

Our Services

Stress and Fatigue Profile

adrenal fatigue causes many physical and mental symptoms some mild, moderate and some severe. This profile helps you pinpoint your presenting symptoms and gives you a reference for noting improvements should you choose to participate in the adrenal rejuvenation program.

Adrenal Stress Index

A powerful, precise and non-invasive assay, this laboratory adrenal stress test serves as a reliable marker of the stress response and is a critical tool for revealing adrenal imbalances that may be subtly or dramatically influencing your health.

Unlimited Energy Training Seminars

available in different modules, this seminar focuses entirely in helping you understand the importance of your adrenal glands to your physical and mental well being and how you can best support them.

Adrenal Rejuvenation Program

with the tremendous stresses that we put ourselves under, psychological as well as physical, the adrenals take a beating and over time their output falls. How can you help repair and rejuvenate adrenal function? These three consultations give you the tools to begin to get the best out of your adrenal glands and recover your energy and vitality.

Tui Na (Chinese) Massage

Tui Na is a rejuvenating massage quite different from western massage therapies. At times invigorating and at others deeply relaxing, the after effects will leave you feeling refreshed physically and mentally.

visit our web site for more details of all the above

About Adrenal Fatigue

The adrenal glands are known as the anti-stress glands of the body, often being described as a reserve tank which supports the body and mind during times of stress. Stress hormones secreted by the adrenal glands are essential for life and affect every cell, tissue and system in the body.

However, due to the tremendous pressures that we put ourselves under, psychological as well as physical, the adrenals take a beating and their output, overtime, becomes seriously depleted.

Hypoadrenia is a condition whereby, although there is no disease state present, the adrenals have been exhausted to the point that they can no longer support the demands of the body and promote a high level of physical, mental and emotional well-being.

Benefits Of Our Trainings

- building greater energy, vitality and stamina
- elevating your memory, mood and mental focus
- balancing and harmonising your mood
- accessing deeper relaxation states



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are you suffering the effects of...



Health Concerns 2

ADRENAL FATIGUE

Key Signs Of Adrenal Fatigue

Physical

- fatigue
- tiredness not relieved by sleep
- afternoon low between 2pm and 4pm
- poor sex drive
- heavy stress causes complete exhaustion
- unexplained headaches
- weakness after colds, flu etc
- poor sleeping patterns
- cravings - salt, sugar, coffee, fizzy drinks, alcohol

Mental

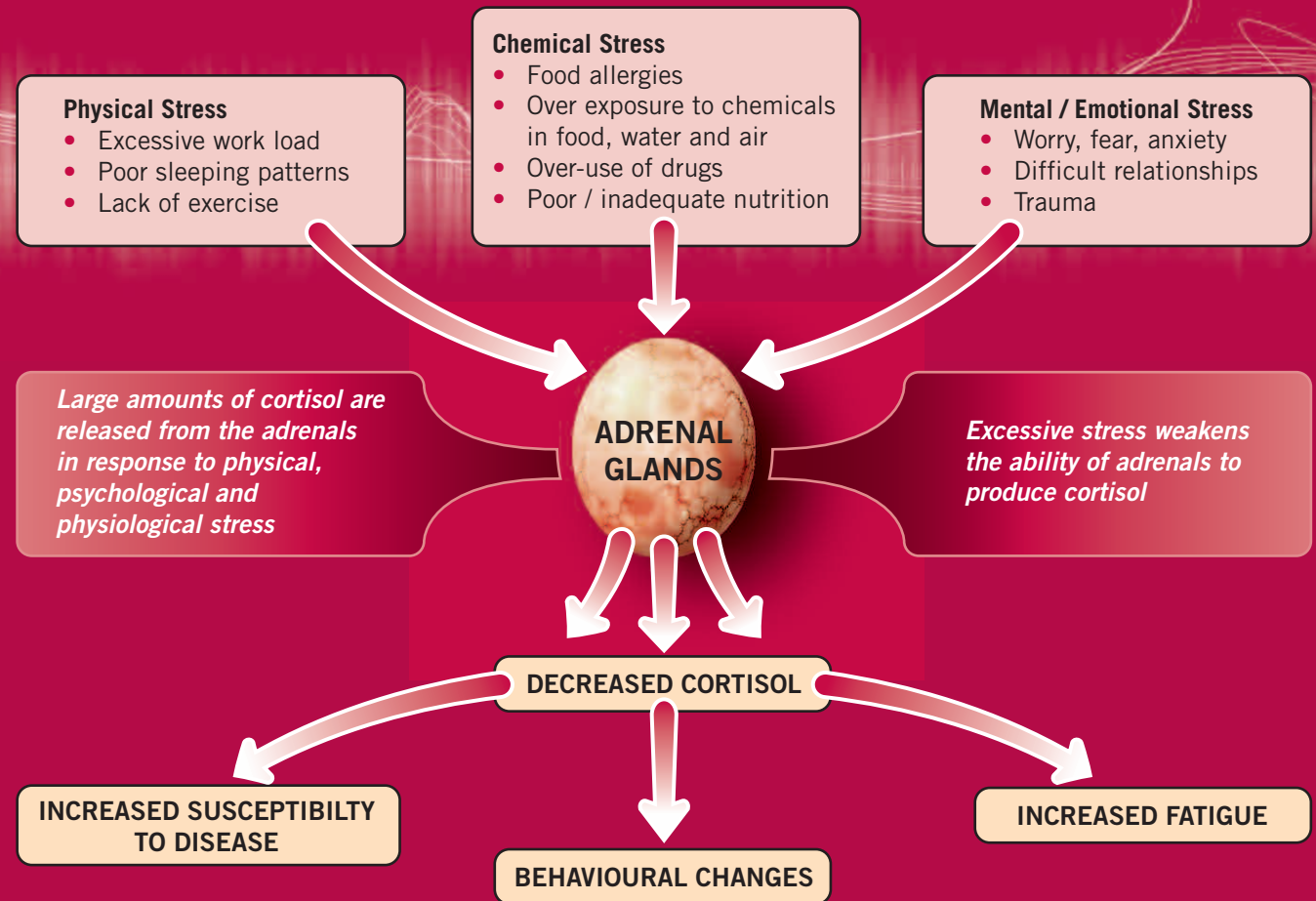
- poor concentration
- poor memory
- irritability
- mental sluggishness
- indecision
- depression
- impatient

Nervous System

- angry outbursts
- tense, nervous
- can't relax

Stress hormones from your adrenal glands affect every cell, tissue and system in the body greatly influencing your energy level, moods and ability to perform. More than any other system in your body, the health and state of your adrenal glands make you the sort of person that you are.

Types of Stress and how Stress Affects Us



In response to stressful situations, the adrenal glands manufacture and secrete cortisol and other stress hormones. Many of the symptoms of adrenal fatigue arise from decreased cortisol levels in the blood or inadequate levels of cortisol during times of stress when more cortisol is needed. Cortisol has multiple effects on the human body and helps your body respond to the demands of the situation at hand. To manufacture cortisol, the adrenals require raw materials in the form of nutrients.

However, if the stress is severe and unrelenting and the adrenals cannot keep up with the demand for cortisol, they will quickly become exhausted and fall into patterns of dysfunction. Then a person will begin to succumb to the effects of stress and experience a wide range of physical and mental symptoms - fatigue being the primary indicator.