

HEALTHY LIVING FOR DANCERS: JUNE/JULY 2010 - EXHAUSTION AND THE STRESS GLANDS

By Veronica Collings

Ever get home from work with the best intentions to go out to your favorite dance venue, only to find yourself so drained and exhausted that neither Richard Gere nor Jennifer Lopez could motivate you to get off the couch? Consider the possibility of adrenal exhaustion as the cause of your problem. The adrenal glands, a/k/a stress glands, are endocrine glands which secrete hormones and other chemicals directly into your bloodstream. Some of these principal glands are the thyroid gland (see March/April issue), parathyroid glands, pituitary gland, pancreas, ovaries and testes. These glands, along with the nervous system, provide your body with the instructions on how to carry out all of the MILLIONS of chemical reactions that happen every SECOND in order to keep you alive. This is a pretty big job! In addition, since each gland works in concert with other glands, an imbalance in one affects the others. How do they go wrong?

Resulting from the cumulative effects of stress or of an overwhelming stress (emotional, chemical or physical in nature) if your glands, like all the parts of your body, are not well fed, they lose their resiliency and your ability to bounce back is severely compromised.

Like all parts of the body, adrenal glands need nutritional support. Metabolic factors such as hypoglycemia, inflammation, infection, malnourishment, toxins, etc. tax the glands. If they are not strong, well nourished, and supplied with their mineral and vitamin co-factors, they can weaken and become functionally insufficient.



How do you know if your stress glands are working optimally. Unfortunately, lab tests do not tell the whole story, so many doctors miss this state of insufficiency because it is not an outright failure. However, this condition can be easily quantified with the “postural hypotension test.” You failed this test if your upper number (systolic) blood pressure fails to rise on standing from a lying down position. This condition is strongly associated with chronic fatigue, tendency towards hives, allergies, bronchitis, pneumonia, asthma, and arthritic tendencies. Craving salt is the result of low adrenal patients losing electrolytes. Weakness results after colds or flus. In fact, a surprising number of my patients

realize, upon close examination of their history, that their health was never again as good as it was before a bad case of the flu.

So, what to do to regain that “élan vital” that will get you off the couch when Richard or Jennifer await on the dance floor? A balanced diet composed of high quality “real food” is essential, but, in addition, my favorite approach is a whole food supplement called Drenamin. This is a great combination product built around the adrenal protomorphogen (growth factor of the cell) and includes the whole food source Cataplex (whole food complex) C and G. The low adrenal patient also does poorly with protein digestion, so I also recommend Zypan, a complete digestive enzyme. You can learn more about both of these stress gland support supplements at www.standardprocess.com. They are inexpensive and completely food derived, so there are no synthetic vitamin overdosing or interaction concerns, any more than would be with a nutrient rich food.

If you suspect that this might be you and would like to learn more, please visit my web site at www.drveronicacollings.com. There you will find a link to a SURVEY that you can take and submit online that will give me a pretty definitive idea if you could benefit from tending to your stress glands. Take the survey. I’ll call you in a few days with the results and my recommendations. See you soon on the dance floor.

THE MAGIC OF DANCING

On my recent trip to the Blackpool Dance Festival, I attended an afternoon of masters lectures as part of the International Congress 2010. All the lectures were exceptional, but the one that impressed me the most was given by former professional standard champions and four-time World Show Dance Champions Massimo Giorgianni and his wife, Alessia Manfredini, of Italy.

This charming couple talked of the passion of dance and the importance of touch

(well, after all, they are Italian) and the inner dialogue one should have with oneself. What you say to yourself affects your physiology.

For the man, he recommended that you project yourself as a leader, but don’t blame your partner: “Get better! Feel her weight and initiate a movement, but give her time to react.” “Give, rather than take. Most of all, make the woman feel safe and protected!” Wow!

Of the 30-minute lecture, he left five minutes for his wife.

Alessia, pregnant with their third child, said to the women, “Be sensitive. React as soon as possible. Enjoy moving within the man’s frame. Trust the man to protect you. Be open and alert - not passive. Your inner dialogue can affect the man’s movement and decisions. Breathe and give pleasure.”

Okay, are they Italian or what?!