

Cornerstone CHIROPRACTIC

Health Partners



“Health Care For
the Whole Family”

www.cornerstonechiropractichealth.com



Health Hope
Healing

November 2011



Ph. 320-269-3211

519 1st St. SW, Montevideo MN

YOUR FOUNDATION FOR HORMONE HEALTH: THE ADRENAL GLANDS

“How well you live depends, to a large degree, upon how well your adrenal glands function”.

--Dr. James Wilson, *Adrenal Fatigue: The 21st Century Stress Syndrome*

The adrenal glands are two small endocrine (hormone) glands, approximately the size of a walnut, that sit on top of each kidney. They are the “stress handling” glands and produce a variety of hormones that help you handle all types of stress. Equally important is the fact that these glands also serve several other important bodily functions. The adrenal glands play a role in fluid balance, blood sugar regulation (especially between meals), and immune system response & strength. They also produce hormones which contribute to overall energy & stamina, provide a sense of wellbeing and maintain healthy mood & emotions. In addition, hormones produced in the adrenal glands are some of the precursors for your sex hormones, making them vital for everything from healthy pregnancy to normal menopause, libido and fertility.

Some sources state that the average adult in America today has more stress in one year than their grandparents did in their entire lifetime. Stress comes in many forms--emotional/mental being the most familiar, but also physical and chemical. Here are some examples of factors that may be **STRESSING** your adrenal glands and your overall health & wellbeing:

- Overscheduling & overcommitting yourself*
- Persistent negative thoughts or fears*
- Being critical and harsh with yourself*
- Lack of sleep*
- Caffeine & stimulants*
- Sugar, high fructose corn syrup & refined grains*
- Food intolerances (gluten, etc.)*
- Marital, family, or relationship stress*
- Job stress*
- Sedentary lifestyle*
- Skipping meals*
- Infection, acute or chronic*

A majority of those we work with can relate to at least one of these factors. It can probably be extrapolated that a large percentage of people in our country today are living with some degree of chronic adrenal stress.

Here are some **SYMPTOMS** of adrenal glands that are being overworked:

- Difficulty getting up or tired in the morning*
- Low mood/ Less enjoyment or happiness with life*
- Irritable or short-tempered*
- Anxiousness/ Nervousness*
- Increasing fatigue/ Tire easily*
- Decreased ability to handle stress*
- Sweet & carbohydrate cravings/ Salt cravings*
- Weight gain*
- Decreased libido/ Decreased fertility*
- Increase in PMS symptoms*
- Increased physical complaints (aches, pains, headaches)*
- Stomach burning, ulcers, irritable bowel*
- Infections/ Decreased immune function*
- “Brain fog”, memory loss*
- Afternoon low in energy*
- More energetic/ second wind in the evening*
- Trouble falling asleep or trouble staying asleep*
- Hypothyroid symptoms*
- Episodes of hypoglycemia or insulin resistance*

As you can see, this list of symptoms stretches across many different systems in the body. Because the adrenal glands affect so many other bodily functions, they really are the **FOUNDATION** for good health.

The function of the adrenal glands can be measured by a saliva test called the *Adrenal Stress Index*. This panel assesses stress hormones (cortisol and DHEA) in your body over a 24 hour period. It also assesses several other factors to determine how chronic stress has affected other areas of your body.

Healing the adrenal glands and returning to a state of wellbeing is definitely possible! Please feel free to ask one of us here at Cornerstone Chiropractic for more information about what we offer to help you get back the vitality in your life.

Saturday Appointments:

Dr. Jennie has appointments available two Saturdays each month from **9am-12pm**. She will be in the office **November 12 & 19** and **December 3 & 17**. Call or email to make an appointment for you or your family:

info@cornerstonechiropractichealth.com

Welcome Kelly!



Many of you have had the pleasure to meet Kelly, who joined our office staff this fall. Kelly is originally from the Madison area, and has just recently moved back to this area after several years in the Twin Cities. Prior to moving back home, Kelly worked with patients in the dental field and is excited to be able to continue helping people improve their health through chiropractic care. Kelly has shown herself to be a fantastic addition to our office. We are so glad to have her here at Cornerstone Chiropractic to help each of you in any way she can. Please take a few moments to meet Kelly if you haven't yet had the opportunity.

SUPPLEMENT OF THE MONTH: VITAMIN D

*10% discount on all products containing
Vitamin D3 for the month of November*

Many doctors still consider a result of *30 ng/mL* to be sufficient as most lab reference ranges for vitamin D are approximately *30-100 ng/mL*. Per the non-profit Vitamin D Council, "Studies indicate that for proper health, serum vitamin D levels should be a minimum of **50 ng/mL**, with optimal levels falling between **50-80 ng/mL**." These values apply to both children and adults. We have an affordable, minimally invasive finger prick test available at Cornerstone Chiropractic for those of you who haven't yet had your vitamin D level tested.

**GIVE YOUR IMMUNE SYSTEM
A BOOST!**

MEDICARE PATIENTS, PLEASE REMEMBER...

Take a minute to visit with someone at our office if you are thinking about switching plans for next year and we can let you know any changes that may take place compared to your current plan. The plan you choose may affect your chiropractic benefits to one degree or another. Some of the Medicare Advantage plans have copays (patient payments due for every service) in exchange for lower premiums. Other plans have authorizations that have to be completed by the patient and doctor for the company to approve before allowing care.

Additionally, if you change plans, please make sure we get a copy of your new card! We cannot bill Medicare directly if you have a Medicare Advantage plan, so we need to know your insurance arrangements **EACH** year.

