

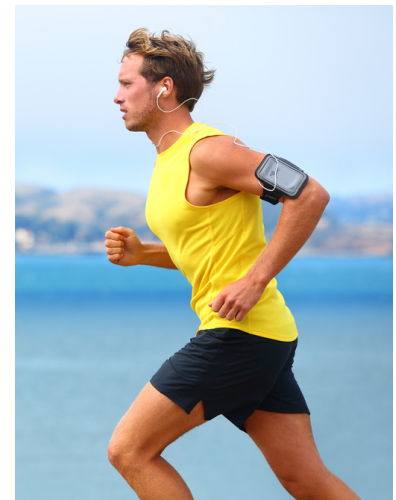
# Adrenal Support:

By Cynthia Foster, MD • [DrFostersEssentials.com](http://DrFostersEssentials.com)

## Benefits:

Adaptogenic herbs help your body adapt better to stress of all kinds. They can be used for everything including the following:

- **Energizing & restorative.** Can help improve adrenal fatigue, adrenal exhaustion, and chronic fatigue. Benefits accumulate over time the more you take it.
- Can help symptoms of **altitude sickness**
- Promotes **muscular strength, physical stamina and endurance.** A natural bodybuilding supplement.
- **Helps the body adapt to stress** including sudden temperature changes, overly hot or cold weather, high altitude or change in altitude, air travel, long road trips, lack of sleep, & strenuous exercise.
- **Helps regulate all body systems** including blood sugar, blood pressure, immune system, sympathetic and parasympathetic nervous system, brain function, liver function, kidney function, pancreas function, bone health, musculoskeletal system, digestion and more.
- **Supports reproductive health** in both men and women. Supports healthy production of testosterone, estrogen and progesterone. Helps ease menopausal symptoms.
- **Immune system modulator/ balancer.** Bi-directional activity depending on what your body needs. Helps fight allergies (Anti allergenic effect.)
- **Natural aphrodisiac & sexual rejuvenative.** Helps increase libido and sexual performance. (see also Damiana Formula)
- **Hepatoprotective** (protects liver against damage) & neuroprotective (protects brain & nervous system)
- **Supports healthy oxygen uptake** into the cells



*Run Farther, Train Longer*



***How to Take Adrenal Support – see below...***

## How to Take Adrenal Support:

- **Suggested Dose:** Take 1 dropper full in a few ounces of water or juice 2 to 3 times daily. If you'd like to evaporate the tiny amount of alcohol in this formula, add a dose of this formula to a coffee mug and add 2 to 3 ounces boiling water to it. The alcohol will evaporate in a white "puff" of steam. Feel free to add a natural sweetener – I like keto sweeteners such as stevia and monkfruit, but you can use anything natural.



- **How Much is a Dropper Full?** (one dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.



**Product Seal:** Your bottle of Adrenal Support might have a product seal that is not the usual transparent plastic wrapped around the dropper. Instead, it is a hard plastic "ring" that is attached to the bottom of the dropper mechanism. It is perfectly sealed and it will not break until you twist open the bottle. You will then hear the sound of the seal breaking.

- **Is it Supposed to Be Opaque/ Have Sediment in it?** Yes! The sediment is there in many of our formulas on purpose to add potency. Your formula could be light or dark in color, opaque or cloudy and it may contain "flecks" in it as well. All are normal. Alcohol is pretty much a perfect preservative. Your tincture will last for around 30 years or even longer. It has NOT spoiled nor has it gone bad – it's completely fine! If your dropper won't work, it is likely clogged with a little sediment. Gently insert a safety pin or sewing needle to unclog it. It will then work just fine. Stop making assumptions about what you think an herbal extract should look like. It's not supposed to be clear, ultra-filtrated, odorless and tasteless. It's supposed to be bitter and it's supposed to have a strong taste. The extracts you've gotten from the health food store or online are often watered down and tasteless and they're pretty weak in effectiveness. This is NOT THAT. This is strong and super potent. Stop comparing it to other extracts you've bought before. Yes, it supposed to look like that, and yes, I know it looks like that.
- **Could I Take it Straight in My Mouth?** Yes! But you may or may not like the taste. You can also mix this formula with water or juice as well or even add boiling water to evaporate off the alcohol content. The alcohol will evaporate as a puff of white vapor just after you pour the boiling water on top of your dose.
- **Could I Mix it With a Few Ounces of Water When I'm on the Go or In a Hurry?** Yes!

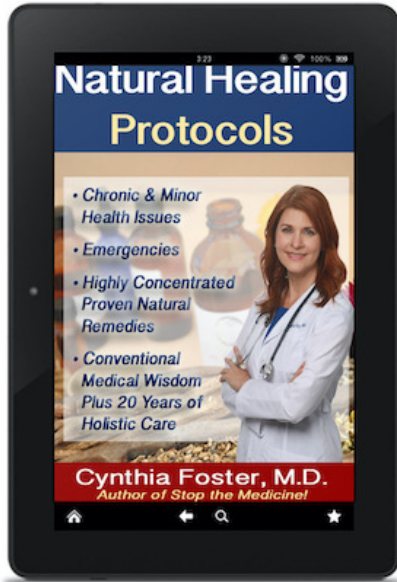
- **Should I Put it Under My Tongue?** You can, and you will probably feel the effects slightly faster, but it's not required. Just get it down.
- **Should I Take it On An Empty Stomach?** You can, but you don't have to. If you have a sensitive stomach or if cayenne bothers you, take this formula with juice, with the Herbal Latte recipe listed above, or with food.
- **When Does it Expire?** Technically, an alcohol extract lasts *indefinitely*. Alcohol is pretty much a perfect preservative, so it will last probably around 30 years or longer - regardless of what it says on the product label. Your rubber stopper on the dropper bottle will probably deteriorate before your herbs ever do.
- **How Do I Store it? In the Fridge?** No, you don't have to refrigerate it. Just put it in a cool dark place such as in a cabinet. I leave mine out on my kitchen counter in an organizer. Keep it out of direct sunlight or away from a heat source such as your stove/oven or a space heater.
- **Can I Mix it With Other Formulas or Supplements?** Yes. Mix it with anything, but with one exception. Don't put it in the same dose as Colon Detox Caps or Colon Soothe Formula or any other "absorptive" formulas containing clay or charcoal. Colon Detox Caps and Colon Sooth and other "absorptive" formulas need to work in your system for around an hour before you take anything else.
- **This is an Energizing Formula**, so you may not want to take it past 6 PM so that you can slow down in the evening & get to sleep. If you feel jittery on this formula, simply lower your dose. That's it. You are not required to follow the dose listed on the label. Follow your intuition instead. Yes, I just said that. Your intuition is more important than the dose listed on the label.
- **How Long Do I Take It?** Leading European herbalists suggest taking the herbs for one year to address hormonal imbalances of all kinds, including problems with the thyroid, ovaries, pancreas, adrenals, pituitary, and pineal gland. Some results should be noticed immediately (an increase in energy and/or libido), and if the formula is continued for several months along with stress reduction, stress-reducing techniques, adequate rest, and avoidance of caffeine, the adrenal glands can eventually recover.
- **Which Other Herbs Or Blends Are Compatible?** Compatible with Dr. Foster's Essentials Sweet Essence Essential Oil Blend as an additional aid to help regulate blood sugar
- **What if I Skip a Dose or Get the Dose Wrong?** Herbal medicine is very forgiving. If you get a dose slightly wrong or skip a single dose, it doesn't matter that much. If you take an herb after 10 hours when you were supposed to take it after 6, it's not a huge deal. Just keep going and doing your best. Set reminders and write out or print out daily schedule sheets so you can remember what you're taking. If you forget to take a dose 3 times per day, take a larger dose twice a day. If you overdose, the worst thing

that happens is you feel a little nauseated. If, by some remote chance, you throw up, you'll purge some toxins out of your system because that's what herbs do – they get the bad stuff out of you. They are not experimental synthetic chemicals (prescription medications) so they're not damaging you or poisoning you in any way. Dr. Christopher, a famous herbalist who healed all types of incurable diseases used to say that if you throw up after taking too many herbs, you'd have a "cleaner stomach for the next dose." Despite what the medical profession and the mainstream media has brainwashed you to believe, herbs are just not dangerous. You're really not going to hurt yourself as long as you stick fairly close to the directions, follow your common sense, and don't overdose on a laxative formula or hot chili peppers when your body is not used to them.

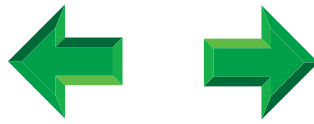
- **What If I Have a Reaction?** Most people feel absolutely fine and energized on this formula. If you feel jittery, your dose is too high. Lower it down and you'll be fine. You don't have to follow the dose suggested on the label. You can raise it or lower it at your discretion, using your intuition and common sense. If your body is highly toxic, you may have a reaction such as a headache which is a detoxifying reaction. If you have this happen, it was supposed to happen - **you're SUPPOSED TO have reactions when you're highly toxic and you take strong herbs and go through herbal detoxification. Your body will NEED to go through something called the "Reversal Process" to reverse the years of disease that have accumulated in your body. It's the way your body heals and it's the way OUT of your disease.** If you haven't read the "How to Take Your Herbs Flyer, you need to do that **right now** because it explains these reactions in detail, the entire "Reversal Process" and **exactly what to do step-by-step if you have a reaction.** Please click here: ["How to Take Your Herbs" flyer](#). **Taking the colon cleanse formulas helps prevent most of these reactions.** If you skipped the colon cleanse thinking the Adrenal Support Formula was the only important formula for your adrenals, I highly recommend you go through [that colon cleansing information now](#) because it could save your life and make a big difference in your adrenal function.

Before you say anything, I'm going to tell you that **I have been doing this for over 20 years and I also have the conventional medical training.** I guarantee your doctor has absolutely no clue what this is, what the "Four Stages of Disease" are, what "Hering's Law of the Cure" is, what the "Reversal Process" is or how to help you with it. **You will need to be the one to learn about it and you will need to be the one who educates your doctor about it.** This is going to make the difference between saving your own life versus following your doctor's advice to the grave because all the experts agreed that your condition was "incurable." You have the opportunity to learn from a medical doctor who has been practicing holistically and saving people's lives with herbs for over 20 years. I've made this information FREE because hardly anyone knows about it. If you learn it, you will have independence, finally be in charge of your health, and you might not need your medical doctor anymore. I also have 6 bookcases of books on medicine and natural healing, a proven genius IQ, and have been to countless natural healing seminars, workshops and expos, and I've written 10 books on natural healing. I take all of the Dr. Foster's Essentials extracts personally so I always know what's going on with those. And **I've also spent decades making extracts for my own personal use and taking them for various things so I can learn all the intricate details about how**

each herb works and what each extract is supposed to look like and taste like. You can't get this information anywhere else. You need to learn this!



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### Adrenal Support Ingredients:

- Maca, Suma, Muira Puama, Chuchuhuasi – all wildcrafted from the Amazon Rainforest region of South America

### Traditional Uses & Research:

**Suma:** (*Pfaffia paniculate*) South American Suma is called *para toda* by the Amazonian people. Translated, it means that it's good "for all things." It is often referred to as "Brazilian Ginseng." In the Amazon, Suma is used to help exhaustion, chronic fatigue, hormonal disorders, diabetes, high blood pressure, rheumatism, arthritis, infertility, menopause, impotence, frigidity, mononucleosis, allergies, and digestive disorders. These plants have been traditionally used to treat women with PMS, menopause and miscarriages, and men with impotence and prostatitis. It is a true adaptogen that can be safely taken on a daily basis.

Some patients report an increased resistance to extreme highs or lows in the temperature of their environment from Suma." Two plant hormones, sitosterol and stigmasterol, occur naturally in Suma. Plants containing phyto-estrogens have been found to be protective against female hormonal-related cancers, including breast cancer, cancer of the cervix, and endometriosis." <sup>1</sup>

Studies by Okui and Otaka dating back to 1968 revealed that the plant enhanced muscle-building without producing the negative hormonal effects steroids are noted for.



By 1976, the Russian scientist V.N. Syrov was convinced that the anabolic agent in Suma was beta-ecdysterone. This gave the Russians the competitive edge in the Olympics, and Suma began to be called "the Russian Secret."

Taking this herb twice daily helped all athletes during any stage of their training, according to a research report by Health Research which studied amateur athletes. Experiment participants first noted a "sense of well-being" within 3 to 5 days, and a new increased desire to get to their next training session. Weight lifters experienced much less pain during heavy lifts when they took Suma. These researchers recommended 2 doses per day to achieve this effect.

Researchers also found that an extract of suma improved the deformities of the red blood cells in people with sickle cell anemia. <sup>2</sup>

Researchers found a significant anti-inflammatory effect in people with intestinal inflammation <sup>3</sup>

*Pfaffia paniculata* (Brazilian ginseng) roots and/or its extracts have shown anti-neoplastic/anti-cancer <sup>4</sup>, chemopreventive, and anti-angiogenic properties. The extract, given over a period of 27 weeks reduced cellular proliferation and encouraged apoptosis of cancer cells.<sup>5</sup> The extract was also demonstrated to suppress growth of leukemia cells.<sup>6</sup> Researchers tested the extract on Another study was performed on a human breast tumor cell line, call MCF-7 cells, the most commonly used model of estrogen-positive breast cancer, and researchers found a significant cytotoxic (cancer cell-killing) effect on the cancer cells. <sup>7</sup>

**Muira puama** is used to help infertility, impotence & other sexual disorders. It has earned its nickname of "potency wood."

The efficacy of a unique herbal formulation of Muira puama and Ginkgo biloba (Herbal vX) was assessed in 202 healthy women complaining of low sex drive. After one month, statistically significant improvements were found in frequency of sexual desires, sexual intercourse, and sexual fantasies, as well as in satisfaction with sex life, intensity of sexual desires, excitement of fantasies, ability to reach orgasm, and intensity of orgasm.<sup>8</sup>

In regards to bone health, researchers found that the extract inhibits bone resorption (breakdown of the bones) and increases calcium deposition into the bones – even in cases where the ovaries had been removed.<sup>9</sup> An oral extract was also shown to have the ability to enhance fracture healing.<sup>11</sup>

**Maca** is often called "Peruvian Ginseng." In Peruvian herbal medicine today, maca is reported to be used as an immunostimulant; for anemia, tuberculosis, menstrual disorders, menopause symptoms, stomach cancer, sterility (and other reproductive and sexual disorders); and to enhance memory.

Other herbal medicine uses in the U.S. and abroad include increasing energy, stamina, and endurance in athletes, promoting mental clarity, treating male impotence, and helping with menstrual irregularities, female hormonal imbalances, menopause, and

chronic fatigue syndrome. The amino acid arginine, of which maca is a significant source, is thought to assist in the generation of nitric oxide-which is thought to counteract male impotence.

Maca polysaccharides, some of the major bioactive substances in *Lepidium meyenii* (Maca), have various biological properties, including anti-oxidant, anti-fatigue, anti-tumor, and immunomodulatory effects, as well as hepatoprotective activity.<sup>10</sup>

Maca demonstrated antioxidant and antitumoral activities against five types of cancer, including colon cancer, lung cancer, liver cancer, breast cancer and leukemia<sup>12</sup> as well as human cancer cell lines <sup>13</sup>

### **The Differences Between Adrenal Support & Coffee:**

Adaptogenic herbs help to provide energy from deep within by helping to restore your hormonal health and are not simply a quick fix. Taken every day, the benefits accumulate over time, so the more you take them, the more they rebuild and repair and not simply provide energy. It's far healthier to get energy from herbs, superfoods and superfood supplementation.

### **The Problem with Caffeine & Sugar:**

Many people self-medicate their chronic fatigue with caffeine, sugar and nicotine to get the quick energy "fix". Doing so, they can mask underlying health problems such as low thyroid, low adrenals, anemia, liver toxins and chronic snoring which are the root causes of fatigue.

Caffeine, sugar & nicotine do nothing to heal the endocrine system or the hormones or the source of the fatigue which is often low thyroid, low adrenals or other hormonal weakness that simply have not shown up on a blood test yet. (Blood tests do not catch adrenal exhaustion until it's become unusually severe, and blood tests often miss low thyroid function.) The adrenals may take months to completely repair and rebuild themselves, depending on how long a person has been under stress.

People can go on for years self-medicating this way, never healing the root cause of their fatigue, but continually worsening the problem. Adrenal fatigue is the first stage and eventually adrenal exhaustion can occur after years of chronic unrelenting stress and overuse of caffeine and sugar. Over the years, you can go from simple adrenal fatigue to complete adrenal exhaustion.

### **Statistics on Adrenal Health, Chronic Fatigue, Impotence, and Low Immune System:**

Infertility affected 6.1 million people in 1997 (about ten percent of the reproductive age population), up from 4.6 million in 1988 -- an increase due in part to delayed childbearing and the aging of the baby boom generation. The causes of infertility are equally

distributed among conditions affecting the man, conditions affecting the woman, and conditions affecting both partners.

## What Else Can I Do to Help My Adrenals?

1. **Avoid coffee and caffeinated beverages** as much as possible. Caffeine consumption has been associated with breast pain as well as PMS.
2. **Avoid granulated sugar** (white sugar), and brown sugar and replace with allulose, stevia, monkfruit, raw unheated unfiltered honey, Grade B maple syrup, evaporated cane juice.
3. **Eliminate ultra-processed foods**, soda pop, and fast foods from your diet.
4. Take a daily dose of Dr. Foster's Essentials **Earth's Nutrition Formula**
5. **Stay away from zero fat and low-fat diets.** They can interfere with your hormone production. Your body uses fat as a base to produce hormones.
6. Do Dr. Foster's Essentials **Intestinal Rejuvenation Program** or **Liver Regeneration Program** every 3 to 6 months. The liver helps process/ conjugate your hormones and thus is a very important part of keeping your female hormones balanced and regulated. Colon toxins can leak from the colon into the uterus and ovary areas.
7. Eliminate any **meat or animal products that originated from a feedlot** (any meat that comes from a large chain grocery store or served on an airplane, in schools or in hospitals). In large feedlots across the country, animals are fed synthetic hormones in order to increase their growth. These hormones end up in their meat and you consume them when you eat this meat. All meat should be from small local farms, a local co-op, farmer's market or health food store – pasture-raised, grass-fed and wild-caught.
8. **Learn how to delegate any tasks** that are too stressful or overwhelming. Cut down on your activities, especially if you are working overtime hours or working more than 1 job.
9. **Practice deep breathing exercises** regularly - they have a calming influence that can help long term stress. Qi gong exercises also help you to build energy from within.

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