

Why is everyone talking about adrenals?



How does it work?

1

AMYGDALA

Processing center for emotions

2

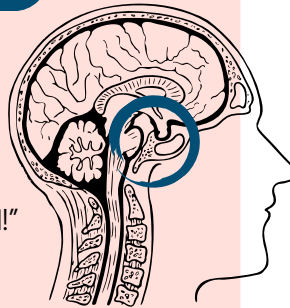
HYPOTHALAMUS

Triggers stress response, "call 911!"

3

PITUITARY GLAND

Tells adrenal gland to release adrenaline



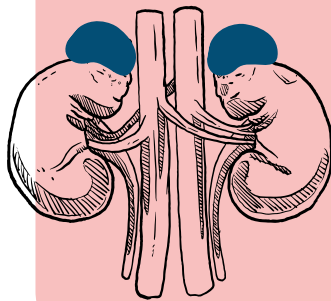
Where are my adrenals?

4

ADRENAL GLAND

The small caps on the top of each kidney.

Learn more! Take the online class at RiseUpHealHer.com



What's Allostasis?

Changes in the immune, endocrine and nervous systems in response to short-term or long-term stress. These are changes our body makes to find homeostasis.

What's Allostatic Overload?

The cumulative physical and mental effect of chronic stressors. Effects include:

- High blood pressure
- Depressed immune system
- Weight gain
- Diabetes
- Brain fog and lowered function
- Anxiety/depression
- Insomnia

Common stressors?

- ✓ Finances
- ✓ Divorce
- ✓ Health Concerns
- ✓ Lack of Sleep
- ✓ Job Insecurity
- ✓ Deadlines
- ✓ Fear
- ✓ Aging

Your adrenal system produces hormones that help regulate:

- Blood pressure
- Sex hormones
- Metabolism
- Stress response
- Sleep/wake cycle
- Immune system
- Heart rate
- Water/salt balance

How does "adrenal fatigue" escalate?

STAGE 1

Alarm: You may feel on high alert, with quick reactions. It may feel like the impact of caffeine.

STAGE 2

Resistance: You may feel fatigue, decreased immune function, and persistent tiredness.

STAGE 3

Exhaustion: You may feel less cortisol with "crashes," low energy, decreased libido, and a slower recovery physically.

STAGE 4

Burnout: You may feel more muscle pain, digestive issues, low blood pressure, cold extremities, and dehydration.

What will the class cover?

In depth look at the physiology of adrenals.

Supplements to better support your adrenal system.

Adrenal lab information and results interpretation.

Functional movement, rest, and nutrition plans.

Questions and talking points for your providers.

Learn more and get started at RiseUpHealHer.com