



NSIPM & Sano Wellness Center

Adrenal Balance

The adrenal glands are one of the main energy producing structures of the body. These glands need to be functioning at optimal levels to have the maximum amount of energy possible. Adrenal hormones are required for maintaining normal blood pressure, blood sugar, and carbohydrate metabolism, combating inflammation, and activating the body's response to stress.

Chronic adrenal stress and the resulting adrenal fatigue can contribute to accelerated aging and a host of symptoms such as low energy, exhaustion, depression, anxiety, mood swings, PMS and menopausal symptoms, immune impairment, poor metabolism, allergies, low libido, etc.

Adrenal imbalance may also contribute to the accumulation of toxic heavy metals as normal detoxification mechanisms become impaired. The body often compensates for adrenal weakness by retaining excessive amounts of copper, iron, manganese, aluminum, chromium, lead, cadmium, arsenic and other toxic metals.

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