the hypothalamus or pituitary (glands in the brain) and mess up the signaling to the adrenals. The adrenals may be lacking the nutrients they need to perform correctly. This is where the watermelon can really help. Our stressful lifestyles deplete vitamins and minerals very quickly and take a toll on adrenal performance. If you drive your car at 100 mph, you better be ready to put more fuel in sooner rather than later.

So, think twice before assuming your adrenals are to blame. They work hard for you and may not even be the true source of the problem. If you are experiencing some of the symptoms above, we can help pinpoint if it really is your adrenals - 'don't guess, let's test'. We can help guide your healing journey either with muscle testing, HTMA (hair tissue mineral analysis) or other lab work to evaluate how well your adrenals are keeping up.



Anniversary Celebration and Customer Appreciation Party

Mark your calendar for our Anniversary Celebration and Customer Appreciation Party! We are celebrating 3 wonderful years at The Natural Path and want to show our appreciation to all of you.

Save the date - Friday, August 9th



Life Revolution SUMMIT

Coming September 28th - 29th 2019

Check it out here:

<https://www.liferevolutionsummit.com/>



Member's Benefit!



This month all members will receive a **free** bottle of either Adrenal Desiccated (90) or Drenamin (90). If you are a member at any level, be sure to stop in to receive your gift.

Not a member yet? Check out the membership options on our website here: <https://thenaturalpathlive.weebly.com/memberships.html>



Watermelon Spinach Salad

Need a refreshing salad for that 4th of July cookout? Give this a try:

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Here are some supplements we have on special this month to help support adrenal health:

Standard Process Adrenal Desiccated - Provides powerful short-term adrenal support for immediate energy needs and supports immune system function during times of increased demand.

Standard Process Drenamin - Supports adrenal function and helps maintain emotional balance. Encourages a healthy response to everyday environmental stresses and supports immune system response function. Maintains energy production and supports a balanced mood.

Standard Process Drenatrophin PMG - Supports repair and rebuilding of the adrenal glands.

MediHerb Adrenal Complex - Herbal supplement that contains Licorice and Rehmannia, Together these herbs and the substances within them are used traditionally to:
- restore adrenal function
- support adrenal gland health
- help the body adapt to the challenges of everyday life

Nutri-West DSF (De-stress formula) - the perfect supplement to be chosen in stressful times! Glandulars, vitamins, minerals, antioxidants and phytochemicals synergistically work together to support the adrenals and the body.



Country Doctor Herbs

This month we are continuing the cleanse options provided by Country Doctor Herbs. These are scheduled throughout the year to work systematically through different organs of the body. This month we return to the Bowel cleanse (ICF #1 and ICF #2) and then follow up toward the end of the month with a Liver/Gallbladder cleanse.

Come by to pick up a schedule of the cleanses or download an online copy here: <https://thenaturalpathlive.weebly.com/health-documents.html>.

We hope you all are enjoying the summer and the return of warmer weather - finally! Of course it was snowing on Carl's mini-vacation to Wyoming, Montana and South Dakota a couple of weeks ago. Get outside and enjoy the beauty of Colorado this holiday week. Make sure to eat some watermelon too. We'll see you in the office soon.

Be good to you!

Dr. Carl and Kimberley Malone



- 1/2 cup apple cider vinegar
- 1/2 cup sugar (try coconut sugar)
- 1/2 teaspoon ground mustard
- 1/4 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 cup vegetable oil
- 1/4 cup chopped onion
- 1 teaspoon poppy seeds



Salad:

- 1 package (6 ounces) fresh baby spinach, torn
- 2 cups seeded cubed watermelon
- 1 cup halved green grapes
- 1 cup fresh raspberries
- 1/4 cup sliced almonds

Directions:

In a blender, combine the vinegar, sugar, mustard, onion powder and salt. Cover and process until sugar is dissolved. Continue processing while adding oil in a steady stream. Add onion and poppy seeds; process until blended.

In a large salad bowl, combine the spinach, watermelon, grapes and raspberries; sprinkle with almonds. Serve with vinaigrette. This dressing is so yummy that you might want to make extra to use on other salads.

Quick Cooking July/August 2001



"Don't judge each day by the harvest you reap, but by the seeds you plant."

~Robert Lewis Stevinson~



I see many people in the office experiencing the symptoms of 'stressed' adrenals. While nutrition and lifestyle changes can often improve the situation, using NET (Neuro Emotional Technique) I can learn more about the origin of the stress.



The emotions associated with the adrenal glands often relate to feeling unsure, afraid, or confused, paranoia, muddled thinking, or emotional instability.

By using NET, I can connect to the mind/body conversation to explore the original event where the body first took on these characteristics. Was it at age 6 when the family moved across the country, significant event as a teen, or major loss as an adult? Our emotional reality affects our ability to overcome obstacles, move ahead and heal.

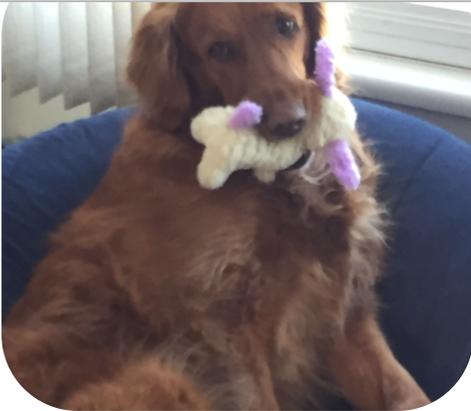
Dr. Carl Malone
DNM and Registered Psychotherapist



Ruby's Corner



All club members receive 10% off products and services at The Natural Path.



This can be a really stressful time of year for me and my four-legged friends. Thunderstorms can be scary enough, but the noises around the 4th of July are downright terrifying. I recommend always having a buddy with you.

Sometimes I need some adrenal support too. Mom gives me Canine Adrenal for overall support. When extra calming is needed for stressful times, try Rescue Remedy or CBD (ask my Mom or Dad what we have available for your 4-legged friend).



July Specials

Adrenal Support Supplements

10% Off

Includes: Standard Process Adrenal Desiccated, Drenamin, Drenatrophin PMG, MediHerb Adrenal Complex, and Nutri-West DSF (De-stress Formula)

20% Off

Standard Process Canine Adrenal



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Open Monday – Thursday, 9 am – 6 pm
and Friday 10 am - 3 pm
Saturday - Sunday Closed