

Are you having a day like this?

Stress can have some significant effects on your physical and mental health

Understanding how you are affected and the tools you can use to reduce your stress is an important first step to improving your health

Sometimes all you need is a little break!



Stress Management Assessment. Understand how you're coping.

We know that you can't avoid stress, so but not that many people really think about how it affects them. Stress is thought of as an unavoidable fact of life.

The question is how do you know when you are starting to reach the end of your rope?

The adrenals are two small glands, each weighing 3 to 5 grams, that are located above the kidneys. The adrenals have one of the highest rates of blood flow per gram of tissue, and the highest content of vitamin C per gram of any tissue in the body.

The human adrenal gland does not secrete its steroid hormones at a constant level throughout the day. The hormones are actually released in a cycle, with the highest value in the morning and the lowest value at night. This 24-hour cycle is called the circadian rhythm. An abnormal adrenal rhythm can influence many functions of the body, some of which are described below.

Energy production

Stress hormones interact with insulin and can affect blood sugar and insulin. This can lead to fatigue, cravings and weight gain when not eating large amounts of calories.

Muscle and joint function

Abnormal adrenal rhythms are known to compromise tissue healing. Reduced tissue repair and increased tissue breakdown can lead to muscle and joint wasting with chronic pain.

Bone health

The adrenal rhythm determines how well we build bone. If the night cortisol level is elevated and the morning level is too high, our bones do not rebuild well, and we are more prone to osteoporosis. Stress is the enemy of the bones. In postmenopausal women, the effect of stress worsens due to female hormone imbalances.

Immune health

Short- and long-term stress is known to suppress the immune response in the lungs, throat, urinary tract and intestines. With the reduction in the surface antibody (called secretory IgA), the resistance to infection is reduced and allergic reactions are believed to increase.

Sleep quality

The ability to enter REM sleep cycles and experience regenerative sleep is interrupted by high cortisol values at night and in the morning. Chronic lack of REM sleep can

reduce a person's mental vitality and vigor and induce depression.

Thyroid function

The level of cortisol at the cell level controls thyroid hormone production. Often, hypothyroid symptoms such as fatigue and low body temperature are due to an adrenal maladaptation.

Grain intolerance and stress response

Approximately 12% to 18% of the U.S. population suffers from a genetic intolerance to grain. A high incidence occurs in people with Celtic, Nordic, non-caucasian and Mediterranean ethnicity. The gut becomes inflamed within 30 minutes after consuming grains, and this can lead to an adrenal stress response, increased cortisol and reduced DHEA.

If you are having any health challenges in any of the areas mentioned, it is quite possible that your adrenal glands may be struggling to keep up. The basis of any treatment would be taking a good look at ways to reduce stress. In addition, nutrients such as pantothenic acid, vitamin C, and zinc can be very important. There are also a number of herbal medicines such as ginseng and Rhodiola can also be helpful

Stress Cocktail.

IV Nutrients....more fun than you thought !!

Intravenous vitamin-and-mineral formulas can be used for the treatment of a wide range of clinical conditions.

The modified "Myers' cocktail," which consists of magnesium, calcium, B vitamins, and vitamin C, has been found to be effective against acute asthma attacks, migraines, fatigue (including chronic fatigue syndrome), fibromyalgia, acute muscle spasm, upper respiratory tract infections, chronic sinusitis, seasonal allergic rhinitis, cardiovascular disease, and other disorders.

John Myers, MD, a physician from Baltimore, Maryland, pioneered the use of intravenous (IV) vitamins and minerals over 30 years ago as treatment for a variety of medical conditions.

(Alt Med Rev 2002;7(5):389-403)

Myers IV can be used for a wide variety of conditions, but most common conditions treated include:

- Chronic Fatigue Syndrome
- Chronic depression
- Acute or chronic muscle spasm
- Fibromyalgia
- Migraine headaches - often within minutes
- Tension headaches
- Narcotic withdrawal
- Seasonal allergic rhinitis
- Respiratory problems
- Acute or chronic asthma
- Sinusitis
- Bronchitis
- Cardiovascular disease
- Ischemic vascular disease
- Congestive heart failure
- Athletes who need quick recovery for athletic events
- Acute viral illness/colds
- Acute infections



What's New...

New Staff !!

We are pleased to welcome our newest staff member, Tegan, who many of you will have met already. Teagan will be helping with appointment reminders and helping at the front desk.

We are saying a Fond Farewell to Dawn, our IV technician. She will be moving on to focus on her own business, Needle Masters, which provides blood draw services for patients in their own homes.

Good luck Dawn, we will miss you :)

New Services - Colon Hydrotherapy

We will have new staff starting in April and will be expanding our services to include colon hydrotherapy and mild hyperbaric treatments.

We will keep you posted !