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## Triple-Action Adrenal Support Formula Can Help End The Misery Of Chronic Fatigue And Adrenal Exhaustion

If you're one of the millions who suffer in silence, you'll probably recognize this daily scenario: You're achy and tired, yet it's virtually impossible to get a good night's sleep. Your joints feel stiff... your moods jump all over the place... and your doctor just can't seem to figure out the problem.

That's because most doctors just don't know where to look... the adrenal glands. While these two endocrine (hormone secreting) glands – that sit on the top of your kidneys – may be tiny, they do an enormous job.

The outer layer of these glands, known as the adrenal cortex, releases hormones in response to stress, such as adrenaline and cortisol, which are responsible for the 'fight-or-flight' response. Other tasks that the adrenal glands carry out include blood sugar regulation, maintaining the body's energy levels and controlling mineral metabolism.

In the past, our adrenal glands played a vital role in our survival as a species. Faced with the acute stress of imminent danger, an 'adrenaline rush' increases energy to the organs needed for direct survival – the brain for decision making, the heart to pump more blood, the immune system for protection and the muscles for physical action. This gives us the strength to fight, or to run, for our lives.

### Prolonged stress wears out the adrenal glands

Today, we still have the internal reactions of our hunter-gatherer ancestors, yet instead of acute stress we're far more likely to experience long-term stress, such as ongoing work and money worries, for example.

This means that your cortisol levels are higher than normal the whole time, resulting in weight gain (especially the 'spare tyre' around your middle), as well as frequent infections, sugar cravings, lack of interest in sex, digestive problems and headaches.

Before long, though, the adrenal glands are unable to keep up with the body's demand for cortisol and output falls, leading to anxiety, irritability and insomnia. The body's metabolic rate and temperature control mechanisms are affected, so you may feel cold and sluggish.

Many people resort to caffeine and sugar 'fixes' to keep going, but eventually the overworked adrenal glands become 'exhausted' and are unable to maintain hormone production. At this point, the body goes into survival mode, doing everything it can to conserve energy. This brings on chronic fatigue, depression, hormonal irregularities and fluctuations in blood pressure and blood sugar levels.

Fortunately, Nature, as is so often the case, holds the solution... TriAdren is an all-natural adrenal support formula that contains three key ingredients – vitamin C, Korean ginseng and liquorice root – all of which have a long history of use when it comes to fighting fatigue, improving endurance and supporting adrenal health.

### Vitamin C is essential for the normal functioning of the adrenal glands

As already mentioned, when you're under pressure your adrenal glands release cortisol, a vital stress-adapting hormone. However, one of the lesser known reactions associated with this mechanism is a significant

loss of vitamin C from the adrenal tissue with higher amounts appearing in the urine. This is an indication that vitamin C plays an important role in the body's ability to deal with stress and is required in higher amounts during stressful periods.

This may explain why the adrenal glands contain the highest concentration of vitamin C in the body.<sup>1</sup> Having such a reservoir of vitamin C serves to offset occasional stress but eventually even these reserves can become depleted when the body is faced with chronic stress.

In addition, vitamin C is a powerful antioxidant. When you're stressed, your body releases even more free radicals than usual. Vitamin C helps to keep these free radicals in check, and repairs your body. Basically, it helps protect your body from the cumulative effects of stress. A German study in Psychopharmacology found that vitamin C helps reduce stress and returns blood pressure and cortisol to normal levels after a stressful situation. Vitamin C is also well-known for boosting your immune system, which is intricately involved in the stress response.

### **Liquorice can help you cope when you're under pressure**

Liquorice extract also plays an important role, as it prolongs the life of cortisol, which reduces the burden on tired adrenal glands to pump out more of this hormone, especially during times of stress.<sup>2,3</sup>

In one study, glycyrrhetic acid – a biologically active compound found in liquorice root – slowed the loss of cortisol in people with adrenal insufficiency who had been using hormone replacement therapy (prednisolone) for over three months.<sup>4</sup>

Another compound in liquorice root, glycyrrhizin, appears to be able to slow the metabolic breakdown of circulating free cortisol, making the hormone have a more prolonged effect in those

suffering a deficiency.<sup>5</sup>

### **Korean ginseng's 'adaptogenic' properties enhance your resistance to stress**

Korean (Panax) ginseng has been found to exert a protective effect on the adrenal glands and is particularly effective against chronic stress.<sup>6</sup>

It is a well-known adaptogen that helps your body do whatever is needed to stay in balance. It is able to regulate the chemicals that your body produces during times of stress, which reduces the severity of symptoms you experience. It has also been found to help improve energy levels and endurance.<sup>7</sup>

In one study, a combination of Korean ginseng and liquorice root was tested for its ability to improve the brain-fog commonly experienced by chronically stressed people and those with chronic fatigue syndrome. In this study, the stressor administered was a mental arithmetic test. Following analysis of salivary and blood hormone samples, as well as ECG measurements, the researchers concluded that this combination of herbs is effective at reducing mental stress.<sup>8</sup>

### **What to take for best results**

The recommended dosage for TriAdren is one to two capsules daily.

It should not be used by pregnant or breastfeeding women and you should consult your doctor before taking this product if you have high blood pressure or are currently on any medication.

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