

Say Farewell to Adrenal Fatigue

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Class Notes

Disclaimer: All statements in this class have not been approved by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent disease. Pregnant or lactating women and persons with known medical conditions should consult a physician prior to the use of any Essential Oil product.

Nervous System

There are two parts of the nervous system: Sympathetic and Parasympathetic

Stress (Sympathetic)

- Pupils expand
- Fast, shallow breaths
- Heart pumps faster
- Gut inactive

Calm (Parasympathetic)

- Pupils shrink
- Slow, deep breaths
- Heart slows
- Gut active

Adrenal Glands

The adrenal glands are about size of a walnut and sit on top of the kidneys (upper lower back).

Stress

3 of 4 doctor's office visits are for stress related ailments and complaint. (*The American Institute of Stress*)

- Am I stressed?
- Do I have a healthy perspective on stress?
- Do I have too much stress?

Stress response affects hormones because it emits cortisol.

Cortisol

Cortisol (aka the death hormone) prevents our bodies from doing the healing it should.

- Affects metabolism of cholesterol
- Disrupts making and sorting through hormones
- Major factor in our usage of progesterone and DHEA

Adrenal Fatigue

Adrenal Fatigue affects how much DHEA is secreted in our adrenals, which reduces the body's ability to use produce progesterone naturally and use our hormones effectively.

That's why we use **Progence Plus™ Serum** to nourish adrenals.

Low progesterone makes it hard for bodies to make enough adrenaline and low adrenaline can cause our bodies to feel fatigued.

Adrenal Health

Adrenal health affects cholesterol, weight, hormones, sleep patterns, mood, focus, blood sugar and digestion.

Common stressors that threaten adrenal health:

Work, Health, Worry, Sleep, Dread, Fear, Anxiety

Things that nourish adrenals

- Real Salt or Himalayan salt (remineralized); not processed
- Minerals: **Mineral Essence™**, **AlkaLime®**
- **NingXia Red®**
- **NingXia Nitro®**
- Oils (use under tongue, on Vita Flex points of hands or feet, on adrenals, inhalation)
 - **Basil**
 - **Clove**
 - **Clarity™**
 - **Myrrh**
 - **Myrtle**
 - **Nutmeg**
 - **EndoFlex™**
 - **En-R-Gee™**
 - **Spikenard**
 - **Clary Sage**
 - **Abundance™**
 - **Sclaressence™**
 - **Dragon Time™**
 - **Frankincense**
 - **Idaho Grand Fir (aka Idaho Balsam Fir)**
 - **Idaho Blue Spruce**
 - **Shutran® (for men)**

- Supplements:
 - Life 9®
 - Super B™
 - Super C™
 - Cortistop®
 - Thyromin™
 - AlkaLime®
 - Super Vitamin D
 - Sulfurzyme®
 - OmegaGize³®
 - NingXia Red®
 - SleepEssence™
 - Master Formula™
 - Mineral Essence™
 - Essentialzyme™
 - Essentialzymes-4™

Water Intake

Drink lots of water infused with Vitality™ oils.

Nutritionally it really doesn't matter what you're doing if you're not getting enough water.

Recommended Water Intake: ½ your body weight in ounces per day

There are a lot of symptoms of dehydration that we normally don't associate with water intake. Some include:

- Digestive disturbances
- Urinary tract infections
- Premature aging
- High cholesterol
- Weight gain

Grounded Brain Balance

- RutaVaLa™
- Sacred Frankincense™
- Valor®
- Vetiver

Emotions Tied to the Adrenals

Sick, Tired, Control, Defeated, Fear of facing the world, Aggression, Fear of Conflict
(and ANY emotion causing stress response)

The Protocol

A challenge to begin nourishing the adrenals

UPON WAKING

NingXia Red®

Over adrenals: Nutmeg, Basil, Idaho Grand Fir

Under tongue: Nutmeg, Endoflex™

3 PM

Diffuse and inhale Basil/Clarity™

Snack including protein and Real Salt

Supplements and Progessence Plus™ Serum

EVENING

Grounding (Earthing) or Grounding Mat

Idaho Grand Fir over adrenals

5 minutes emotional release exercise

REST is essential (5 minutes in total silence)

Challenge

3 months of nourishing adrenals

How do I make a plan so my body gets true, holistic rest and nourishment?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Price List

| Essential Oils | |
|--|---|
| Abundance™ | \$39.50 (15 ml) |
| Basil | \$26.50 (15 ml) \$11.50 (5 ml Vitality™) |
| Clarity™ | \$34.50 (15 ml) |
| Clary Sage | \$50.75 (15 ml) |
| Clove | \$16.50 (15 ml) \$7.75 (5 ml Vitality™) |
| Dragon Time™ | \$52.25 (15 ml) |
| En-R-Gee™ | \$26.50 (15 ml) |
| EndoFlex™ | \$13.25 (5 ml Vitality™) \$29.50 (15 ml) |
| Frankincense* | \$31.75 (5 ml Vitality™) \$78.50 (15 ml) |
| Idaho Blue Spruce | \$30.75 (5 ml) |
| Idaho Grand Fir (aka Idaho Balsam Fir) | \$27.75 (5 ml) |
| Myrrh* | \$69.50 (15 ml) |
| Myrtle* | \$28.50 (15 ml) |
| Nutmeg | \$13.75 (5 ml) |
| Progressence Plus™ Serum | \$40.00 |
| RutaVaLa™ | \$33.75 (5 ml) \$38.25 (10 ml roll-on) |
| Sacred Frankincense™ | \$45.25 (5 ml) |
| Sclaressence™ | \$15.50 (5 ml Vitality™) \$32.75 (15 ml) |
| Shutran® | \$80.25 |
| Spikenard* (only available in Oils of Ancient Scripture™ Collection) | |
| Valor® | \$41.25 (5 ml) \$51.75 (10 ml roll-on) |

| | |
|---|-----------------|
| Vetiver | \$22.00 |
| *Oils of Ancient Scripture Collection <ul style="list-style-type: none"> • Sacred Sandalwood • Cassia • Cedarwood • Cypress • Frankincense • Hyssop • Myrrh • Myrtle • Onycha • Cistus | \$214.00 |

Nutrition and Supplements

| | |
|--------------------------|--|
| AlkaLime® | \$31.00 (30 stick packs) \$37.25 (8 ounces) |
| Cortistop® | \$58.50 (60 capsules) |
| Essentialzyme™ | \$42.75 (90 bilayer capsules) |
| Essentialzymes-4™ | \$53.25 (60 dual dose capsule blister packs) |
| Life 9® | \$30.75 (30 capsules) |
| Master Formula™ | \$85.25 (30 prepackaged sachets) |
| Mineral Essence™ | \$30.75 (3.6 fluid ounces) |
| NingXia Red® | \$76.00 (2-pack, 750 ml) \$90.50 (30 2-oz sachets) |
| NingXia Nitro® | \$41.25 (14 tubes) |
| OmegaGize ³ ® | \$63.00 (120 liquid capsules) |
| SleepEssence™ | \$26.50 (30 softgels) |
| Sulfurzyme® Capsules | \$61.50 (300 capsules) |
| Sulfurzyme® Powder | \$49.25 (8 ounces) |
| Super B™ | \$21.00 (60 tablets) |
| Super C™ | \$30.75 (120 tablets) |
| Super C™ Chewable | \$34.00 (90 chewable tablets) |
| Super Vitamin D | \$31.00 (120 dissolvable tablets) |
| Thyromin™ | \$44.75 (60 capsules) |