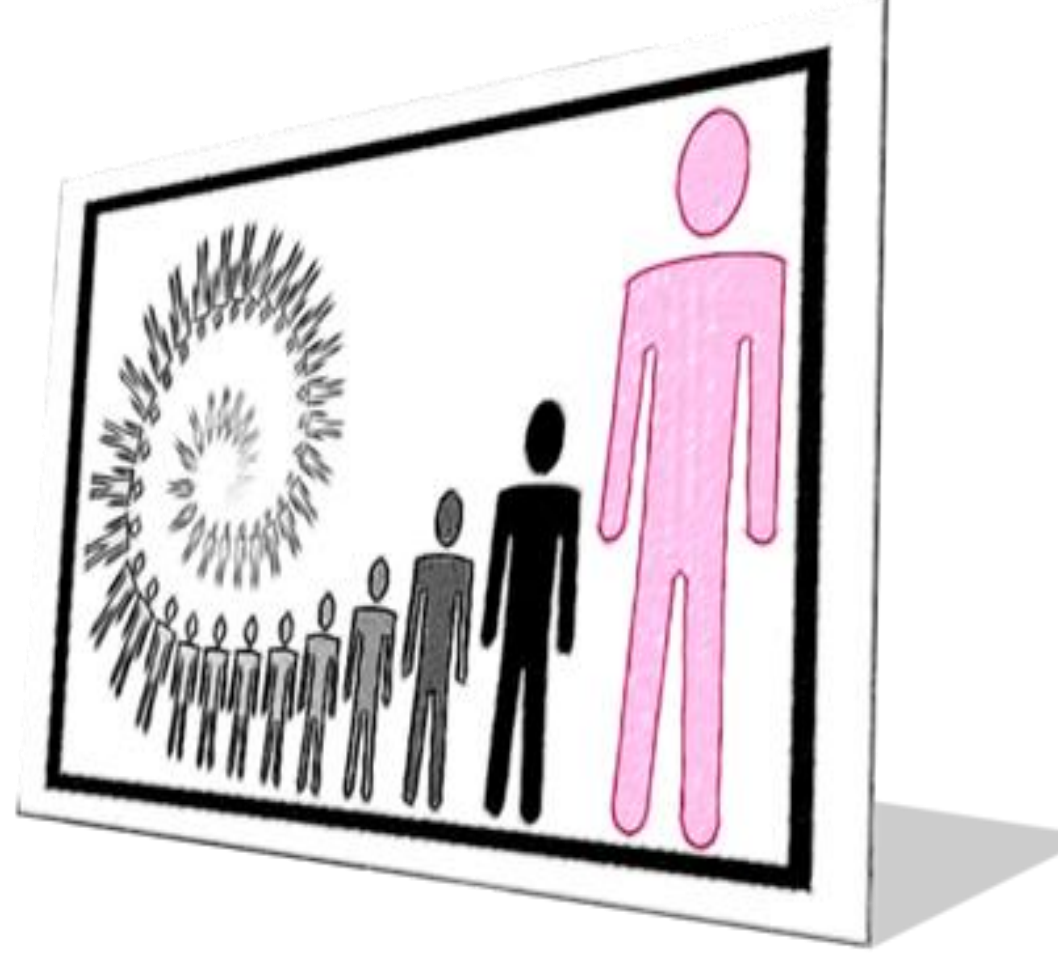
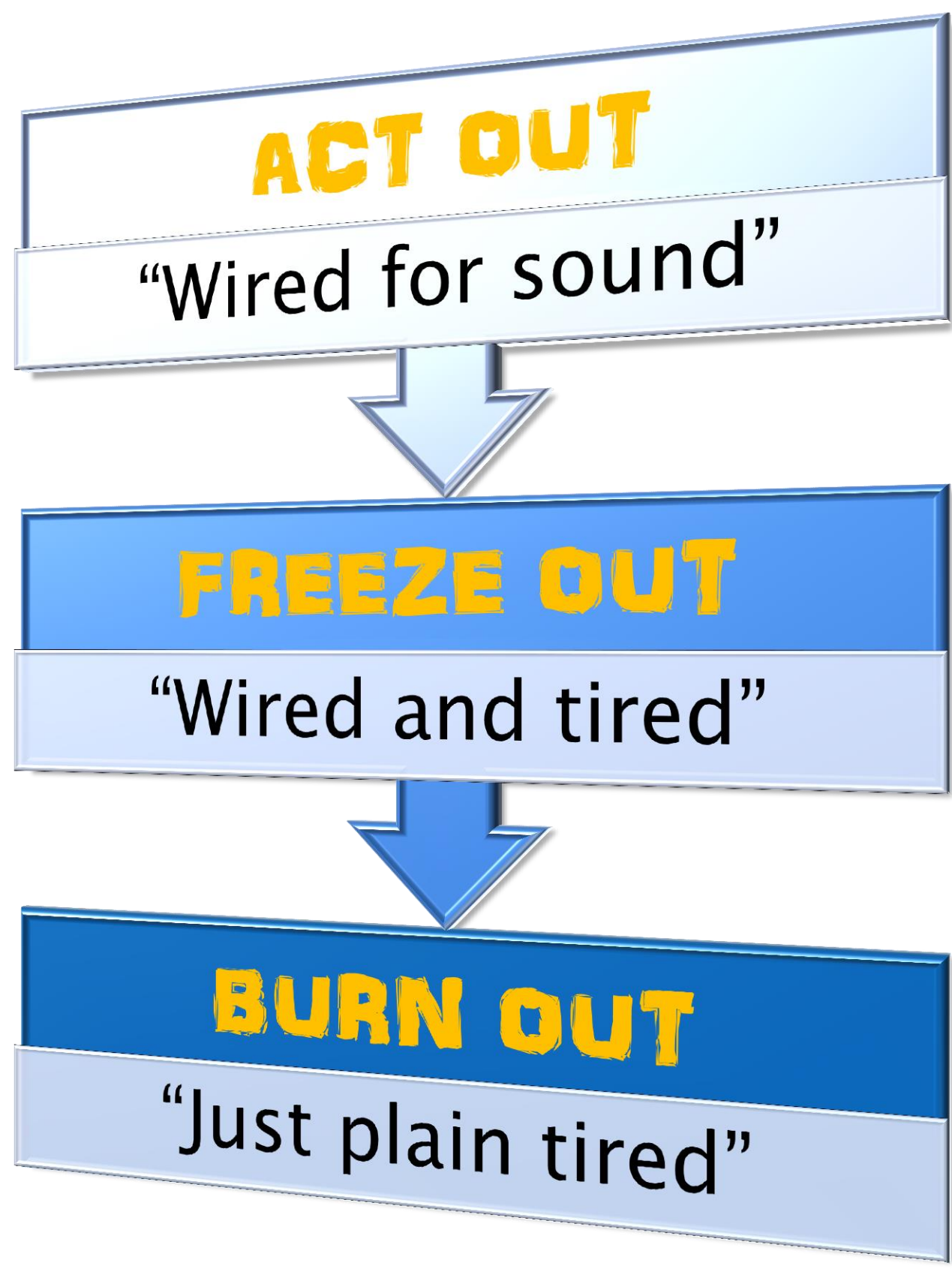
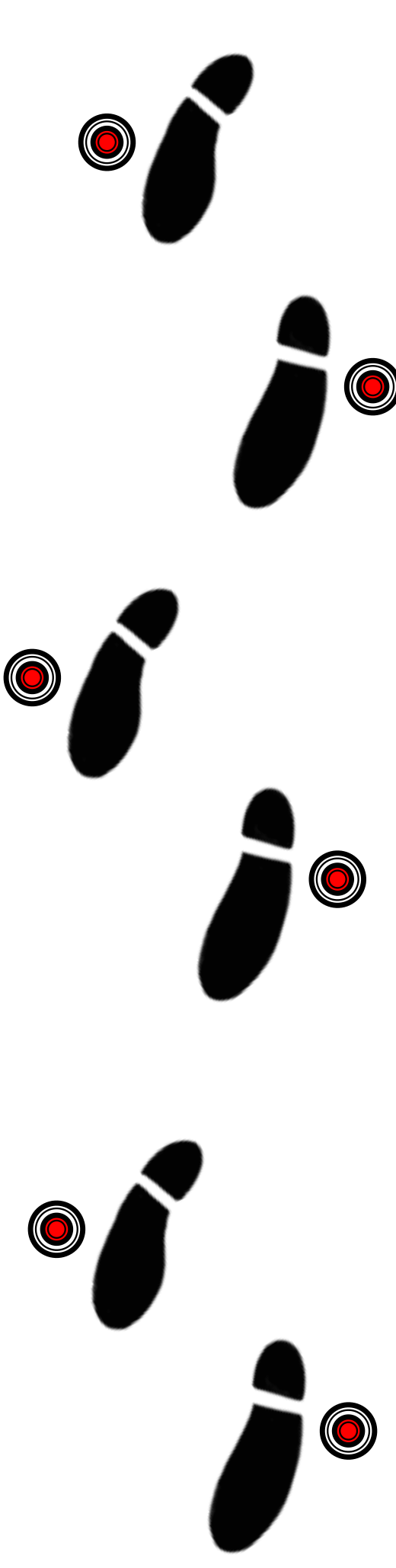


# ADRENAL FATIGUE: IT'S NOT SO BLACK AND WHITE



## The Three Stages of Adrenal Burnout



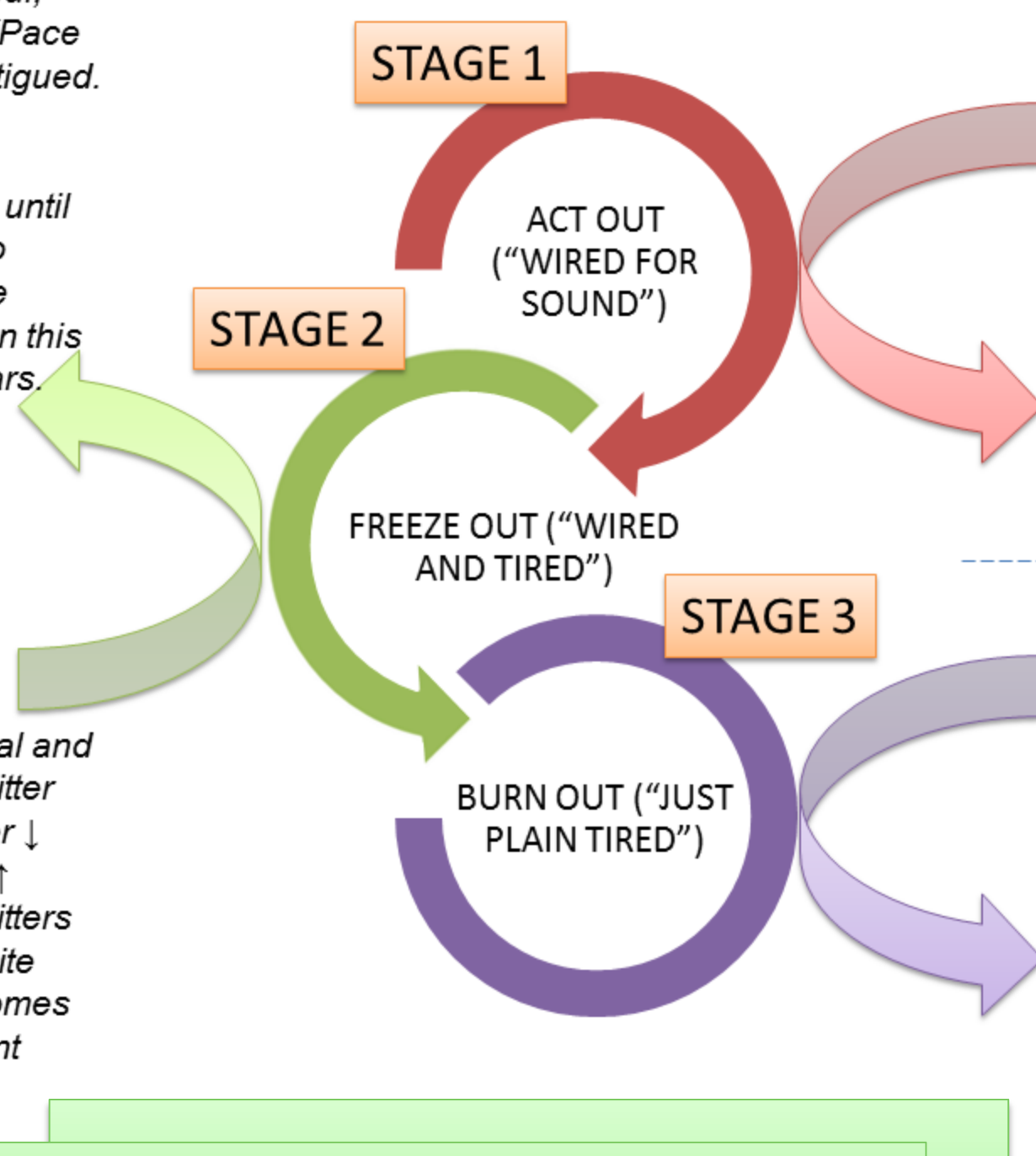
## A Little More Detail

Anxious, fretful, running the "Pace that Kills," fatigued. Level of functioning, adequate up until now, starts to suffer. Some people stay in this stage for years.

Mixed adrenal and neurotransmitter profile: either ↓ cortisol with ↑ neurotransmitters or the opposite (testing becomes very important here)

Stressed out but feeling on top of the world because your stress hormones and chemicals are surging. Don't get too used to this stage.

Exhausted. Too tired even to be anxious. Lethargic, apathetic, inflamed. Health and happiness hang in the balance. Get help immediately.



## Our Approach

ACT OUT	FREEZE OUT (High Cortisol)	FREEZE OUT (Low Cortisol)	BURN OUT
<ul style="list-style-type: none"> <li>• AdrenoHS-SOD</li> <li>• Stress Factors</li> <li>• Sleep Factors</li> <li>• BioInflammatory Plus Caps</li> </ul>	<ul style="list-style-type: none"> <li>• Eskaloft</li> <li>• AdrenoHS-SOD</li> <li>• Sleep Factors</li> <li>• Immune Balancing Complex</li> </ul>	<ul style="list-style-type: none"> <li>• Bio-Adaptogen Ultra</li> <li>• BioAdreno</li> <li>• Stress Factors</li> <li>• BioInflammatory Plus Caps</li> </ul>	<ul style="list-style-type: none"> <li>• Eskaloft</li> <li>• Dopa Factors</li> <li>• BioAdreno</li> <li>• Bio-Adaptogen Ultra</li> <li>• BioInflammatory Plus Caps</li> </ul>

\* Featuring Products by Bio-Genesis

Available at [integrativepsychiatry.net](http://integrativepsychiatry.net) and [healthremedies.com](http://healthremedies.com)



Questions or comments? We would love to hear from you:  
 • (800)-385-7863  
 • [info@integrativepsychiatry.net](mailto:info@integrativepsychiatry.net)