Relieving Stress Through Adrenal Support

Lee Carroll B.Sc.
Adrenal Desiccated, Drenamin®, and Drenatrophin PMG®
Licorice and Rehmannia
Key Adrenal Herbs

• Since the beginning of recorded history Licorice root has been used as a remedy
• The ancient Assyrian, Egyptian, Chinese and Indian cultures were the first to document its use
• Rehmannia root was first mentioned is Chinese texts around the 3rd century although herbs were used in China for millennia prior to this
• In western herbal therapy both herbs are considered:
  • Adrenal restoratives
  • Improving the ability to adapt to occasional stress
Adrenal Complex

Licorice root 7:1 extract
from *Glycyrrhiza glabra* root 1.75 g
Containing glycyrrhizin 25mg

Rehmannia rhizome 5:1 extract
from *Rehmannia glutinosa* rhizome 750 mg

Dose: 1 tablet 2 - 3 times per day
Adrenal Complex Indications

Adrenal Tonic

• Supports healthy functioning of the adrenal cortex and the body’s natural production of cortisol
• Facilitates the body’s normal response to occasional stress
• Combats fatigue and supports nervous system and immune system function during periods of occasional stress
• Long term support where stress is a factor
• Female metabolic and hormonal challenges
Correcting Misunderstandings About Licorice

- Licorice and Rehmannia combine well to support both cortisol excess and cortisol deficiency.
- Licorice neither stimulates nor inhibits the production of cortisol, but rather preserves, protects & restores the cortisol producing machinery (adrenal cortex).
- Where there is cortisol excess the adrenal glands are being overtaxed & where there is cortisol deficiency they are depleted.
- Either way there is the need for adrenal support.
Licorice Safety

• Licorice is safe when taken as recommended
• However in high doses and over a long period of time it can cause potassium depletion and hypertension
• Glycyrrhizin the main active constituent in Licorice is converted to glycyrrhetinic acid (GA) in the intestine and absorbed
• GA inhibits the activity of the enzyme 11 beta-hydroxysteroid dehydrogenase type 2 in the kidney
• This allows cortisol to bind to mineralocorticoid receptors and exert an aldosterone like effect with the above mentioned side effects
High expression: Kidney, colon, salivary glands, placenta

Function: Protection of the mineralocorticoid receptor
Licorice

Cautions & Contraindications

• Contraindicated in hypertension & edema
• Caution is advised in patients taking cortisol or prednisolone, & in the elderly & those with cardiac, renal or hepatic disease
• Do not prescribe if patient is taking potassium-depleting diuretics
• Patients who are prescribed Licorice preparations high in GL for prolonged periods should be placed on a high potassium & low sodium diet
• And closely monitored for blood pressure increases & weight gain
Rhodiola & Ginseng Complex

Rhodiola root 20:1 extract
from *Rhodiola rosea* root 3.0 g
Containing rosavins 4.5 mg and salidroside 1.5 mg

Korean Ginseng root 5:1 extract
from *Panax ginseng* root 500 mg
Containing ginsenosides as Rg\(_1\) and Rb\(_1\) 8.4 mg

Suggested Dosage: 1 tablet 2-4 times per day
Rhodiola & Ginseng Complex

Indications

• Promote vitality and stamina and help maintain energy
• Support physical endurance
• Enhance mental clarity and support cognitive function
• Maintain feelings of general well-being when experiencing temporary stress
• Help the body adapt to the changes of everyday life
• Support and maintain the body as it ages
• Support the body's natural defenses against emotional and environmental stressors
Rhodiola and HSP

Serum HSP ↑ 2.8 times in mice forced to swim
Serum HSP ↑ 6 times in mice given a combination of Rhodiola, Eleuthero and Schisandra extracts at human equivalent doses (1g/150lb body weight/day) for 7 days
Serum HSP ↑ 13 times in mice given herb combo and forced to swim

The time to exhaustion when swimming ↑ 7 times, from 3 mins to 21 mins in mice taking the herb combo
Rhodiola and Mood

A standardized extract of Rhodiola trialled in patients at dosages of either 340 or 680 mg/day over a 6-week period.

At 340 mg/day mood, sleep, emotional stability improved significantly.

At 680 mg/day self-esteem improved significantly.

Energy levels ↑

Up-regulation of Hsp70

Adaptogenic Effect on the General Adaptation Syndrome
Therapeutic Strategy

Improve efficiency of the stress response
  • Rhodiola & Ginseng Complex
Harmonize the HPA axis
  • Adrenal Complex
Support and restore adrenal cortex function
  • Adrenal Complex
  • Drenamin, Drenatrophin PMG®
  • Adrenal Desiccated (short term)
Support adrenal gland requirements for Vitamin C
  • Cataplex® C
Therapeutic Strategy

Decrease the detrimental effects of stress on the adrenal glands and support conservation of adrenal reserves

- Adrenal Complex
- Rhodiola & Ginseng Complex
- Drenamin, Drenatrophin PMG

Improve adrenal output in response to stress

- Rhodiola & Ginseng Complex
- Adrenal Complex
- Drenamin, Drenatrophin PMG
Therapeutic Strategy

Support normal functioning of adrenal hormones

• Adrenal Complex
• Rhodiola & Ginseng Complex
• Drenamin®, Drenatrophin PMG®
General Adrenal Support

Core Support
- Adrenal Complex (2 to 3 tablets per day)
- Drenamin® (6 to 9 tablets per day)
- Cataplex® B (4 to 6 tablets per day)

Additional Considerations
- Rhodiola & Ginseng Complex (1 to 4 tablets per day)
- Adrenal Desiccated (3 to 6 tablets per day) consider
- Drenatrophin PMG® (3 tablets per day)
- Cataplex® C (6 to 9 tablets per day)
- Catalyn® (6 to 9 tablets per day)
Thank you

Special thanks to
Associate Professor Kerry Bone and Rob Santich for their contributions to this material
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