

Controlling Chronic Stress and Anxiety

Chronic stress/anxiety can bring down the strongest of individuals. Two tiny glands sitting atop your kidneys are responsible for handling our body's stress response, called the Adrenal Glands. Stress and anxiety place a heavy burden on your nervous system and wreak havoc on your adrenal glands. Stress also over stimulates your pancreas, causing extreme fluctuations in blood sugar and disrupting your sleep rhythms.

Disrupted sleep rhythms include:

- Difficulty falling asleep, falling asleep then waking up and not able to go back to sleep, waking up tired in the morning, and mid-section obesity that is difficult to lose.

These are all signs of dysfunctional or stressed adrenal glands. Stress can be one of the toughest conditions to treat due to the multiple conditions that can cause stress. And until the true underlying cause of one's stress is identified and addressed. I.E., job, marriage, health, family, or whatever might stress you, the condition will continue to haunt you. It can take time to uncover the true underlying cause of the things stressing you. Some people fear confronting the cause, fearing it would bring even greater stress and anxiety.

Take Action: There are several actions you can take to help your body cope while you strengthen your adrenals and nervous system. Chronic stress breaks down both adrenal and pancreas function. Stress and anxiety constantly bombard your body with adrenalin, making you nervous and tense. The elevated adrenals signal your pancreas to increase insulin secretion, resulting in blood sugar problems and eventually pancreatic burnout ultimately pushing the body towards hypoglycemia and other sugar handling problems like obesity and Type II diabetes. Not to mention the not so flattering tire around the waist look.

Getting Started: Avoid prescription drugs whenever possible. Use as a last resort, or temporary crutch. Examples are anti-anxiety drugs (I.E., Xanax, Klonopin, etc.) or sleep aids (I.E., Ambien) as these can become addictive and have undesirable side effects.

Find you a doctor who evaluates adrenal function using Adrenal Stress Index (or ASI) saliva testing. One who comprehends HPA Axis regulation and adrenal hormone balancing. This protocol has been a life changer for hundreds of my patients. It's been said as go your adrenals so goes you. Just about every autonomic disorder diagnosis holds some relationships with stress and its connection to inflammation and elevated cortisol levels. Nearly every patient in my practice with a diagnosis of an autoimmune disorder responded remarkably well with adrenal support therapy. Perhaps one of the saddest medical blunders to our society today is that adrenal fatigue is not being taught in medical schools. Not being covered by our healthcare insurance in that it doesn't even have an ICD-10 code to bill for treatment of stress related disorders. Given the amount of stress occurring in our lives today it is mind blowing that it is being ignored in our sick care health system. It is not a case of showing me someone who is stressed, it is showing me someone who is not.

Signs of Adrenal Fatigue → [Adrenal Flyer](#)

Dr. J's Protocol for Stress

Supplements:

- Adrenal specific targeting herbs, Hypothalamus gland Cytosol extract, Whole food B-complex vitamins, Pituitary, Adrenal, and Thyroid nuclei protein extract supplements.

Diet modifications:

- Gluten free, low Glycemic, Parasympathetic, and sympathetic nervous system supplementation to help manage the stress response.