

## ADRENAL GLANDS

Adrenal Glands are the orange-colored endocrine glands which are located on the top of both kidneys. The adrenal glands are triangle shaped and measure about one-half inch in height and 3 inches in length. Each gland consists of a medulla and a cortex. The medulla is responsible for producing epinephrine and norepinephrine. The adrenal cortex produces other hormone necessary for fluid and electrolyte balance in the body such as cortisone and aldosterone. The basic task of your adrenal glands is to force all your body's resources into 'work'. When healthy, the adrenals can instantly increase the heart rate and blood pressure, release the energy stores for immediate use, slow the digestion and other secondary functions. When not healthy, the effects of adrenal dysfunction can be profound:

- Fatigue and weakness
- Suppression of the immune system
- Muscle and bone loss
- Moodiness or depression
- Hormone imbalance
- Skin problems
- Autoimmune disorders

The good news is that adrenal dysfunction can almost always be relieved. "We live with constant stress, we are constantly over-worked, under-nourished, exposed to environmental toxins, worrying about others... Every challenge to the mind and body creates a demand on the adrenal glands. The list of challenges is endless: lack of sleep, a demanding boss, the threat of losing a job, financial pressures, relationship turmoil, digestive problems, and over exercise. To meet these challenges, Cortisol converts proteins into energy, releases glycogen and counteracts inflammation. However, our body can only handle for a short time but at sustained high levels, Cortisol gradually tears the body down. Sustained high Cortisol destroys healthy muscle and bone, slows down healing and normal cell replacement, impairs digestion, metabolism and mental function, and weakens the immune system.

Hormone balance can help save your life. Ask our pharmacist "about testing your Cortisol hormone level with Saliva Test. For more information, please contact Pharmcare Pharmacy.