



Adrenalogic, Dr Lena Edwards, Tuph Canada Incorporated, 2011, 0981939880, 9780981939889, . The Art of Moving Through StressHow "Adrenalogic" can change your life foreverDr. Lena Edwards, MD, FAARMIn today's society, most of us move at a rapid pace and have taken on more responsibility than ever before. This, in turn, has triggered a surge in stress and stress-related diseases. If you are among the millions who deal with the consequences of chronic stress, including exhaustion, chronic fatigue, weight gain and depression, Dr. Lena Edwards can help.Giving stress the credibility and the attention it deserves, Dr. Edwards explains the link between hormones, stress levels and the development of disease - a health connection that has been recognized for decades but remains poorly understood. A highly respected internist who is also Board Certified and Fellowship Trained in Functional and Regenerative Medicine and Integrative Cancer Therapy, Dr. Edwards dispels past and emerging myths surrounding the effects of chronic stress. By clarifying misconceptions and providing clear and medically accurate health advice, Dr. Edwards empowers patients to become their own health care advocates.If you're searching for answers, you'll find this vital and readable book packed with real-life case studies, eye-catching graphics and up-to-date facts on the connection between stress, abnormal cortisol production and pervasive modern maladies like cancer, heart disease, depression, allergies, insomnia, reproductive disorders and premature aging. Dr. Edwards will also explain that, while low cortisol states do indeed exist and contribute to disease, the concept of "adrenal fatigue" undermines and misrepresents the true underlying process.Readers of Adrenalogic also gain the opportunity to "step behind the curtain" and discover the intricate relationship between mind and body while Dr. Edwards carefully explains the steps needed to regain health and balance, providing insight on how to outsmart stress and to make it work for you..

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The Art of Moving Through Stress How "Adrenalogic" can change your life forever Dr. Lena Edwards, MD, FAARM In today's society, most of us move at a rapid pace and have taken on more responsibility than ever before. This, in turn, has triggered a surge in stress and stress-related diseases. If you are among the millions who deal with the consequences of chronic stress, including exhaustion, chronic fatigue, weight gain and depression, Dr. Lena Edwards can help. Giving stress the credibility and the attention it deserves, Dr. Edwards explains the link between hormones, stress levels and the development of disease - a health connection that has been recognized for decades but remains poorly understood. A highly respected internist who is also Board Certified and Fellowship Trained in Functional and Regenerative Medicine and Integrative Cancer Therapy, Dr. Edwards dispels past and emerging myths surrounding the effects of chronic stress. By clarifying misconceptions and providing clear and medically accurate health advice, Dr. Edwards empowers patients to become their own health care advocates. If you're searching for answers, you'll find this vital and readable book packed with real-life case studies, eye-catching graphics and up-to-date facts on the connection between stress, abnormal cortisol production and pervasive modern maladies like cancer, heart disease, depression, allergies, insomnia, reproductive disorders and premature aging. Dr. Edwards will also explain that, while low cortisol states do indeed exist and contribute to disease, the concept of "adrenal fatigue" undermines and misrepresents the true underlying process. Readers of Adrenalogic also gain the opportunity to "step behind the curtain" and discover the intricate relationship between mind and body while Dr. Edwards carefully explains the steps needed to regain health and balance, providing insight on how to outsmart stress and to make it work for you.

Having personally spoken with Dr. Edwards at a medical conference, it was a pleasure to read her book. It provides a much more current and up-to-date understanding of "adrenal fatigue" (just say that phrase around her and see what she says, or better yet, read the book!) for both the physician and the patient. She has pulled together much of the current medical research into a much better clinical understanding of what is really involved in this condition and what to do about it. This should be mandatory reading in medical school. It is very thorough yet very readable. A very good job, Dr. Edwards, one of my favorite books and clinicians!

Stress is unavoidable in our society. We are driven, achieving, competitive, and over-worked individuals who have mastered the art of multitasking. In the short term, these traits can be manageable. The long term effects of constant stress are vast. Adrenalogic describes in detail how stress affects our bodies and explains, in metaphorical terms, the chronic and often debilitating medical conditions that originate from stress. Dr. Lena Edwards uses case studies to allow the reader to step inside her office and journey through the treatment program, including the remarkable recovery made by those who follow the regime and dedicate themselves to improving the quality of their life.

I was thrilled to find a book that is written with the reader in mind. It is filled with relevant, knowledgeable, and medically necessary information. This book teaches you how to listen to your body. I am living proof that the conditions in this book exist and that recovery is attainable! Thank you Dr. Edwards!

Do you ever wonder what's going on in your body or why you feel the way you feel when you live under chronic stress? Are you tired of being tired and sick of being sick? Have you done rounds of medical tests only to find out that "all results are normal," yet you know that something is terribly wrong with you? Dr. Edwards breaks it all down very clearly in her book. She has an incredible knowledge on the complex subject of stress and explains it all in simple terms. Her book is very easy to read and you don't have to have a medical degree to understand it. In addition, the book is full of practical solutions on how to take control of stress in your life and "live a longer, more fulfilled and healthier life". What brings this book to a new level is that Dr. Edwards has been there and experienced first hand the impact of chronic stress on the body. She made the healthy choices in her life and is now passionate about helping others to "outsmart" stress in theirs.

My doctor diagnosed me with adrenal fatigue, and prescribed supplements for it. But after researching the condition, I wasn't sure that I really believed this is an actual condition that needs

treatment. Dr. Edwards offers a clear explanation for the symptoms that are often mislabeled as adrenal fatigue, and offers some lifestyle and treatment options. I appreciated the science behind her theory- it made much more sense when examined in light of whole-person medicine. It's also very easy to read- not over the head with medical terminology. If your doctor has mentioned adrenal fatigue to you, I highly recommend you read this book.

abnormal Acad Sci ACTH activity adaptogens Addison's Disease adrenal fatigue adrenal glands Adrenalogic anti-depressants autoimmune blood sugar body's brain cancer cardiovascular cause cells Chapter chronic fatigue syndrome chronic pain chronic stress Crousos GP clinical cortisol levels cortisol release deficiency depression DHEA diabetes diagnosis diet discussed doctor dose Edwards effects emotional estrogen eustress factors feel fibromyalgia fight or flight function Gold PW growth hormone healthcare provider heart disease Hellhammer high cortisol hippocampus HPA axis HPA axis dysfunction hypoadrenia hypocortisolism hypothalamic-pituitary-adrenal axis immune system important improve increase inflammation insulin internal irritable bowel syndrome Janice low cortisol McEwen medicine melatonin mental metabolic syndrome mood disorders muscle Neurosci normal obesity osteoporosis outsmart patients percent physical physician problems production progesterone psychological Psychoneuroendocrinology role Selye sleep stress hormones stress response system stress-related stressors supplements symptoms term testosterone Theanine thyroid hormone tissues treatment understanding Vitamin women

ACAM member and medical director at the Balance Health and Wellness Center in Lexington, Kentucky, Dr. Lena Edwards has a new book entitled, "Adrenalogic: Outsmarting Stress," and comes out in May. It is the first book of its kind to accurately describe how the various stressors in our environment make us feel bad and may ultimately cause disease. She also discusses the evidence supporting the fact that 'adrenal fatigue' is not the primary mechanism through which low cortisol states arise. Also look for Dr. Edwards' educational series on TheDoctorsChannel.com to begin the end of March.

Dr. Lena Edwards received her medical degree from the University of North Dakota School of Medicine. She completed her Internal Medicine residency training at the University of Kentucky School of Medicine (UKMC) in 1999. During her residency training, she was honored as Intern of the Year and received numerous other awards for her research and performance. She was a contributing author for a textbook of Infectious Disease and also co-authored the article, "Renal Manifestations of Hepatitis C" which was published in the prestigious American Journal of Medicine.

After completing her residency, Dr. Edwards accepted the honor of serving as Chief Resident for the UKMC Department of Internal Medicine. During her year in this position, she served as a mentor, educator, facilitator, and advisor for internal medicine and medicine/pediatric residents. She also took the initiative to formulate new protocols and procedures for the residency program.

Dr. Edwards entered private practice after serving as Chief Resident and worked in a group setting for three years prior to starting her solo medical practice. In addition to being trained as an internist, she is also Board Certified and fellowship trained in Anti-Aging/Functional/Regenerative Medicine. In March of 2011, she will also have completed her fellowship in Integrative Cancer Therapy.

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