In 1977 I wrote a paper on the use of glandular for the reversing of the general adaptive syndrome. Hans Selye in his book “Stress Without Distress”, showed his mastery of research in the effects of stress on the glands in the body. He found excessive work; play or emotional upset would cause exactly the same reaction. He found the adrenal cortex to hypertrophy; the shrinking of the thymus gland and the lymph nodes took place simultaneously as well as the appearance of gastrointestinal irritation and ulceration in a very short time.

There are three stages of the general adaptive syndrome: 1. The alarm reaction, 2. the stage of resistance, and 3. the stage of exhaustion. Dr. Selye made an interesting analogy to our childhood, our adulthood and then on to senility. We have found the specific use of glandular and cofactors to minimize long term damage and help rebuild past insults. The glandulars to be used are adrenal; to help offset the adrenal hypertrophy and later atrophy in the final stages. The stomach substance to help the damage to the stomach lining, thymus and spleen to help replenish the diminution of those tissues and parotid because of the synergistic connection to the entire process.

It has also been found that the parotid glands are important to tag other nutrients as we in-salivate them. The parotid is also quite helpful in the detoxification of heavy metals from the body. Research has found toxins in the system of any kind and particularly heavy metals respond to parotid.

The co-factors that are necessary to allow for repair and healing are pantothenic acid in the form of (calcium and d-panatothinate), Vitamin C, Vitamin B-6, Vitamin B-2 (riboflavin), niacinamide, proanthocyanidins, along with zinc, iodine and chromium.

It is important that the trace minerals accompany the glandulars to allow enzymatic activity to be adequate. Enzymes are the building blocks of our existence. The major building blocks of sea water are sodium, potassium, calcium, magnesium combined with chloride, phosphate and carbonate to provide the general matrix for our cells.

In Dr. John Myers opinion, metabolic disease and health loss have happened most abundantly from our loss of mineral elements. He states depletion of our soils have yielded plants with almost no trace minerals. He further states, that washing, soaking and boiling of vegetables further reduces the mineral elements. We then discard our cooking water which further depletes our availability and the spring water we use to get deep in the wells is now no longer how we acquire our water. The foods that we use to get vitamins and minerals from have also been cooked, micro waved, prepackaged and devitalized further.

So not only should we add the glandular to rebuild glandular deficit from stress but also the trace minerals necessary to allow the body to utilize them in repair and in normal function.
Trace minerals act as catalysts and regulators in both the plant and the animal kingdom.

We are told that stress is the cause of many conditions or the aggravor. Yet stress comes to us physically, emotionally and nutritionally in a constant barrage. The illustration in this article shows any stressor causes the autonomic nervous system to yield stomach irritation almost instantly with the hypothalamus-pituitary action over-stimulating the adrenal cortex and causing hypertrophy and the thymus as well as other parts of the immune system diminishing in size and function.

The adrenal stretch reflex was demonstrated by Dr Gerald Deutsch many years ago and still holds constant with any stress patterns affecting the adrenals. You can check any strong intact muscle and stretch it. If it becomes weak, the adrenals need nutritional support. The DSF or the De-Stress Formula will neutralize that action. Postural hypoadrenia will also manifest itself many times by the blood pressure dropping when we stand and/or Rogoff’s Sign with the pupil dilatation to light, DSF is also indicated. Any other adrenal depletion symptom is a tip off to DSF necessity, such as a person getting dizzy when they stand.

Stabilizing the blood sugar sometimes can be difficult with multiple hyper or hypo glycemic systems. DSF is indicated on both of the glycemic indexes due to the adrenals action and considering stress can be a major factor in either condition.

Having all the glandulars supported by their cofactors will support both the adrenal cortex and medulla. They will also support the digestive and immune systems.

I have seen in practice, as I’m sure you have patients that are chronically reversed. Reversal or switching may be indicated as we would normally check in muscle testing by the two point bilateral therapy localization of K 27 or the coccyx area to GV 21. It may also be manifested in the patient that takes vitamin C and gets a cold or someone that takes different nutrients that seem to irritate the gastro intestinal track or causes the opposite of the desired effect.

A challenge I developed for this is to check a person’s general muscle strength and then giving them sugar. If sugar does not make them weak, give them a natural nutrient, e.g. an apple or banana and see if that weakens them. We have found some people get weak on good food and not weak on devitalized food. We refer to them as chemically switched. We then have them chew the DSF and they will then weaken to sugar and not to the good natural nutrients. This is an overstimulation of the test as not all people will show the non weakness to sugar that still show need for the DSF. They may show an allergic reaction to certain foods or sensitivities as it might more correctly be called, which disappears after the ingestion of the DSF.

I have found this combination to be the best adrenal product I’ve ever used. I also find it the most helpful in any stress related insult. We use it instead of any other adrenal, parotid or general stress product.

In summary let me give you one case history: Four years ago a man came in with a positive disc and was recommend for surgery. He opted for us to do conservative treatment instead.

Treatment went well and he has been stable with only periodic tune-ups as he calls them. That is, until he tipped the scale of stress.

He received a new supervisory job with accompanying emotional stress. To offset the emotional stress, he played racquetball. This was within body tolerance until challenged by a younger player in a prolonged match.
Remember stress is interpreted by the body and added together:

\[
\text{+Emotional Stress} \\
\text{+Physical Stress} \\
\text{+Nutritional Stress} \\
\text{-GAS ÷ Nutritional Support}
\]

*GAS-General Adaption Syndrome

The person’s weak link will usually be the first to show. In this person’s case, it was his back. With AK and *DSF Formula he is on his way to recovery.

I hope with continual nutritional support and a better understanding we can prevent further insult from ever developing.

References


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