

DSF (veg) Formula™ Nutritional Support for Stress And Adrenal Function

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Nearly 80% of all health problems are stress related. Lack of sleep, overwork, illness, excessive alcohol consumption, and smoking are common physical causes of stress. Emotional pressures and temperature extremes both put stress on the body.

Stress causes increased excretion of nutrients, poor digestion, and poor absorption of nutrients. Extended chronic stress depletes the body's resources and ability to adapt. Chronic stress depletes the immune system which leads to illness. Stress promotes the formation of extra free-radicals that can damage body tissues, raise cholesterol levels, and can alter the composition of the blood to make it more prone to clotting.

Avoid processed foods, refined sugars, tobacco, mood altering drugs, and alcohol. Limit your intake of caffeine. Learning coping and relaxation techniques, a diet of natural whole foods, nutritional supplements, adequate sleep, and regular exercise can all help reduce stress and improve health.

American Ginseng helps the body cope with stress, enhances immune function.

Licorice Root helps protect adrenal function and the stomach.

Astragalus helps improve digestion, adrenal function, and the immune system.

Slippery Elm helps soothe mucous membranes and helps alleviate indigestion.

Chlorella is a nutritive tonic that helps accelerate tissue building and repair.

Grapeseed Extract helps protect the body against stress-created excessive free-radicals.

L-Glutamine helps elevate mood, promote calmness, and normalize blood sugar.

L-Tyrosine helps reduce stress, alleviates depression, and promotes restful sleep

Folic Acid helps alleviate depression, anxiety; can help prevent insomnia, and digestive disturbances.

L-Taurine helps alleviate anxiety, hyperactivity, and improves poor brain function.

L-Histidine helps remove toxic metals. Heavy metal intoxication can mimic all stress reactions.

L-Glycine promotes the health of the nervous system, spleen, thymus, and bone marrow.

L-Cysteine helps remove heavy metals..

L-Arginine increases the activity of the thymus gland, which is important in immunity.

L-Methionine detoxifies glands, protects against free radicals, and promotes digestion.

5-Hydroxy-Tryptophan helps alleviate stress, promotes sleep, and helps stabilize moods.

Vitamin C helps the body cope with stress, has a tranquilizing effect, and decreases anxiety.

Vitamin B-2 helps protect nerves and the entire glandular system.

Vitamin B-6 and Pyridoxal 5 Phosphate have calming effects and alleviate nervousness.

Vitamin B-12 promotes digestion, prevents nervousness and irritability.

Pantothenic Acid is an anti-stress nutrient needed by the thymus gland.

Lemon Bioflavonoids help protect the adrenal gland and balance adrenal and sex hormone levels.

Niacinamide exerts a calming effect, helps prevent low blood sugar and depression.

Magnesium helps prevent anxiety, nervousness, tension, irritability, and depression.

Zinc helps maintain and protect the immune system, the thymus, and the pancreas.

Chromium helps prevent low blood sugar, which can mimic symptoms of stress.

Potassium helps replace the potassium lost from stress-caused excretion and helps prevent nervousness.

Lactobacillus Acidophilus helps promote good digestion and boosts immune function.
Lactobacillus Bulgaricus promotes digestion, boosts immunity, and helps create a healthy digestive environment.

COMPLIMENTS OF:

The above statements have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health.