

## FATIGUE AND EXHAUSTION

Adrenal fatigue is a prime cause of the epidemic number of people who are chronically tired, exhausted, and just worn out! But just what is it that causes adrenal fatigue, exhaustion and eventually failure? Your doctor will tell you to relax and take it easy – that today's stressful world is the cause of your problem. Brilliant researcher Dr. Hans Selye will concur. Yet adrenal fatigue and failure is not as simple as the modern stresses of today's world.

Long-term intake of synthetic or fractioned vitamins can induce adrenal fatigue. Hormones and proscriptio drugs can induce adrenal fatigue. Vitamin deficiencies can deplete the adrenal glands. Most importantly, today's daily dietary fare of pasteurized milk, bleached white flour , and processed foods and cereal products – all of which have **lost their enzyme and vitamin content** – are the prime cause of chronic exhaustion.

One must ask how we can calmly go about eating these **dead foods**. We know that animals fed the same diet will get ulcers, gastritis, adrenal failure, diabetes, heart disease, arthritis, chronic constipation, and nervous system disease and failure – just like our friends and neighbors. Still we continue eating non-foods that manufacturers strip of their life-giving enzymes and vitamins, make cheaply and sell by the megaton. Partly we do this because we have been duped by the advertising of manufactures and their cohorts in the medical community.

This behavioral eating is the **prime cause** of adrenal fatigue and failure. Stress is a secondary factor compared to this diet. Your amazing adrenal glands manufacture among other things the wonder hormone cortisone. These tiny glands are miniature powerhouses – curing disease, protecting you from pain, governing other hormonal activities, and so much more. Yet we know that in the face of enzyme, vitamin and trace mineral deficiencies, these glands will atrophy (shrink) and fail. We were first shown this by Sir Robert McCarrison in 1921!

So don't fall for the advertising hype that sells the dead-food and dead-vitamin diet by the ton. The latest abomination coming down the pike is chocolate flavored French fries for kids!! Whole, live foods and live vitamins and supplements are what the adrenal glands need. And watch out for the lies – like “there is no difference between synthetic vitamins and those made from whole foods.” Whole-food concentrates and vitamin complexes contain live nutrients **and enzymes** – the critical fuels upon which your adrenal glands (and your health) depend.