

## WHAT CAN ENERGY MEDICINE DO FOR ME?

While Energy Medicine does not diagnose or cure illnesses, it has been shown that working with the body's subtle energies can help to:

- Balance your Energies
- Reduce Pain
- Improve Your Energy
- Improve Chronic Conditions
- Improve Auto-Immune Disorders
- Sharpen Your Mind
- Improve Your Vision
- Reduce Stress and Anxiety
- Manage Weight
- Fight Depression
- Strengthen Immune System
- Improve Digestion
- Reduce Allergies
- Enhance Wellbeing
- Alleviate Insomnia
- Enhance Learning Skills
- Lessen Migraines
- Reduce Cancer Risk
- Much More

Energy Medicine is safe for all ages and can even be used on your pets.

Learn about Eden Energy Medicine in your home with your friends and family at a Nrg4U



We offer unique, in home, Energy Parties where we demonstrate basic techniques and explain Eden Energy Medicine principles to you and your guests.

An Energy Party is unlike any other home party you have been to. There is absolutely nothing to buy. No make-up, food containers, jewelry, candles, home decorations, supplements, or chef supplies.

You will receive handouts, tools, and training that can change your life and the lives of the people that you care about. Hosts receive special bonuses.

Contact your local practitioner at



*Energy for You*

HEALING FOR THE 21ST CENTURY

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HEALING FOR THE 21ST CENTURY

# NRG4U

*Energy for You*

## ADRENAL FATIGUE

“Although it’s estimated that up to 80% of adult Americans suffer some level of adrenal fatigue at some time during their life, it remains one of the most under-diagnosed illnesses in the U.S.”

**Dr. James L Wilson ND, DC, PhD**  
*Adrenal Fatigue:  
The 21st Century Stress Syndrome*

Eden Energy Medicine can help:

- Boost your vitality and stamina
- Strengthen your immune system
- Relieve pain and common ailments
- Sharpen your mind and memory
- Keep yourself healthy and balanced with a simple daily energy routine

# ADRENAL FATIGUE

Adrenal fatigue — The latest health fad or a national crisis? That depends on who you ask. Physicians will generally dismiss the idea unless your adrenals are extremely depleted. The reason for this is that the current blood tests for adrenal function are not sensitive enough to measure small declines in hormone levels. When the levels have dropped enough to finally register on the tests, you are way past adrenal fatigue and into what doctors call adrenal insufficiency or Addison's disease which can be life threatening. The treatment for Addison's is hormone replacement which further discourages the body from making its own supply of hormones thereby perpetuating the problem.

So how is this a national crisis? Dr. James L. Wilson ND, DC, PhD, author of Adrenal Fatigue, the 21st Century Stress Syndrome estimates that as much as 80% of the adult population of America has suffered or will suffer from adrenal fatigue. Sounds like a crazy number but think about it. How many people do you know that are stressed out, have lost some of their vitality, have some immune system challenges and just don't have as much fun as they used to? It seems like everybody is sick or stressed in some way. 8 in 10 doesn't seem too unrealistic does it?

So what causes adrenal fatigue? Our adrenal glands, which are the size of walnuts and weigh less than a grape, produce hormones (in amounts way

## Signs of Adrenal Fatigue

Significant or Prolonged Stress  
Difficulty waking or getting up from sleep  
Tired even after 8 hours of sleep  
Brain fog / Not as sharp as used to be  
Need snacks or caffeine to make it through day  
Increase in fears, anxiety, depression, confusion  
Lack of adequate sleep / Insomnia  
Allergies / Clumsiness/ Arthritis pain / PMS  
Hypothyroid problems, Hypoglycemia

## Adrenal Fatigue Can Lead to:

Respiratory infections, Allergies, Asthma, Rhinitis,  
Frequent Colds, Fibromyalgia, Chronic Fatigue Syndrome,  
Hypoglycemia, Diabetes, Autoimmune Disorders,  
Alcoholism, Annual Illnesses

smaller than you'd think) that command all of the cells and all of the major physiological processes in your body to respond almost instantaneously. The problem is that some of the hormones are designed to be used as a sort of rocket booster for your body to support the fight or flight response. Simply, in an emergency situation, the adrenals secrete hormones that shunt the flow of blood to most of the body and direct it towards the heart, limbs and animal part of our brain. The goal is to put our energy towards fighting the threat or running away from it. In nature the fight or flight is over in a matter of minutes and the hormone levels return to normal relatively quickly. In our modern society where we have replaced the saber toothed tigers with meetings, electronics, deadlines, traffic,

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electromagnetic fields, pollution, bills and more. The stressors last much longer than our bodies were designed to handle. This results in a sort of perpetual fight or flight state. Imagine driving with your foot to the floor constantly. How far would you get? Without adequate recovery time, the adrenals have a harder time producing the hormones even though there is almost constant demand for them.

If you have the symptoms of adrenal fatigue there is more going on in your body than excessive adrenal hormones. Energetically your other energy systems are probably also engaged in their own fight or flight roles which rob vital energy from body and will eventually lead to disease.

Adrenal fatigue is not something your family practitioner can help you with even if they can identify it. Drugs may be able to mask some of the symptoms and hormones will just encourage the body to stop making its own, hooking you for life. Hope is not lost and you do not have to wait until you are sick or you get a diagnosis of Addison's or an Autoimmune disorder to address adrenal fatigue. Energy Medicine has tests and corrections to address stress and adrenal fatigue issues. Your practitioner can show you how to test your adrenal, Cortisol and thyroid levels, ways to beat stress, protocols for revitalizing your adrenals and feeling better.