



Adrenal LF

Complete Adrenal Support Formula
120 Veggie Capsules

Matrix Nutritional Series

Adrenal/Thyroid Insufficiencies

Patient Reference

The Matrix Nutritionals Series was designed as an eclectic offering for the Physica Energetics line of synergistic remedies to correct and support the nutritional **Causal Chain communication pathways**. These pathways are present in every system throughout the body. In keeping with the principles of functional & bio-energetic medicine, the remedies nourish and support these systems without punishing them with overstimulation or imbalancing factors which ultimately proves to be counterproductive. The Matrix Nutritional supplements' approach has been scientifically and bio-energetically designed to provide the required natural, symbiotic, factors in the correct biochemical *and* bioenergetic ratios, to provide restorative assistance to compromised body, mind and heart challenges. They are not to be confused with solely replacement therapy nutraceuticals that may seem to help for the moment, until the patient stops taking them or the condition is driven deeper. Multidisciplinary-leaning practitioners, who clinically appreciate the masterful blend of art and science, quickly discover that these timely remedies become an integral part of their practice.

It's not how long you are on the planet, it's how much baggage you carry while you are here"

Dr. Michael Borkin

In today's accelerated society, the adrenal glands become severely overburdened by chronic stress, environmental pollutants, infections and the overuse of stimulants such as caffeine, sugar and nicotine.

The body's attempt to compensate for stress results in an increased production of cortisol from the adrenal cortex, leading to a disruption of the delicate balance of hormones required for health and vitality.

Factors contributing to elevated cortisol include:

- 1) Chronic Inflammation
- 2) Chronic Xenobiotic Infection
- 3) Glycemic Control
- 4) Emotional/Psychological issues

Eighty percent of people suffering from adrenal fatigue also experience symptoms of low thyroid. Similarly, until the adrenal glands are strengthened, supplemental treatment for thyroid disorders will be less effective.

Levels of cortisol at the cellular level directly affect thyroid gland function. Cortisol is required for the conversion of thyroxine (T4) to triiodothyronine (T3). Even mild adrenal insufficiency can significantly impact this conversion, leading to the development or exacerbation of existing thyroid conditions. Tyrosine, among other organic botanical (*Rhodiola Rosea*) and nutritional factors, has been added to the remedy to provide support for the restoration of this process.

Balancing the adrenal glands is primary and central in "the opening" of all endocrine cases.

Imbalances of sex hormones also occur in response to weakened adrenals. In times of chronic stress, the body's response is to shunt sex hormone precursors towards cortisol production. Over time, levels of sex hormones quickly become depleted and the pattern of hormonal imbalance deepens.

Balancing the adrenal glands is an integral part of every healing strategy

A person needs to sleep at least 5 1/2 hours straight, without lifting their head higher than 1 foot. Any less, breaks the cycle of adrenaline production. It has been well documented that physical healing occurs between 10pm-2am and psychological healing occurs between 2am-6am. Hence the 8 hours of sleep that we've always been told we need, but rarely get!

Glandular tissues are rich sources of nutrients, enzymes and other factors that support specific gland-related metabolism and physiological function. When prepared with sufficient technical sophistication and sensitivity to their delicate nature, glandulars can retain a significant portion of their biological activity. We use the excellent process of lyophilization which freezes the organic gland, then subjects it to a high vacuum that vaporizes moisture directly from the solid state, to maintain a high level of its biological activity.

Adrenal LF is a premium nutritional for adrenal and thyroid support and restoration. Combining a pure, clean source of organic, New Zealand bovine glandular with essential nutrients and supportive biodynamically grown, organic botanicals. It is a highly potent, well tolerated remedy for all ages, conditions and body chemistries

CAUSAL CHAIN INGREDIENTS (Per 2 capsules):

Adrenal tissue (New Zealand lyophilized & organic bovine) 250 mg
Pantothenic acid (B5) 100 mg
L-Tyrosine 250 mg
Magnesium Citrate 50 mg

Niacinamide (B3) 25 mg
Potassium Citrate 50 mg
Rhodiola Rosea root (standardized 3% salidroside, 1% rosavins) 5:1 250 mg
Pyridoxine B6 25 mg

