

Ms Sample Report
Suite 5
Queripel House
1 Duke Of Yorks Square
London
SW3 4LY

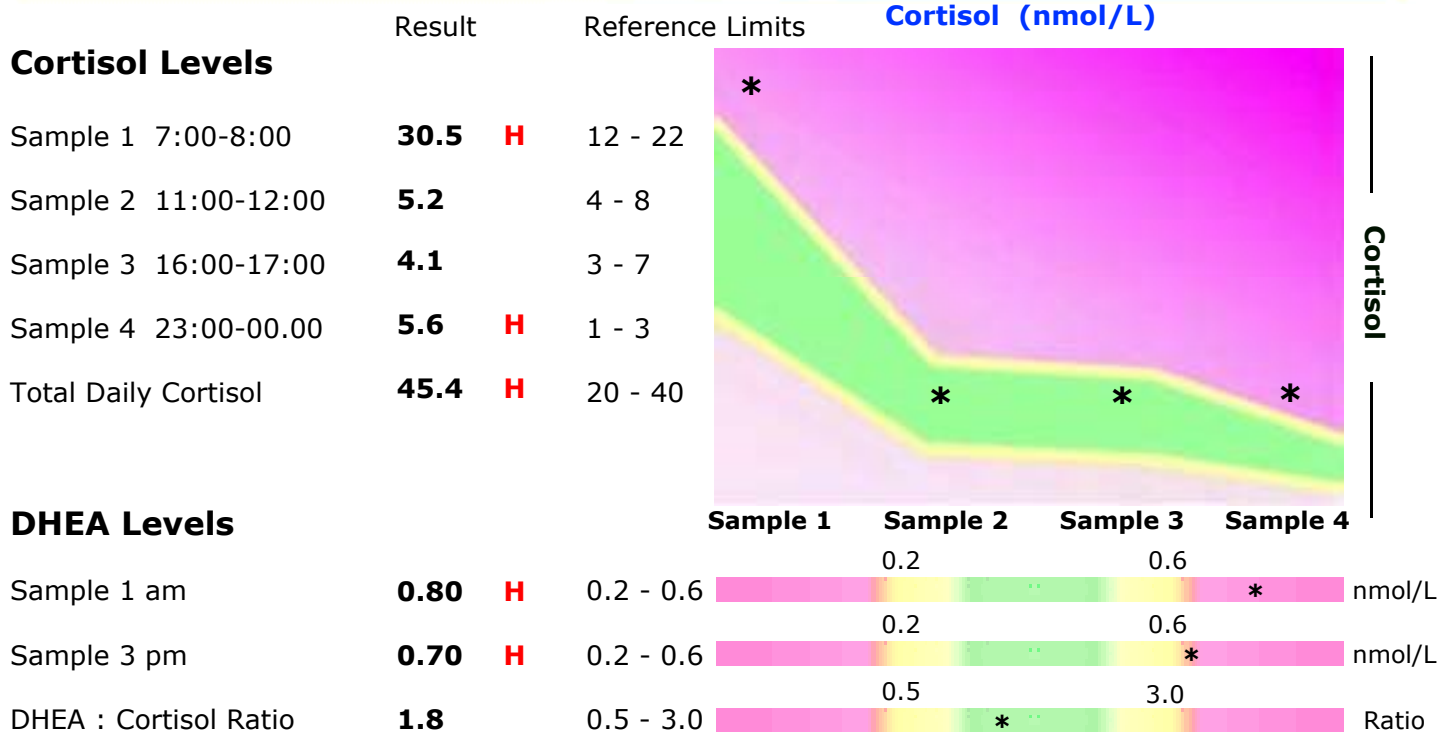


I W D L

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 Individual Wellbeing Diagnostic Laboratories
 Parkgate House
 356 West Barnes Lane
 New Malden
 Surrey
 KT3 6NB

Lab Ref No: 0500220
 Patients DOB: 06/06/1962
 Sample Date:
 Date Of Report: 28/06/2005

ADRENAL STRESS PROFILE
(Saliva) Age Group 40 - 49



Adrenal Stress Type: **Alarm Stage - Adapted response: This is a state of adrenal over stimulation. In most individuals after a period of continual imbalanced and unrelieved stressors, adrenal hormone levels begin to rise. Cortisol levels tend to rise more rapidly and earlier than DHEA as it is a more immediate responder to stress. Chronic pain and illness, panic and anxiety disorders, family dysfunction, food or environmental allergies, reactive hypoglycaemia or glucose intolerance (Syndrome X) are among conditions to be considered. If levels are excessively elevated, hormone secreting tumors as well as the patient's or practitioners use of exogenous adrenal hormones (corticosteroids e.g. prednisolone, adrenal extract) should be investigated.**

Comment

Reported by: nra

DEVIATIONS FROM THE NORMAL CORTISOL RHYTHM

The morning cortisol level is above the normal range. This may be a reflection of low night time blood sugar levels, insomnia, chronic pain, inflammation, glycogen storage, impairment or an imbalance in the hypothalamic adrenal axis Action: Correct Blood sugar levels. Phosphatdyl serine - helps hypothalamic adrenal axis imbalance

The midnight cortisol level is above the normal range. This may be suggestive of malfunctioning of the hypothalamic adrenal axis feedback system. This is associated with REM sleep disruptions and depression. Action: Phosphatydyl serine half hour before food. Eat no later than 8:00 PM. Exercise early PM. Relaxation and breathing exercises: Yoga, meditation.

DEVIATIONS IN DHEA PRODUCTION

DHEA levels are elevated, reflecting elevated ACTH with an imbalanced response from the adrenals. This could be due either to an inappropriate DHEA response or to some external stimuli (e.g. drugs, hormone supplementation, treatments to increase adrenal function)

GENERAL INFORMATION FOR PATIENTS

Aim:

To focus on identifying the various causes of stress (physiological, chemical, physical, psychological and environmental) and the design of appropriate management strategies aimed at reducing/eliminating these factors.

Lifestyle:

1. Reduce, if possible, the cause of stressor/s or try to find solutions.
2. Build in relaxation as part of your day for a minimum of 15 minutes - e.g. reading, bathing with lavender oil, listening to music, treating yourself to a massage. Watching television is not relaxing, it is a stressor to the adrenals!
3. Exercise three times per week for 20-30 mins. This should not be high intensity as this can put further pressure on the adrenals (running, aerobics). Exercise should consist of brisk walking, swimming, also including yoga/pilates as this sort of exercise promotes and encourages balanced adrenal function. Exercise can alleviate anxiety, nervousness, moods, promotes digestive function and makes you feel good!
4. Relax and chew your food well - this will help insure that nutrients are optimally digested and absorbed reducing your symptoms. Eating quickly under stress does not allow digestive juices to be stimulated. As a result nutrients are poorly absorbed and digestive difficulties such as bloating, diarrhoea, constipation, wind and indigestion can occur.
5. Eat small regular meals throughout the day to maintain energy levels, mood, decrease tiredness and fatigue, decrease cravings and decreasing fat storage.

Nutritional:

1. The body has a way of regulating its fuel levels, this is called blood sugar balance, if this becomes unbalanced it can put unnecessary stress on the adrenals. Achieving this balance can be done by:
2. Following the above Lifestyle Strategy.
3. Eating a wholefood diet. For example swapping white bread, pasta and rice for wholemeal versions, eating brown rice and using other grains such as millet, quinoa, buckwheat, oats and rye.
4. Proteins should consist of chicken, fish, including oily fish three times per week. Oily fish are salmon, tuna, mackerel, sardines, herring. Eggs, turkey and a little red meat (once a week) should also be included.
5. Beans, pulses, nuts, seeds and lentils are also good sources of protein and carbohydrate and high in nutrients and should make up a good balanced diet. Nuts and seeds also make useful snacks with a piece of fruit through out the day.
6. Snacks are needed to maintain energy levels and should consist of fresh fruit, nuts, seeds, oat cakes, rice cakes perhaps spread with a little nut butter or a small amount of dried apricots.
7. Reduce sugar and products high in sugar such as chocolate, biscuits, cakes and sweets. Hidden sugars are also present in cereals, breads, tinned, processed and packaged foods. Read labels! Sugar puts a lot of stress on the adrenal glands and can contribute to a lot of symptoms of adrenal stress and also contains very few nutrients needed for energy, sleep and mood, but is often craved!
8. Alcohol, diet drinks, artificial sweeteners, tea, coffee, cigarettes are to be avoided, these are often craved but imbalance the adrenals further.
9. At least five pieces of fruit and vegetables should be consumed per day.
10. Drinks should consist of water (1.5 litres per day), herbal teas, fruit juices (diluted with mineral water (50/50)).
11. Supporting liver function ensuring optimum breakdown of toxins aids adrenal function. Dandelion tea and lemon juice in warm water on waking and throughout the day are beneficial.
12. Nutrients particularly good for the adrenal glands are: Magnesium: nuts, seeds, wholegrains, dark green leafy vegetables, peas. Vitamin C: fruit and vegetables. B vitamins: wholegrains, lentils, beans.