

Stress and Exhaustion:

Opposite ends of the same problem – each requiring very different treatments

STRESS

- CORTISOL ↑
- Good ability to cope with stressful situations
 - Sugar cravings
 - Weight gain and water retention
 - Depression and/or poor sleep
 - Reduced immune function
 - Increased risk of heart attacks/strokes

Adrenal glands become exhausted from continuously producing too much cortisol

EXHAUSTION

- CORTISOL ↓
- Poor ability to cope with stressful situations
 - Fatigued and exhausted
 - Possible aches, pains or inflammation

STAGE 1: STRESS

– too much cortisol

(also known as stage 1: adrenal stress)

Excessive stress, be it work-related, family or financial, causes your adrenal glands to release large amounts of the stress hormone, cortisol. Although people with high cortisol can usually handle stress well on the outside, on the inside cortisol raises blood pressure and can damage the heart and brain cells. Other symptoms can include sugar cravings, weight gain, water retention, depression, poor quality sleep and impaired immune function.

STAGE 2: EXHAUSTION

– too little cortisol

(also known as stage 2: adrenal fatigue)

After years of stress, the adrenal glands can become exhausted. As a result they produce less and less cortisol, and your ability to handle stress goes down, too. After a while, the levels of cortisol can become so low that fatigue and exhaustion sets in. Even the simplest of tasks can seem overwhelming. Sensitivity to pain is also increased and you are more likely to experience inflammation, although this is not always the case.

Nutraceuticals can help

STRESS: Take **Stress Damage Control™** to reduce excessive cortisol and to help you cope with stress. If you have the symptoms of stress (stage 1) take 1 capsule of **Stress Damage Control™** twice a daily to help prevent excessive cortisol production and to help protect the adrenal glands from exhaustion. **Stress Damage Control™** contains herbal extracts from Rhodiola rosea and Ashwagandha which also help protect the heart and brain from damage caused by cortisol excess.

EXHAUSTION: Take **Burnout™** if you are exhausted from months or years of prolonged exposure to stress. If you have the symptoms of stage 2 adrenal fatigue and find stressful situations overwhelming, **Burnout™** contains ginseng and licorice extracts which energise and help nurture exhausted adrenals back to normal function and healthy cortisol production. Take 1 capsule twice daily.

Supportive nutraceuticals

In addition to the above products, you can add any or all of the following nutraceuticals which offer additional support during times of stress and exhaustion, if needed:

To boost mood: **Krill Oil (Neptune- NKO®) Omega 3 SPECIAL OFFER: BUY 1 – Get 1 FREE** Krill oil contains natural phospholipids which help prevent the breakdown of mood-boosting brain chemicals (neurotransmitters).

To reduce anxiety: **Theanine** Theanine is a natural calming and non-sedating amino acid.

For better sleep: **Magnesium Glycinate** and **Melatonin - Slow Release** When magnesium is combined with melatonin, sleep quality improves better than taking each product on its own. Magnesium glycinate has excellent absorption. SOLAL Technologies is the only manufacturer of slow release melatonin in South Africa.



The information presented above is the opinion of SOLAL Technologies.

SMS* "1293" followed by your email address to 40840 and we will forward you an email containing our free 62-page *Product Information and Health Solutions Guide* for solutions to all your health needs. *R2 per SMS

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Manufactured in a GMP (Good Manufacturing Practice) licensed facility, ensuring pure, safe and uncontaminated products of the highest quality. All our raw materials are tested for potency and purity. Our products do not contain any unhealthy or bulky fillers, but rather are filled to the brim with therapeutic doses of active nutrients and plant extracts.

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