



## Beatin' the BUG!

Too many people seem to be having a hard time surviving the latest "BUG" to hit the area. Here are some tips that might help you build up your body's immune strength so that you can fight off the intruder.

First of all, we need to understand about this little organ called the Adrenal Gland. It is your "fight or flight" gland, and protects you against any threat, be it an attacking lion crashing stock market or chronic physical, chemical or emotional stress.

When your body is under attack, your Adrenal Glands kicks in and directs much of their power towards fending off the attacker, real or imagined. Much like Star Trek, Scotty puts all power to the Deflector Shields and leaves the rest of the Ship on basic life support, thus lowering your immune response as well as your digestive and detoxification functions. When this occurs too often or is constant, your body is left vulnerable to the silent attack of the BUG.

There appears to be a lot of "STRESS" in the environment lately and this will slowly wear you down. Finally, like a car battery with the lights left on all night, the Adrenals won't have enough reserve power to start the engine and beat the bug. Something has to give, thus you get sick.

What can you do to help this poor over worked almond sized gland? To coin a phrase from Little Shop of Horrors, "Feed me Seymour".

By the way your Adrenals are responsible for almost every hormone and enzyme in your body. They take the "villainous" cholesterol that your liver makes and turns it into what becomes "Feel Good transmitters" such as Serotonin, Dopamine, Adrenaline, Cortisol Sex hormones and a myriad of other hormones and enzymes necessary to life. It is very important to keep these guys happy and healthy.

By the way, caffeine and sugar are poison to the Adrenal glands.

To keep it simple let me just tell you the formula I recommend. A therapeutic dose may be necessary to help bring these guys back to life and get them functioning they way they should.

1. Omega 3 fatty acid, EPA DHA only found in abundance in Fish Oils. Get high quality stuff. 2-3000 mgs
2. 1-2000 vitamin C (food based)
3. Vitamin B-1 500 mg.
4. 2 DSF, an Adrenal support product called I get from Nutri-West Company. I find it to work the best. You can only buy it through a Health Care Professional.

Take every 2-3 hours until you feel energetic.

\* Always talk to a doctor before undertaking any vitamin regimen.