

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

In this Issue:

- [Panax Ginseng Supports the 90% of Folks who Suffer from Adrenal Issues!](#)
- [Health in the News](#)

Greetings [[firstname]],

Panax Ginseng Supports the 90% of Folks who Suffer from Adrenal Issues!

Dr. Rodier recently told this kat that an estimated 90% of Americans suffer adrenal stress. Sheesh, those little glands atop your kidneys are working overtime to keep up with stressful lifestyles.

Aging, the economy, challenging relationships, job worries, sleep deprivation, pollution, physical ailments, poor nutrition *all* stress out your adrenals, so methinks a lot of our fair members may have undetected adrenal health issues.

If you haven't heard much about 'em, your adrenals are endocrine glands responsible for helping manage stress - whether physical, emotional, mental or relational.

The outer layer of your adrenal glands, called the adrenal cortex, produces hormones like cortisol, DHEA, estrogen, and testosterone. The center of your adrenal glands produces *adrenaline*.

Under normal circumstances, your adrenals regulate hormones and provide bursts of adrenaline during times of acute stress. Unfortunately, occasional acute stress is a thing of the past, and constant stress has become ubiquitous.

For example, it's pretty amazing how much inflammation and stress is caused by routine encounters with alcohol, drugs, refined foods, environmental allergens, disease, infection, and autoimmune disorders.

Under chronic stress your system never gets time to rest properly, and over time this can mean adrenal fatigue, which can lead to common symptoms such as weight gain, fatigue, insomnia, fuzzy thinking, depression, cravings and mood swings.

If your adrenal function is low, your body also cannot respond and adapt properly to stress, which leads to more stress and thus more demands on your already overworked adrenals.

A vicious cycle begins, fair members.

Damages from Excessive Cortisol & Adrenal Burnout

Chronic stress requires your adrenals to pump out excessive levels of cortisol, which means no energy left over for hormonal regulation.

Sustained high cortisol levels can *destroy* healthy muscle and bone; *slow down* healing and normal cell regeneration; *steal* biochemicals needed to make other vital hormones; *impair* digestion, metabolism and mental function; *interfere* with healthy endocrine function; and *weaken* your immune system. Yikes!

Adrenal Function Changes with Age & Impacts Hormone Production

Interestingly, after mid-life, the adrenal glands gradually become the major source of sex hormones circulating throughout the body in both men and women.

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Top 10 Latest top sellers!

1. [Heart Plus](#)
2. [Green Tea Extract](#)
3. [Liquid Calcium w/mag.,vit D3 & boron](#)
4. [B-Trio](#)
5. [Fish Oil \(large bottle\)](#)
6. [Oil of Oregano](#)
7. [SAM-e](#)
8. [Pancreatic Enzymes](#)
9. [Coenzyme Q-10 \(softgel\)](#)
10. [High Lignan Flaxseed Oil](#)

Member Spotlight



Hi there, Guido,

Sorry this fan mail has been so long in coming.

You've been a favorite longer than some of these "newcomers" have been around. I made your acquaintance when your "master-friend" was still with us sharing his own brand of humor before Our Health Co-op even existed.

His sense of humor was a lot like yours. Who rubbed off on whom I wonder? Seems like a long-g-g-g-g time ago, when he was trying to share his "miracle", Sam's Formula, with the world. Glad you're carrying on the work. Keep it up!

Your Friend for Life,

Shirley Edstrom

PS: I love cats, but there's only one "KAT".



Please ["Tell a Friend"](#)

If your friends and family care about supplement quality *and* love a good deal, they will certainly thank you! ^.^



[Cindy's Blog: Musings on Health, Nutrition & Science](#)

These hormones have a whole host of physical, emotional and psychological effects, from sex drive to a tendency to gain weight in mid-life. So paying close attention to adrenal health as you age can make a big difference your well-being!

Getting Your Adrenals Back on Track

In addition to rest, rest, and more rest, there are several ways you can support adrenal repair and rejuvenation:

Good Nutrition - Cut adrenal stressors like caffeine, high-carb meals, and processed or irritating foods. Substitute with dense nutrition, omega-3 essential oils, and healthy fats and lean proteins.

Panax Ginseng - Well-recognized for supporting adrenal health and boosting the immune system, Panax ginseng also helps your body cope with stress. Ginseng ranks among Dr. Rodier's *most* prescribed supplements as chronic stress and adrenal burnout exist at varying levels in most of his patients.

Constant Health - Loaded with minerals and immune boosters, Constant Health is a pick-me-up for anyone struggling with adrenal burnout. Designed with Dr. Rodier's help, Constant Health's low-allergy brown rice protein, low sugar content, and high-antioxidant content provides dense nutrition that supports healing.

B & C Vitamins - Often seen in stress-reducing formulas, both these vitamins support healthy adrenal function as well as basic cellular and metabolic functions.

DHEA - When your adrenals are worn out from pumping out cortisol, they simply can't manufacture enough DHEA to support a healthy hormonal balance. A little DHEA can go a long way to supporting your adrenals as you age.

THREE More Reasons You Don't Want to Pass on Panax Ginseng:

Ginseng possesses extraordinarily diverse benefits, but here are a few you may not have heard about:

Weight loss - Ginseng contains the phytochemical saponins, which in addition to [supporting healthy weight](#), have shown to support healthy blood cholesterol levels, bone health and stimulation of the immune system.

Hypotension (low blood pressure) - Low blood pressure can result from diabetes, heredity, medications, and more. Unfortunately, hypotension makes it hard for fresh, oxygen-rich blood to travel through your body and nourish your billions of little cells. Hypotension can mean cold hands and feet, and tingling limbs, faintness upon standing as well as symptoms caused by lack of blood to the extremities and head, respectively. Ginseng helps rev up your system and get your blood pumping.

Male Dysfunction - Dr. Rodier told this kat a little secret, that [Ginseng](#) plus [L-Arginine](#) offers the equivalent of a certain purple pill we know so many of our older male members covet. By opening blood vessels and increasing blood flow, all sorts of good things can happen.

Check out Cindy's blog for her latest articles on health, nutrition, and science. Send her a note or leave a comment in her blog to extend the conversations!



Recent headlines include:

[Mom's Surgery](#)

[Potato Chips & Acrylamide Warning](#)

[Gluten Intolerance Leads to Bloating, Allergies & Even Cancer](#)

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Health in the News

- [Omega-3 may protect prostate from cancer](#). Increased intake of omega-3 fatty acids may protect against advanced prostate cancer, according to new research from the University of California San Francisco.
- [Pea protein may cut blood pressure and help kidneys](#). Proteins from pea may reduce blood pressure and improve kidney health, says a new study from Canada.

'Til next time, fair members!

Still purringly yours,

Guido

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Please use the following link to order products:

<http://store.ourhealthcoop.com>

DO NOT write to Guido about orders, as your order inquiry will only be delayed!!! The "kat" is happy to receive and respond to other types of notes though!

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