



patient guide



*a Balanced Life:
Restored... Renewed... Revitalized...*





*A truly satisfying life is a life lived in balance.
Your choices—the food you eat,
how you think, your relationships
and how often you exercise— all play
an important role in attaining optimal health.*

*At Ortho Molecular Products, we believe you
have already taken the first steps toward
a life in balance. While the ARK program
is only a small part of your overall success,
we believe these valuable tools—
the information and supplements
provided by your doctor—
will help you discover a more healthy life...
a renewed and revitalized life in balance.*



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Life is stressful. We all know this, yet it is how we perceive and respond to stressors that affect our health. The consequences of stress are different for each individual.

Are you easily overwhelmed by everyday tasks that once were a breeze?

Do you get angry over things that never used to bother you?

Are you having weight gain around the middle?

Is your sleep not as regular or as restful as it once was?

Is it difficult for you to concentrate on important tasks?

Do you crave foods that you know are unhealthy for you?

Are you catching more colds than before?

Is your libido what it once was?

Are you easily irritated by family members and co-workers?

Do you feel like you have no energy by the middle of the afternoon?

Are you using coffee or chocolate to make it through the day?

Are you drinking more alcohol to relieve stress?

Do aches and pains linger longer than they once did?

If you identify with several of these statements, your body's system for adapting to stress is not responding optimally. If you identify with more than 3 or 4 of these statements, your body is sending signals that life's stresses are overwhelming its ability to keep up. Your doctor has recommended the Adrenal Recovery Kit because it contains some of the basic tools to help your body begin the process of responding to stress appropriately so you can regain the reigns of your life—***enjoying a restored, renewed and revitalized life in balance!***



The Adrenal Recovery Kit

Welcome to the Patient Guidebook for the Adrenal Recovery Kit (ARK). This booklet and the products associated with the ARK are not “magic bullet” solutions. They are tools to help support your body as you learn the impact of specific stressors and recommendations for lifestyle decisions that can reduce the negative impact of those stressors.

Each person is different— each situation, unique and complex. The ARK program is designed to be flexible and can be adjusted for your specific needs and the recommendations of your health-care provider. The basic tools in this program were designed to help create an environment of adrenal recovery and stress management that allows you to find the perfect balance that restores vitality and optimal health.

This booklet will also help you understand stress from a clinical perspective and how your body responds, or fails to respond. With the “***Life Event Stress Inventory***” you will discover which stressors most affect you. Once you have identified the stressors in your life and addressed your perception of those influences, you and your doctor can define your level of adrenal fatigue and use this guide to begin taking the steps to restoring your health and energy. By managing stress and how it is perceived, you will move toward achieving the balanced and more fulfilling life you seek.

Take the Test

Use the Life Event Stress Inventory (Figure 1) to calculate your current stress level. You will be surprised how quickly our lives fill with stress-contributing events! Add up all the points you have to find your score.

A score of 150 pts or less means a low amount of life change and a low susceptibility to stress-induced health breakdown.

Scores between 150 to 300 implies about a 50% chance of a major health breakdown in the next 2 years.

300 points or more raises the odds to about 80%.



What Causes Stress?

If you are reading this booklet you likely could give a good description of circumstances or persons that leave you at the end of your rope. Perhaps you have been feeling burned out and exhausted for years. Maybe you can't understand why it is hard to scrape up enough energy for the simple tasks of life. Whether you are in a demanding job with constant pressure, a challenging graduate program in a competitive academic environment, or living frugally as a retiree trying to make ends meet, your circumstances can often overcome your ability to cope, straining your stress response mechanisms to the limit.

Researchers have learned that most things that move us away from the normal expectations of life trigger a stress response.



Life Event Stress Inventory

Life Event	Points	Your Score
Death of spouse	100	
Divorce	73	
Marital Separation	65	
Detention in jail or other institution	63	
Death of a close family member	63	
Major personal injury or illness	53	
Marriage	50	
Being fired from work	47	
Marital reconciliation	45	
Retirement from work	45	
Major change in the health or behavior of a family member	44	
Pregnancy	40	
Sexual Difficulties	39	
Gaining a new family member (birth, adoption, older adult moving in, etc)	39	
Major business readjustment	39	
Major change in financial state (a lot worse or better off than usual)	38	
Death of a close friend	37	
Changing to a different line of work	36	
Major change in # of arguments w/spouse on core issues	35	
Taking on a mortgage (for home, business, etc.)	31	
Foreclosure on a mortgage or loan	30	
Major change in responsibilities at work (promotion, demotion, etc.)	29	
Son or daughter leaving home (marriage, attending college, joined military)	29	
Conflict or tension with parents/in-laws	29	
Outstanding personal achievement	28	
Spouse beginning or ceasing work outside the home	26	
Beginning or completing formal schooling	26	
Major change in living condition (new home, remodeling, deterioration of home)	25	
Change of personal habits (diet, manner, associations, quitting smoking)	24	
Conflict at work with employer or manager	23	
Major changes in working hours or conditions	20	
Changes in residence	20	
Changing to a new school	20	
Major change in usual type and/or amount of recreation	19	
Major change in church activity (a lot more or less than usual)	19	
Major change in social activities (clubs, movies, visiting, etc.)	18	
Taking on a loan (car, tv, freezer, etc.)	17	
Major change in sleeping habits (a lot more or a lot less than usual)	16	
Major change in number of family get-togethers	15	
Major change in eating habits (food amount, meal hours or surrounding)	15	
Vacation	13	
Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc)	12	
Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc)	11	
Your total		

Figure 1

Whether these events are real (actual emergency or trauma) or perceived (anxiety about a potential event), the stress response is surprisingly similar. When you constantly trigger your stress response mechanisms with events which are not resolved, your response mechanisms begin to



become disjointed, improperly regulated, and exhausted; sometimes they fail altogether. Three of the most common chronic stressors are *imbalance in blood sugar*, *chronic inflammation* anywhere in the body and *mental and emotional stress*. Ironically, each of these events is a potent stimulator of cortisol- the adrenal hormone produced to help us recover from stress (see appendix to learn more).

Top 3 Chronic Stressors

- Blood Sugar Imbalance
- Chronic Inflammation
- Mental and Emotional Stress

Scientists who study stress say that the events that cause the most mental and emotional stress usually have four similarities. First, we are stressed by *things which are new to us*. First-time experiences cause you to anticipate how you will feel during that event (pleasure or pain), triggering a stress response. Combine with this, *unpredictability*, the second feature of common stressors and you heighten the stress response. First-time driving lessons on a busy metropolitan freeway are a good example— for both driver and instructor!

The third component is a *sense of threat* to your physical well-being or psyche. While not always thought of as stress, the nervous anticipation of someone else's opinion of you is a threat to your psyche, and therefore a source of stress. Lastly, common stressors typically cause you to feel you have experienced *loss of control* over your situation. A perfect, yet subtle example of this is the person in middle management. They feel the responsibility of performing new tasks (novelty) which typically have



unpredictable outcomes and threaten their job approval while feeling like they don't have control over the outcome.

This is a perfect recipe for stress. Not surprisingly, middle managers are often considered to have the highest stress in most corporations, leading to high turn-over, burnout and poor job satisfaction.

As you read through the next section of stressor categories, ask yourself how each adds to your overall stress load. Think about what components (novelty, unpredictability, threat, loss of control) make particular events or relationships the most stressful.



Four Stress Components

- Novelty
- Unpredictability
- Sense of Threat
- Loss of Control

It is important to remember that your perception of an event is really what creates most of the stress— often more than the event itself. After all, what builds stress in you might be another person's adventure: think skydiving, cocktail party, public speaking!

Your Personal Stress Inventory and Responses

Following are common, every-day stressors we all face. You should read each one and consider them separately. With the understanding that some things are out of your control, what controllable events or relationships are contributing to your stress?

Your Health

All stress triggers can lead to adrenal exhaustion, especially acute or chronic illnesses. Chronic inflammatory conditions such as inflammatory bowel diseases (Crohn's, IBS), arthritis (rheumatoid or osteoarthritis), diabetes and many others will put constant demands on cortisol production and eventually exhaust the stress response system (refer to Figure 4 in Appendix A). Foods you eat (or don't eat) can contribute to an inflammatory environment in your body.

Worrying about your health, or conditions that you might have will also create anxiety. It is important to find a clinician that can help you diagnose and treat the root cause of your health issues. The more you know about your health concerns, the more you will reduce the unpredictability of your symptoms and the associated stress.

Are you worried that your health will deteriorate?

Do you catch colds easier than you once did?

Do you get light-headed or dizzy when standing quickly?

Do symptoms of PMS or Menopause overwhelm you?

Are recurrent infections more frequent (yeast, herpes, sinus etc.)?

Do you have frequent diarrhea or constipation?

Do your joints ache more frequently?

Take Control of your Health

- ➔ *See a doctor for help finding the root cause of your illness or pain.*
- ➔ *Consider using natural supplements to control pain and inflammation rather than OTC or prescription anti-inflammatory drugs (Ask your doctor about Inflamma-bLOX)*
- ➔ *Recognize it will take time to get back to normal again, don't get anxious, don't lose hope!*



Your Sleep

Sleep is your body's way of resetting itself metabolically and psychologically. You are designed to function optimally on a 24 hour circadian rhythm (see page 22). Sleep is what helps your body readjust to the stresses placed upon it during the day. If you are not getting the appropriate amount of sleep or keep adjusting your sleeping pattern (day shift to night shift etc.) this prevents your natural stress response from functioning properly.

While using the ARK, get 7-8 hours of sleep each night, getting as much as possible before midnight. If you have trouble relaxing enough to sleep, begin removing stimuli (TV, lights etc.) and adding relaxation (dim lighting, music, warm tea, hot bath) in the 30-45 minutes before bed. Reading a relaxing novel, devotional, or book of inspirational stories may help. Some find it helpful to write down the next day's tasks so their mind can relax knowing that all their "worries" will not be forgotten in the morning. Using herbal sleep aids like Natural ZZZs may also be helpful for those who find it difficult to fall asleep.

Are you still exhausted in the morning?

Is it difficult for you to fall asleep- even when you feel tired?

Are you constantly thinking about tomorrow's worries while in bed?

Do you go to bed at different times each night?

Take Control of your Sleep

- ➔ *Address any medical reasons that wake you up at night*
- ➔ *Write down tomorrow's tasks so you can sleep worry-free (keep a notebook by your bed if necessary)*
- ➔ *Try to maintain a consistent sleep schedule*
- ➔ *Get a minimum of 7 hours of sleep*
- ➔ *Reduce noise and distractions in the hour before bedtime*
- ➔ *Consider using a natural herbal sleep aid like Natural ZZZs*

Your Exercise

Physical activity is important for proper health and proper stress management. In the right balance it helps maintain insulin sensitivity, blood glucose, muscle mass and also produces body chemicals that can promote relaxation. Strenuous training, however, can add stress to our bodies.

Incorporation of light exercise and stretching is ideal for producing the health benefits that result in stress reduction. Ask your doctor for the amount of exercise you should incorporate into your daily and weekly routine to optimize your stress recovery.

Are you too tired or too busy to exercise?

Does exercise often take more than it gives you?

Have you given up on an exercise program you started?



There are many ways to experience the health benefits of regular exercise. It is recommended for most everyone that you engage in at least 150 minutes of moderate intensity exercise each week, and that you try for 30 minutes of activity 5 days each week. Moderate intensity exercise means that you are maintaining a target heart rate of 55%-65% of your maximum heart rate. Using a heart rate monitor while exercising can be very helpful. Your daily exercise can be structured

to fit your daily routine, but it is considered best to exercise in the morning when your metabolism is ready for greater activity. Some people may find that exercising in the late evening may interfere with their sleep. Your doctor can help you work out a plan that best fits your schedule and personal fitness goals. The real key is to get started and commit to sticking with it. Use the chart in Figure 2 to calculate your target heart rate.



Figure 2

Calculating Your Target Heart Rate

Step 1- Determine your maximum heart rate. Subtract your age from 220

$$220 - \text{_____} (\text{Your age}) = \text{_____} \text{ Max. Heart Rate}$$

Step 2- Find your target heart rate for moderate intensity exercise. Multiply your maximum heart rate by 0.55 and 0.65 and round

$$\text{_____} \text{ Max HR} \times 0.55 = \text{_____} \text{ Target HR}$$

$$\text{_____} \text{ Max HR} \times 0.65 = \text{_____} \text{ Target HR}$$

This will give you the range for your heart rate during moderate intensity exercise.

Step 3- Monitor your heart rate during exercise. While exercising place your fingers on your pulse at either your neck or wrist. For 6 seconds count the number of heart beats and then multiply by 10. This is your heart rate. Compare that to your target heart rate and adjust your intensity accordingly.

***Take Control* of your Physical Activity**

- ➔ *Start slow, but start.*
- ➔ *Build activity or exercise into your routine*
- ➔ *Don't overdue it- you should feel rejuvenated not exhausted*
- ➔ *Incorporate stretching*
- ➔ *Make it fun (add music or a friend)*

Your Diet

Food is information to our body. How much, how often and the types of food you put into your body will determine how your body will respond. One of the most stressful events on the body is constant fluctuations in blood glucose. Low blood sugar triggers the adrenal glands to produce cortisol, which stimulates cells to begin producing more glucose. This is important after a night's sleep and one of the reasons that cortisol is normally high upon waking.

When you eat foods high in carbohydrates (sweets, unrefined sugars, high glycemic index/load foods) you trigger high amounts of insulin production from your pancreas. This overproduction of insulin will help drive glucose levels down quickly and will result in a lower than optimal blood sugar level for a short period of time. This usually occurs a short time after lunch, making you feel sleepy. You may self medicate (chocolate, coffee), but your adrenal cortisol will normalize your blood glucose level in 30-45 minutes. For some, this cycle of glycemic stress comes once or twice every day, placing a constant burden on the adrenal stress response. *Keeping a food diary for 7 days may be helpful to objectively assess your food intake.*

Omega-3 Sources

- fish
- fish oil supplement (like OrthoOmega)
- flaxseeds
- green leafy vegetables
- nut oils such as almond

Controlling glycemic response is critical to help reduce chronic stress. Choosing foods that promote glycemic stability is a foundational stress-relieving lifestyle change. Foods with low glycemic index and high soluble fiber will help ease insulin spikes that drive blood glucose below normal.

Breakfast is especially important. Eating a breakfast with proper glycemic balance which includes good sources of both protein and fat will start you off right. In addition, eating more fruits and vegetables will help reduce inflammation, a common burden to the stress response system. Consuming higher amounts of omega-3 fatty acids and reducing omega-6 fatty acids (most

Do you skip breakfast because you're not hungry?

Do you crave caffeine or sweets in the mid-afternoon?

Do you find it difficult to lose weight?

Do you crave salty snacks?

Do you feel guilty after eating certain foods?

Do you often skip meals or change meal times?



oils except canola and olive) will also promote appropriate stress responses. Recognizing most people simply aren't able to control their diet to achieve full control, The ARK includes **Glycemic Foundation**, a delicious chocolate powdered drink mix with the nutrients necessary to help establish glycemic control. Because of the overarching need for glycemic control, your doctor may initiate a Glycemic Foundation regimen even before beginning a test-based therapeutic treatment. See page 26 for more information.

Radical diet changes while using the Adrenal Recovery Kit are not recommended. Major alterations in diet can add unnecessary stress. Diets which are excessively low in carbohydrates (ketogenic) will also create some distress and should be considered only with the advice of your healthcare provider after adrenal recovery. Excesses of any type of foods (fats, carbohydrates, alcohol, caffeine) should be avoided throughout. As always, a good multivitamin like **Alpha Base** is recommended as a solid supplement to any diet.

Take Control of your Diet

- ➔ *Plan to eat breakfast every morning*
- ➔ *Eat protein with each meal (especially breakfast)*
- ➔ *Avoid trans-fats and omega-6 fatty acids*
- ➔ *Increase omega-3 fatty acids (fish, fish oil, green leafy vegetables, flaxseeds)*
- ➔ *Reduce intake of high glycemic index carbohydrates and sugars. A good online resource can be found at <http://www.faqs.org/nutrition/Foo-Hea/Glycemic-Index.html>*
- ➔ *Increase dietary fiber*
- ➔ *Schedule "comfort foods" so you won't splurge or feel guilty*
- ➔ *Limit caffeine, alcohol, fried foods and sweets*
- ➔ *Take an efficacious multivitamin like one of the Alpha Base products.*

Your Work

When most people think of stress they define it as “too much to do and not enough time to do it.” Perhaps you feel this way about your current job, or are a mother with active children and this describes your average day. If you remember the middle-managers mentioned earlier, stress is highest when we are given responsibility (and accountability) without feeling like we have the tools (authority, finances, time, skills etc.) to accomplish the task. Does this sound like your job?

Often a supervisor pushes off their worst tasks, ultimately ending up on your desk. Stress doesn't just “trickle down,” however. Many senior managers are also under a tremendous amount of stress; from stock holders, from their peers and even from those they employ.

Is your productivity suffering at work?

Are you unable to “get away” from email, phone, PDA?

Are you working longer hours or shift work?

Do you need to apologize to co-workers for your productivity or temper?

Do you feel trapped in your current job?



Ask yourself if the amount of stress at your workplace is overwhelming you and how much of this could be

relieved. Think about the four traits of common stressors. How can you eliminate the stress of novelty, unpredictability, threatening events and loss of control? Speak with your co-workers or supervisor about the need for adequate warning when new changes are



coming or for additional training when new skills are required. Ask for more specifics about what is expected of you so you can feel more control over your job performance.

If all else fails, consider other employment options. With few exceptions, there is no job worth losing your health to maintain. Look for work that provides the right amount of challenge and the level of responsibility you believe you can handle. If you think this is financially impossible you may need to create a plan to make the transition slowly.

Take Control at Work

- ➔ *Schedule as much vacation as you are allotted- ask for more!*
- ➔ *Don't skip meals and breaks to get more done*
- ➔ *Resolve issues with supervisors and co-workers as soon as possible*
- ➔ *Recognize the things that are truly under your control and don't fret about the rest*
- ➔ *Reorganize your work surrounding for better efficiency*
- ➔ *Use an organizer to plan your day- your mind stresses when it thinks you will forget something. Write it down!*
- ➔ *Get new skills or training if needed to perform up to expectations*

Your Relationships

Some of your greatest pleasures in life and some of your worst experiences in life involve relationships. Few things can lift your spirits like being with someone you love. Few things are more damaging to your spirit than relationships that bring constant tension and strife. Below are some simple things you might want to consider to help reduce the stress, or increase the blessing of relationships.

Make a list/Make a call

Write down a list of the people that you enjoy being with. When was the last time you talked with them? Even if it has been a long time, make a call or schedule a visit. You can find joy in a rekindled friendship.

Thank Someone

Being thankful and express your appreciation to others is therapeutic. Failing to express genuine thanks to those around you creates a mental “debt of gratitude” that weighs on your mind until it is paid. Sometimes this is more difficult with those we see everyday; our coworkers, our spouses, our children, our parents. Try focusing on having a spirit of gratefulness during the first month of using the ARK and you will be surprised how rejuvenating it can be.

Resolve your disputes

Relationships will eventually produce conflict, some minor-some major. Conflict in a relationship can be extremely stressful. Often, the issue seems to get worse the longer it is left unresolved, turning a minor misunderstanding into a major dispute. If the

Do you find yourself snapping at those around you frequently?

Do you have someone you can really confide in?

Have you lost your libido or are you too tired?

Do you spend time with people who drain your energy?

Do you feel like you can't say “no” to others?

Are there people you try to avoid?

Does the thought of someone bring up bitterness and anger?



thought, “so-and-so is going to be at the party,” causes you stress, consider seeking reconciliation.

Make a list of individuals you need to resolve disputes with and order them from smallest dispute to largest. Try resolving the smallest one first. Once you get the first one out of the way,



move to the next one on the list. Not everyone will want to resolve the conflict, but even in those situations you will have much less stress knowing that you attempted to find restoration.

Forgiveness

This is related to resolution but deserves its own heading. Often, there are persons who genuinely hurt us; physically, mentally, emotionally. Regardless of the offense, the unwillingness to forgive them causes bitterness, resentment, and anger that can lead to further stress and further affect your health. If the list you made above includes someone you are unwilling to forgive, you may want to consider seeking out a spiritual leader or counselor to help you work through the issues involved. Conversely, if you have wronged someone and have not sought forgiveness, consider going to that person and asking forgiveness and reconciliation. The release of guilt and the sense of restoration will do wonders for your soul.

Take Responsibility for your Relationships

- ➔ *Make a List and Make a Call*
- ➔ *Cultivate an Attitude of Thankfulness*
- ➔ *Resolve Your Disputes*
- ➔ *Practice Forgiveness!*

Your R&R

If life's enjoyments seem like a thing of the past, if you find yourself wishing you could go back to the day when (fill in the blank) wasn't giving you stress; then you need some R&R. You need to find a place that you can feel relaxed enough to allow yourself to rejuvenate. It should be free of the four stress characteristics. That is, it should be familiar, relaxing, and guilt-free. You need short daily times like this frequently, but occasionally for extended time. Consider choosing relaxation over adventure on your next vacation. Schedule a 15 minute break every afternoon where you can brew a cup of tea (See our ***Tranquil Moment*** Tea on page 27), turn off your computer monitor and cell phone, turn on some music that soothes you and...just relax. Schedule a massage once a month and budget this as a health expense. Write down a list of things that give you guilt-free pleasure and begin finding ways to add them back into your schedule. Taking these steps will help you be more focused, more productive and more in balance.

Do you feel guilty taking vacations?

Do you have a place to go that provides guilt-free pleasure and relaxation?

Do worries and work follow you into your vacation and recreation times?

Are you too tired to do anything in your free time except vegetate?

Does the dread of Monday morning/ end of vacation interfere with your time-off?

Can you easily create an atmosphere which relaxes you?

Take Control of your R&R

- ➔ *Find enjoyable things (people, movies etc) that make you laugh.*
- ➔ *Create a place you can go (at work and at home) to relax without much preparation*
- ➔ *Find some music that relaxes you and keep it handy*
- ➔ *Schedule relaxing time into all your vacations so you feel rested when you return to work*
- ➔ *Schedule a massage once a month*



Your Finances

Financial instability creates tremendous anxiety and stress. It can create major friction in a marriage and bring constant worry. While this booklet isn't the place to give financial advice, finding a competent advisor to help you eliminate your debt and create a plan for financial stability will result in more peace than you can imagine.

Debt is not always about the lack of money, but the lack of proper priorities. The things we think will bring us pleasure often become a noose when we obtain them before we can afford them. Calls from creditors. The embarrassment of a bounced check. Waiting for the credit card bill— all of these constantly hammering on your already tired adrenals. If you found yourself cringing as you read this paragraph, this may be a good place to start. Seek out a credible financial consultant (there are many free services available) to help you evaluate your financial situation and help design a program to give you financial control once again.

Do you worry about money/bills regularly?

Do you feel guilty spending money for non-necessities?

Do you limit your recreation/vacation due to lack of money?

Are creditors hounding you?

Take Control of your Finances

- ➔ *Create a plan (with an advisor if needed) to stabilize your financial situation*
- ➔ *Create a Will if you haven't already*
- ➔ *Recognize that it might take time, but with a good plan in place you can stop worrying about bills or creditor calls*
- ➔ *Down-size or simplify*

Testing your Stress level by measuring cortisol

Because cortisol levels are a good predictor of the stress response in most individuals, measuring cortisol levels is a common tool to assess what level and type of stress you are experiencing. When cortisol levels are very low, it is a sign of adrenal exhaustion or burnout. When cortisol levels are very high it may mean there is an uncontrolled acute stressor present (chronic inflammation) or that the feedback loops that should be lowering cortisol are not functioning properly (see appendix for details).

Cortisol can be measured from blood, urine or saliva samples. Your doctor may use any or a combination of tests to help determine the level of adrenal stress you have.

Salivary testing is common. Samples are collected 4 times throughout a “normal” day; once upon rising, once in mid-late morning, once in the afternoon and once before bedtime. The lab will evaluate total levels of cortisol and the proper diurnal rhythm (see sample chart, Figure 3). Most laboratories will also measure additional hormones such as DHEA, melatonin (in the bedtime sample) and sometimes even testosterone and estrogens.

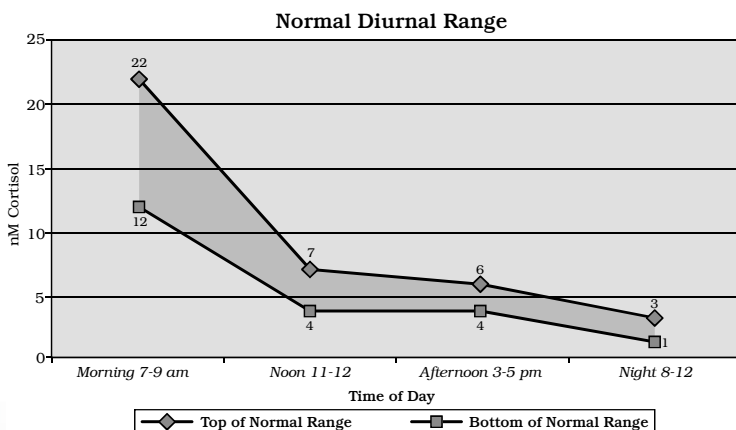


Figure 3



These other hormone levels can help define certain related conditions to help your doctor define a better treatment approach.

Three general categories of adrenal stress are typically defined:

1. **Acute Adrenal Stress:** Sometimes called “The Alarm Reaction” or being “wired,” this is a response to current demanding stressful situations that are causing high amounts of cortisol production without adequate feedback reduction. These individuals may lack an adequate diurnal rhythm as well. Acute adrenal stress will eventually suppress important immune functions and will often result in increased risk of sickness.



2. **Mild Adrenal Fatigue:**

This condition can be the result of adjustments to an ongoing acute adrenal stress condition or the accumulation of years of mild stress without adequate relaxation and recuperation.

These individuals may have cortisol levels within the normal range but either lack proper circadian rhythm or have reduced levels of DHEA.

3. **High Adrenal Fatigue:** This is often called “burnout” or adrenal exhaustion. This condition typically has low or very low cortisol levels (Addison’s disease is the complete loss of cortisol production). These individuals are easily overwhelmed by any stress and find that even simple tasks become burdensome.

Through a process of physical examination, health history, lifestyle assessment and functional testing, your health care professional can find out what level of stress or fatigue you are currently experiencing and develop recommendations so you can experience renewal and a healthy, balanced, more fulfilling life!

The Adrenal Recovery Kit- Product and Usage

The ARK is designed to help you and your doctor develop a protocol for adrenal recovery.[†] It can be customized to suit your particular condition but each kit contains these three components:

The ARK Patient Guide This informative guide provides a brief overview of adrenal stress and outlines the lifestyle factors that will help you regain control of your health. The lifestyle suggestions are designed to compliment your doctor's plan and product recommendations and are the key to achieving optimal health.

Your adrenals cannot recover without lifestyle change.



Glycemic Foundation Maintaining healthy blood sugar levels is critical for adrenal health. Because cortisol is a glucose-regulating molecule, its levels are greatly influenced by blood glucose levels. For most people glycemic control is the first step to achieving adrenal health. The ARK provides Glycemic Foundation, a delicious chocolate flavored drink mix that includes the key nutrients and healthy protein to help you maintain balanced blood sugar levels throughout your day.[†] For more information see page 26.

Tranquil Moment Therapeutic and relaxing tea for enjoying your moments of peace— *an important component of adrenal recovery!*

Based on your unique adrenal needs, your doctor may have also include these products:

For those with Acute Adrenal Stress your kit will include AdreneVive, a formula designed to help you lower excess cortisol, increase your HPA axis feedback loop and reduce the side-effects of acute cortisol and adrenal stress.[†]

For those with Mild or High level of Adrenal Fatigue, your kit



will include either Adren-All or Adapten-All. These formulas help improve your stress response by supporting adrenal function. Your doctor may recommend different doses depending on the severity of your condition.†

Other products your doctor may add to your ARK:

Phosphatidylserine (PS): To help reduce elevated cortisol you may be given more PS in capsules to help augment the amount found in AdreneVive.† These can be taken with your other capsules. Phosphatidylserine helps restore proper feedback loops to reduce cortisol production under acute adrenal stress.†

DHEA: May be recommended if your DHEA levels are low.

Pregnenolone: May be recommended when you need higher levels of adrenal hormones as pregnenolone is the precursor to both DHEA and cortisol.†

Licorice Root Extract: This powerful liquid adrenal tonic may be recommended for individuals with low cortisol levels. Licorice block the breakdown of cortisol. Also available in capsule form.

Natural ZZZs: This product is a mixture of herbs and botanical extracts that can help induce sleeping without the fear of becoming addicted to a sleep medication.†

The Adrenal Recovery Kit

This convenient, effective lifestyle program combines simple lifestyle coaching with targeted products to help restore your adrenals and return to a less stressful and more productive work and personal life.

Designed as a multi-faceted approach to help you back on the road to recovery, The ARK program is intended to be followed for at least the first 90 days. For best results, some will want to stay on the kit after that, others will want to be able to purchase individual components based upon their particular needs.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Glycemic Foundation

Glycemic Foundation contains a unique blend of ingredients including flaxseed flour, guar gum and Oryzatein, a healthy brown rice protein that help support healthy blood sugar levels.[†] Glycemic Foundation is an easy to mix drink with a delightful chocolate flavor that helps the body maintain healthy blood sugar levels.[†]

Supplement Facts

Serving Size: 32.5 Grams (~ 1 Scoop)

Servings Per Container: ~ 30

	Amount Per Serving	% Daily Value*
32.5 grams contain		
Calories	120	
Total Fat	4 g	6%
Saturated Fat	<1 g	0%
Total Carbohydrate	17 g	6%
Dietary Fiber	11 g	44%
Soluble Fiber	9 g	
Sugars	2 g	
Protein	10 g	20%
Calcium	65 mg	7%
Iron	2 mg	11%
Phosphorus	80 mg	8%
Magnesium	45 mg	11%
Chromium (as ChromeMate®)	400 mcg	333%
Potassium	145 mg	4%
Proprietary Blend	28 g	
Oryzatein™ Whole Grain Brown Rice Concentrate		**
Organic Flaxseed Flour		**
Inulin		**
Oat Fiber (Standardized to contain 20% Betaglucons)		**
Acacia		**
Guar Gum		**
Stevia Leaf Extract		**
Alpha Linolenic Acid (from Flaxseed Flour)	1,300 mg	**
Beta Glucan (from Oat Fiber)	750 mg	**
Lipoic Acid	100 mg	**
Vanadyl Sulfate Hydrate	5 mg	**

*% Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** % Daily Value not established

Calories per gram:

Fat 9 - Carbohydrate 4 - Protein 4

Glycemic Foundation

ID #920977

SUGGESTED USE: Add one scoop (32.5g) of Glycemic Foundation to 8 oz. of water or the beverage of your choice, stir and drink between or before meals 1 to 3 times daily, or as recommended by your health care professional.



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Tranquil Moment

You Deserve a Tranquil Moment

Tranquil Moment is a delightful tonic to help strengthen adrenal function.[†] Designed to be part of the Adrenal Recovery Kit (ARK), this tea can create a Tranquil Moment anywhere someone can heat a mug of hot water. Using traditional herbal adrenal tonics and adaptogens, combined with the subtle hint of peppermint and hibiscus, Tranquil Moment will be as pleasant as it is therapeutic.

The true adrenal benefit to Tranquil Moment is in its name. By taking the time to brew a soothing, aromatic tea that begs for a moment alone, you are giving your body a much needed time of rest. Turn off your cell phone, shut down the computer, find a quiet place to relax and enjoy a Tranquil Moment!

*Do You
Need a
Tranquil
Moment?*



Nutrition Facts		
Serving Size: 1 Tea Bag		
Servings Per Container: 20		
1 tea bag contains:	Amount Per Serving	% Daily Value
Calories	0	
Total Fat	0.0g	0%
Total Carbohydrate	0.0g	0%
Protein	0.0g	0%
† is a significant source of Vitamin A, Vitamin C, Calcium and Iron.		

Tranquil Moment
ID #921020

SUGGESTED USE: Pour boiling water over a tea bag and brew 3 minutes or to desired strength.

patient
guide

AdreneVive

During times of acute stress, the hypothalamic-pituitary-adrenal (HPA) axis is over-stimulated and needs help re-balancing. The over-production of cortisol and other stress hormones is typical for individuals with HPA axis overload. AdreneVive is formulated to help respond to HPA axis overload by reducing cortisol levels and limiting the negative impact of acute adrenal stress.[†]

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

2 capsules contain	Amount Per Serving	% Daily Value
Ashwagandha Root Extract (Standardized to contain 1.5% Withanolides)	250 mg	*
Skullcap Root Extract (Standardized to contain 30% Flavones as S. baicalensis)	250 mg	*
Eleuthero (Siberian Ginseng) Root Extract (Standardized to contain 0.8% Eleutherosides)	200 mg	*
Rhodiola rosea Root Extract (Standardized to contain 3% Rosavins)	200 mg	*
L-Theanine	100 mg	*
Phosphatidylserine (from soy Lecithin)	100 mg	*

* % Daily Value not established

Combining three popular adaptogenic herbs (Siberian Ginseng, Rhodiola and ashwagandha), this formula also includes an extract of Scutellaria baicalensis to help support the immune system during times of stress.[†] For the benefits of Phosphatidylserine please see page 29.

ID# 919060 60 Capsules

SUGGESTED USE: 2 capsules 1-2 times per day or as recommended by your health care professional.



Adren-All's special blend of vitamins and adaptogenic herbs provides adrenal support for fatigue, stress and a host of other telltale signs of low adrenal function.[†]

ID #917060 60 Capsules

ID #917120 120 Capsules

SUGGESTED USE: 2 capsules 1-2 times per day or as recommended by your health care professional.

Adren-All[®]

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30 & 60

2 capsules contain	Amount Per Serving	% Daily Value
Vitamin A (as Betatene [®] Natural Mixed Carotenoids)	500 IU	10%
Vitamin C (as Sodium Ascorbate USP)	200 mg	333%
Vitamin E (as d-Alpha Tocopherol Succinate)	20 IU	67%
Niacin USP	20 mg	100%
Vitamin B6 (as Pyridoxine HCl USP, Pyridoxal 5'-Phosphate)	30 mg	1,500%
Vitamin B12 (as Methylcobalamin)	200 mcg	3,333%
Pantothenic Acid (as d-Calcium Pantothenate USP)	350 mg	3,500%
Adrenal Concentrate (Bovine)	220 mg	*
Eleuthero (Siberian Ginseng) Root Extract (Standardized to contain 0.8% Eleutherosides)	100 mg	*
Rhodiola rosea Root Extract (Standardized to contain 3% Rosavins)	100 mg	*
Schizandra Berry Extract	100 mg	*
Licorice Root Extract (Standardized to contain 12% Glycyrrhizin)	75 mg	*

* % Daily Value not established

Betatene[®] is a registered trademark of Cognis B.V.

a balanced
life



Betatene® is a registered trademark of Cognis B.V.



Adapten-All®

Supplement Facts

Serving Size: 2 Capsules		
Servings Per Container: 30 & 60		
	Amount Per Serving	% Daily Value
2 capsules contain		
Vitamin A (as Betatene® Natural Mixed Carotenoids)	500 IU	10%
Vitamin C (as Sodium Ascorbate USP)	200 mg	333%
Vitamin E (as d-Alpha Tocopherol Succinate)	20 IU	67%
Niacin USP	20 mg	100%
Vitamin B6 (as Pyridoxine HCl USP, Pyridoxal 5'-Phosphate)	30 mg	1500%
Vitamin B12 (as Methylcobalamin)	200 mcg	3333%
Pantothenic Acid (as d-Calcium Pantothenate USP)	350 mg	3500%
Eleuthero (Siberian Ginseng) Root Extract (Standardized to contain 0.8% Eleutherosides)	150 mg	*
Rhodiola rosea Root Extract (Standardized to contain 3% Rosavins)	150 mg	*
Schizandra Berry Extract	150 mg	*
Ashwagandha Root Extract (Standardized to contain 1.5% Withanolides)	75 mg	*
Licorice Root Extract (Standardized to contain 12% Glycyrrhizin)	75 mg	*
* % Daily Value not established		

This formula provides the same comprehensive adrenal support formula as Adren-All without the adrenal glandular. In addition we have included the adaptogen ashwagandha, in an extract form to a comprehensive blend of herbal adrenal tonics.†

ID# 918060 60 Capsules

ID# 918120 120 Capsules

SUGGESTED USE: 2 capsules 1-2 times per day or as recommended by your health care professional.

Phosphatidylserine

Phosphatidylserine helps restore proper feedback loops to reduce cortisol production under acute adrenal stress.†

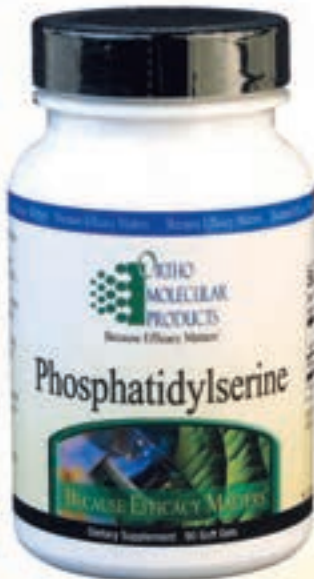
Supplement Facts

Serving Size: 1 Soft Gel		
Servings Per Container: 90		
	Amount Per Serving	% Daily Value
1 soft gel contains		
Phosphatidylserine	100 mg	*
* % Daily Value not established		

ID #542090

90 Soft Gel Capsules

SUGGESTED USE: 1-3 soft gel capsules per day or as recommended by your health care professional.



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DHEA



Secreted naturally by the adrenal glands, DHEA is important as a regulating and precursor hormone. DHEA naturally decreases in the body with age. Lower levels of DHEA have been associated with poor health. More recently DHEA has been used for adrenal exhaustion and fatigue for patients showing DHEA deficiency.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 100

1 tablet contains	Amount Per Serving	% Daily Value
DHEA	5 mg	*

* % Daily Value not established

DHEA 5 mg
ID #590100
100 Tablets

SUGGESTED USE: 1 or more tablets per day or as recommended by your health care professional.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

1 capsule contains	Amount Per Serving	% Daily Value
DHEA	25 mg	*

* % Daily Value not established

DHEA 25 mg
ID #595090
90 Capsules

SUGGESTED USE: 1 capsule per day or as recommended by your health care professional.

Pregnenolone

A key precursor to cortisol, DHEA, and progesterone, pregnenolone is used clinically by physicians who measure hormone functions and adrenal hormones. It serves as a vital supplement to support adrenal function.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 100

1 tablet contains	Amount Per Serving	% Daily Value
Pregnenolone	10 mg	*

* % Daily Value not established

ID #591100
100 Tablets

SUGGESTED USE: 1 or more tablets per day or as recommended by your health care professional.





Licorice Root

One of the more versatile botanical extracts, licorice root extract is excellent for adrenal, respiratory, immunological and related functions.[†] Our licorice root extract is standardized to ensure proper dosing and consistency. Our liquid licorice root is freshly extracted after the organic roots are harvested. Standardized for glycyrrhizin, licorice root is an excellent way to keep cortisol from converting to the inactive cortisone.[†]

Supplement Facts

Serving Size: 1 Drop (0.05 ml)
Servings Per Container: ~ 1,200

	Amount Per Serving	% Daily Value
1 drop contains		
Glycyrrhizin	0.75 mg	*
(from Licorice Root Extract, Glycyrrhiza spp.)		
* % Daily Value not established		

ID #817001 2 Ounces

SUGGESTED USE: 5-10 drops of extract daily or as recommended by your health care professional.

Also available in capsule form.



Intermittent wakefulness, difficulty falling or remaining asleep, or waking too early are all signs the body is having difficulty managing stress. Restlessness and difficulty falling asleep are often the root cause of many daytime problems, including loss of energy, concentration, and productivity. Natural ZZZs addresses these issues with natural ingredients without the side effects often associated with other regimens.[†]

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 15 & 30

	Amount Per Serving	% Daily Value
2 capsules contain		
Valerian Root Extract	450 mg	*
(Standardized to contain 0.8% Valerenic Acids)		
Jujube Seed Extract	300 mg	*
(Standardized to contain 2% Triterpene Saponins)		
Passionflower (aerial portion) Extract	200 mg	*
(Standardized to contain 3.5% Flavonoids)		
L-Theanine	100 mg	*
* % Daily Value not established		



Suntheanine®

ID #521030 30 Capsules

ID #521060 60 Capsules

SUGGESTED USE: 2 capsules one hour before sleep or as recommended by your health care professional.

patient guide

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Appendix A- Understanding the Science behind the Stress Response

Understanding the rudimentary aspects of the stress response requires knowing a few components of anatomy and hormone physiology. The basic components we will discuss are the adrenal glands and several hormones made in the adrenals, as well as the hypothalamus and pituitary glands and some of the hormones they secrete (see Figure 4). There are some references in the back of this section that might be helpful if you want to read more about the components of adrenal health.

The Adrenal Glands:

The adrenal glands are small (5 grams) glandular tissues lying atop each of the kidneys. The inner portion, called the medulla, secretes epinephrine (adrenaline) and norepinephrine and is an extension of the sympathetic nervous system. The larger outer portion, called the cortex, is responsible for secreting various steroid hormones. We will consider only the cortex and its hormones in this particular discussion.

Of the nearly 30 steroid hormones produced by the adrenal cortex, the principal ones include aldosterone (a mineralocorticoid), cortisol (a glucocorticoid) and various sex hormones and their precursors (DHEA, androstenedione). The mineralocorticoids play an essential role in regulating potassium and sodium levels, water balance and, consequently, blood pressure. DHEA and its metabolites have diverse effects during the lifecycle of the individual. Finally, there is the glucocorticoid, cortisol, a key player in the adrenal glands stress response mechanism.

Cortisol:

Cortisol is tightly regulated by feedback mechanisms in both the hypothalamus and the pituitary glands, where the original hormonal signals trigger its production. As in other systems, the hypothalamus gland, located at the base of the brain, begins the



process by secreting corticotropin-releasing factor (CRF) in response to a variety of “stressors.” CRF then triggers the anterior pituitary to release adrenocorticotrophic hormone (ACTH) which travels through the blood until it reaches the adrenal glands where it induces the adrenal cortex secretion of cortisol. In turn, increasing cortisol levels slow down the production of both CRF

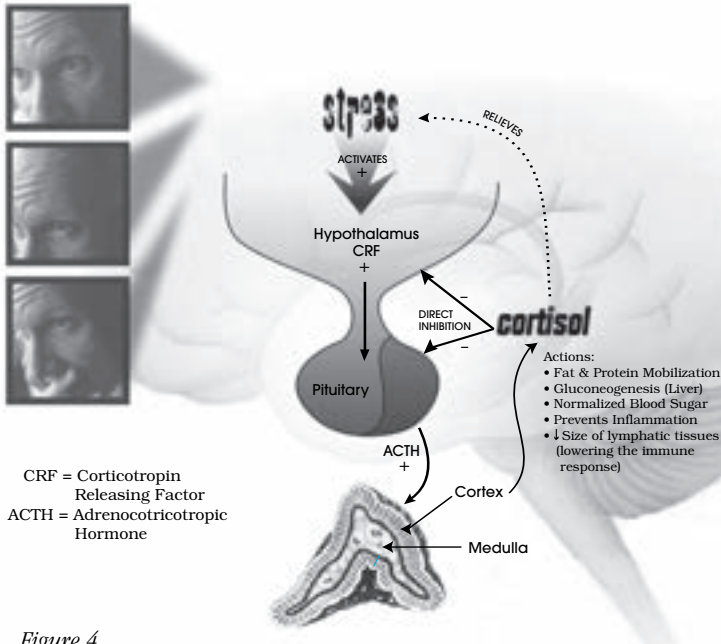


Figure 4

and ACTH from their respective glands. This whole circuit is referred to as the hypothalamic-pituitary- adrenal (HPA) axis or system. Similar systems also regulate the thyroid hormones (HPT axis) and ovarian hormone production (HPO axis). Not surprisingly, stress will also cause imbalance in thyroid and female hormone cycles as well.

Normal functioning of the HPA is known to have three attributes. First, when the system is unstressed there is a regular circadian

rhythm of activity. The rhythm results in the highest cortisol levels shortly after awakening (7-8 a.m.) and progressively falling until they are lowest during the first several hours of sleeping. A healthy HPA axis should have a circadian rhythm, as well as appropriate total daily secretion of cortisol. The second function of the HPA is proper feedback loops coordination. As mentioned previously, increasing amounts of cortisol should be able to shut down ACTH and CRF production, and hence reduce serum cortisol levels. Clinically appropriate challenges with corticosteroids like dexamethasone can be used to test this feedback loop. Positive tests for pituitary and adrenal cortex functions can also be performed by giving CRF or ACTH and measuring cortisol responses.

Third, and most importantly for us, is the fact that various stressors can stimulate the HPA and many can do so in a way that overrides both the circadian and feedback controls. It is this well-known phenomenon that allows the functional testing of the HPA system to give us a glimpse at the effects of stress (both acute and chronic) on the health of an individual.



Adrenal Recovery Supplement Schedule

Supplement	Upon Arising	Breakfast	Mid Morning	Lunch	Mid Day	Dinner	Before Bed
Glycemic Foundation							
Tranquil Moment							
Adrene-All							
AdreneVive							
Adapten-All							
DHEA							
Pregnenolone							
Phosphatidylserine							
Melatonin							
Natural ZZZs							
Alpha Base							
Other:							
Other:							
Other:							

Doctor's Notes:

Next Office Visit:

Date: _____ Time: _____



Ortho Molecular Products, Inc.
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Stevens Point, WI 54481



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