

Adrenal Gland Exhaustion and Ligament Stretch Syndrome.



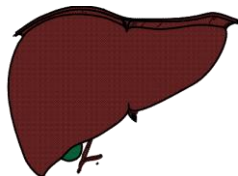
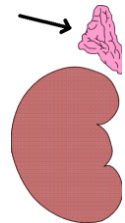
Do you often need a cup of coffee to kick start your day? Do you have a lagging cough or a slight cold that just doesn't go away? If you can't start the day on your own, or can't seem to get healthy despite all the rest and medication, chances are you have run down adrenal glands.

Many people suffer from stressed-out, tired adrenal glands, a very common problem.

The typical symptoms can include fatigue, headaches, pain and aches, inflammatory conditions (problems that end in "-itis, like bronchitis, dermatitis, colitis, etc.), low blood sugar, rashes, swellings, allergies, asthma, and numerous others. In fact, low [adrenals](#) often cause, underlie, or aggravate many health problems.

What are the adrenal glands and what do they do?

The **adrenal glands** (also called suprarenal glands) are pint-size glands that sit atop the kidneys. Despite their size, these organs are very busy regulating many reactions in the body. Most know these glands as our "fight or flight" glands. When we get frightened, these glands produce adrenaline which turbo-charges our muscles to move!



One of the less famous yet most important duties of the adrenal glands is its connection and management of blood sugar regulation. You see, these glands produce **cortisol** (also known as glucocorticoids) – a hormone which tells the **liver** to produce more glucose in the liver and release it into the blood stream to increase blood glucose.

The adrenal gland also produces mineralcorticoids which tells the kidney how much water to retain.

They also produce special hormones that **STRENGTHENS** our ligaments so they hold our bones together.

PROBLEMS OCCUR WHEN THESE GLANDS ARE OVERWORKED

When these important glands are over-worked and stop working properly, problems ensue. Do you have an inflamed joint that doesn't heal? Do your joints make lots of clicking noises?

We must have properly functioning [adrenal glands](#) in order to ensure that our joints and connective tissues are strong and stable.

Chances are that your stress glands are so worn down that they cannot produce enough 'glue' to hold your joints together properly.



When your [adrenals](#) are run down to this level, we call this condition "**ligament stretch syndrome**"

This problem gets its name from the effect it often has on the joints. When the adrenal hormones are so low that they leave the joints and ligaments (tissues that hold the bones of joints in place and allow for their movement) undernourished, a person will fail a test from *Applied Kinesiology*, the chiropractic specialty which developed muscle- testing as a diagnostic method.

When patients don't pass the simple muscle test, you know they really have hit the toilet bowl of adrenal gland exhaustion. You know that they have decreased function, and reduced hormone output.

Besides finding any number of the typical low adrenal problems, the ligament stretch patient, tends to have other special symptoms. A "**ligament stretch syndrome**" patient tends to also have ^e**Xtreme fatigu**. Furthermore, because the joints are poorly nourished with specific hormones, the patient may feel that **they cannot perform normal physical or athletic activities**. The result is a fear of injury. "*I can't play racquetball,*" or "*My joints will ache*" or "*I can't work out,*" or whatever.

These **migrating multiple pains** can cause a person to be so careful of physical activities, that both family and friends think they're losing it. The patient may consider that they are becoming a hypochondriac; the little things that shouldn't cause pain, make him/her miserable.

And they don't heal well.

The patient may feel constantly mis-aligned or out-of-adjustment. But he/she also complains that chiropractic adjustments don't "hold". Even worse, adjustments have hurt them (a good adjustment doesn't hurt a patient without ligament stretch syndrome). So they feel a need for an adjustment, but what's the use? I need one, I can't have one...what a hassle.

A **terrible hopelessness** affects half of these patients. They feel that they can never get well. It's a hopeless type of depression. Their inflammatory conditions can be horrible. Patients with fibromyalgia (the horrible pain in joints and muscles) almost always have "ligament stretch syndrome"; as do people with severe auto immune conditions like rheumatoid arthritis. Headaches can be of the more severe migraine type. Poor immunity and frequent colds or infections can result.

What a mess! These patients are the doctor's and chiropractor's nightmare until the research uncovering ligament stretch syndrome was discovered and explained.

Until then, these patients had no hope of health

The treatment for this condition is specific. The patient must take the correct adrenal nutrient for them every waking hour, at first. The [adrenals](#) must be "kick-started" in this way or they usually won't "wake-up" at all. The average patient will complete this hourly dosage in one week; some will take longer, and some shorter.

When they finally pass the **ligament stretch test**, they've graduated up to terrible [adrenals](#)! At this point, however, adjustments become painless and more helpful, but more adrenal repair is needed.

This patient must learn all the information on low [adrenals](#) and low blood sugar, and do everything possible to help them repair, and eliminate all things possible that tear them down. Diet, stress management and supplementation are among the useful things.

With the breakthrough of understanding the diagnosis and treatment of this condition, some of the most tortured patients that ever cross a doctor's door can be miraculously helped, brought to a high level of well-being.

(For a more in depth discussion about this topic, please fill out the health questionnaire form. Part 2 of this discussion will be e-mailed to the email address you provide.)