

## Anxiety and Your Adrenal Glands

We live in a world of constant stress. You only need to watch the news at night or sit in city traffic to realize the constant stress we are exposed to in our modern world. Most humans have a knack for creating internal stress as well. Negative thinking, thinking you are not getting enough done, you don't measure up to others, you are not good enough, all of these thinking habits also cause a great deal of stress. Biologically, we are built to handle stress. When exposed to a real danger, the adrenal glands, small glands that sit on top of your kidneys, secrete hormones to activate your flight or fight response. Blood pressure increases, blood sugar rises, breathing increases, and digestion slows down, in attempt to fight or run from the perceived danger. Unhealthy dietary choices, unresolved emotional issues, digestive problems, poor sleep quality, and illness keep the adrenal glands in a state of high arousal. What about the daily stresses we experience that are not life threatening? The adrenal glands only know stress. Whether the stress is running from a bear, sitting in traffic, or getting everything done at work, the adrenals secrete cortisol. This constant secretion of cortisol will begin to wear down the body and mind. Type II diabetes, hypertension, hypothyroidism, weight gain, insomnia, anxiety, depression, and lowered immunity are related to high stress, high cortisol lifestyles. The first step in surviving our stressful lives, is to become aware of our tension, our reaction to life events, and to listen to our inner dialog. We have to learn to send our bodies relaxing messages to counteract the stress hormones we are used to secreting. Quiet time, exercise, a healthy diet, and connection with others are all part of a balanced lifestyle. Healthy adrenal glands need rest, frequent small meals, and positive self talk. If your adrenal glands have been subject to an unbalanced lifestyle for an extended period of time, or if you are beginning to feel symptoms associated with adrenal gland dysfunction, a simple salivary test will evaluate your adrenal health. A doctor who specializes in natural health can come up with a dietary, herbal, and/or nutrient based plan to help you regain healthy adrenal function and in the process, regain optimal health and vitality.

## About the Author

Digestion is the process in which food is broken down into nutrients used by the body. Food passes from the mouth through the esophagus.

Source: <http://www.productsherbal.com>