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THE PSORIASIS PROGRAM

Psoriasis, Stress and Immunity



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Psoriasis – Understanding Stress And Immunity

An investment in knowledge always pays the best interest – *Benjamin Franklin*



When you have psoriasis, it is particularly important for you to understand the connection between your immune system, digestive system, stress and your skin. In the past, many experts have believed psoriasis to be a kind of autoimmune disease, although according to recent research in 2009, psoriasis doesn't behave like a typical autoimmune disease. An autoimmune disease is when the body's immune system attacks it's own tissues, and in the case it is your skin. Psoriasis is literally driven by an out-of-control immune response involving a kind of white blood cell known as a T cell. In a healthy person, T cells help to protect their body against different kinds of infections and chronic disease, but when a person has psoriasis however, their T cells act inappropriately.

The body's normal and appropriate healthy inflammatory process is maintained in part by chemical messengers produced by activated T immune cells, and during a normal immune response, these messengers are sent to the site of any injury or infection. Once the inflammation has been dealt with, the body returns to normal.

However, when this process has gone haywire as in the case of psoriasis, these chemicals produced by the T cells can become so active that they can trigger other immune responses that can lead to inappropriate inflammation, redness, itching as well as a rapid turnover of skin cells.

In a healthy person, normal skin cells are sloughed off over a period of approximately a month. As the old skin cells are gradually shed, new skin cells are revealed underneath. In those with psoriasis this is certainly not the case, because the immune system can become so overactive that the skin cells reproduce in a mere 3 to 4 days and are sloughed off prematurely, and because the body has no way to shed the skin cells at a fast enough pace, they rapidly accumulate on the surface and form raised, red patches or plaques.

A characteristic feature of psoriasis is that between five to ten percent of those with psoriasis end up developing co-existing and at times debilitating psoriatic arthritis, you will be able to read a lot more about psoriatic arthritis in the first booklet in the Psoriasis Program series entitled *The Psoriasis Program, The Permanent Psoriasis Solution*. Psoriasis can also occur in association with several other kinds of inflammatory diseases, such as inflammatory bowel disease (Crohn's disease) as well as HIV infection.

Your Immune System's Response To Psoriasis

I'm not going to give you any big or lengthy explanations of how your immune system works, but what you need to know is basically this, that your immune system works on psoriasis in two main ways.

1 - The Cell-Mediated Immune Response – consider this hand-to-hand combat. This group is like the marines who are sent in first to do the dirty work; they are tough and get the job done, their mortality rate is higher. Neutrophils are the white blood cells commonly associated in the cell-mediated response. Researchers have proposed a neutrophil-associated inflammation that may well explain the localized acute inflammatory changes scattered over the chronic psoriatic plaques as well as in the acutely inflamed lesions of pustular psoriasis.

The cell-mediated response can be boosted significantly by taking selenium, zinc, Coenzyme Q10, beta-carotene, vitamins B6 and B12 and vitamin E and the herbal medicines ashwagandha, astragalus, cat's claw, mistletoe, Siberian ginseng and ligustrum. The most specific probiotic for enhancing the production of the cell-mediated T-helper cells is Bifidobacterium lactis. Omega 3 fish oils are also a very good idea, as they reduce any inflammatory response and boost many aspects of your immune system function.

The other point I'd like to make it to ensure that you have sufficient cortisol production by your adrenal glands, as cortisol has a significant effect on your white blood cells, so be sure to get a salivary cortisol test completed with the assistance of your health-care professional. As I have mentioned elsewhere, adrenal fatigue treatment is one of my best-kept secrets when it comes to recovery of "impossible" cases of psoriasis. Both the cell and humoral mediated responses are significantly boosted with strong adrenal function.

2 - The Humoral-Mediated Immune Response – consider this part of your immune system, it is fighting the enemy at a distance. These guys are the snipers squads and the artillery; they either can't see the enemy or can kill them from miles away. In this case, white blood cells produce antibodies that travel widely throughout the bloodstream and can cause inflammation anywhere on the body where the bloodstream will take them. The humoral response is responsible for your body's SIgA production. Go to the booklet entitled "Psoriasis and Functional Medicine Testing to read a lot more about this topic.

Low Antibody Levels

I have discovered that patients who only partially recover from psoriasis and then relapse and who remain feeling unwell for some time appear to have low or borderline SIgA levels as well. You can read a lot more about SIgA (antibodies found commonly in the digestive system) under comprehensive digestive stool analysis testing, and this information can be found in booklet entitled "Psoriasis and Functional Medicine Testing".

It would certainly pay to increase your digestive SIgA levels, that way your immune system will get a significant boost and may help to pull you out of a sustained aggravation you are going through, the SIgA antibodies form part of your immune system's humoral response. This part of the immune system fights the enemy at a distance, unlike the cell-mediated response that fights the enemy close up. You will find that with higher SIgA levels you will be able to tolerate many different foods much more easily, which you previously were having aggravations from in many potential ways.

With a reduction in an over-active immune response, you will find that your skin symptoms reduced much more quickly. The best way to work on the immune system if you want to get rid of your psoriasis is to boost both the cell and humoral mediated responses, the two main branches of your immune system. By boosting both aspects of immunity (cell and humoral responses), you will begin to feel better than you have for a long time, possibly even several years. This is one of the key secrets I've discovered to a deep-seated recovery from chronic psoriasis that I have not seen mentioned elsewhere. This is a bit like renewing your troops on the frontline, more white blood killer cells, the cell mediated response, and giving them better weapons with a higher accuracy and more killing power, boosting the humoral-mediated response. The result is an unparalleled ability for your immune system to not only fight any incoming pathogens (the enemy), but to reduce any inflammatory response before it gets out of hand, and this is the key to reducing those psoriasis flare-ups that seem to occur with regularity with many psoriasis sufferers I've seen in my clinic.

When it comes to the immune system, most people are only familiar with terms such as infections and allergies. Many are not even aware that stress can play a fundamental role in the development and maintenance of their psoriasis. This is a most important section of the Psoriasis Program, because you are about to learn that stress can and does take its toll on your immune system, reducing your resistance and increasing your susceptibility of psoriasis.

Once you understand the stress/psoriasis connection and know that you can do something about it, you will be in a significantly better position to be able to fully recover from your psoriasis. This is one of the key areas of the Psoriasis Program, and often one of the forgotten aspects of psoriasis recovery. Your immune system is greatly influenced by your stress levels, and a powerful immune system can help you recover rapidly and permanently from psoriasis. Once you learn about the stress/psoriasis connection and work on balancing your autonomic nervous system, (more about this in Psoriasis and Understanding the Lifestyle), you will be amazed and delighted at how quick your body can recover from psoriasis that may have been plaguing you for years.

This information will be especially helpful for those with psoriasis who get better but don't seem to fully recover; they only partially recover and then seem to slowly get worse again. They have followed a strict diet, take supplements and exercise regularly. They get enough sleep but still can't seem to get on top of their psoriasis. Have they looked at *the influence of stress* in their lives?

First let's explore the topic of immunity and psoriasis a little further and take a look at the interplay between the factors that can aggravate or improve your immune system's responsiveness towards psoriasis. In this booklet of the Psoriasis Program, I will explain what I call health busters and health builders and then elaborate on the relationship between adrenal fatigue, stress and yeast infections. I'll finish this section on what you can help to beat a yeast infection by boosting your immune system and beating stress, one of the biggest, most misunderstood and hidden causes of chronic ill health today.

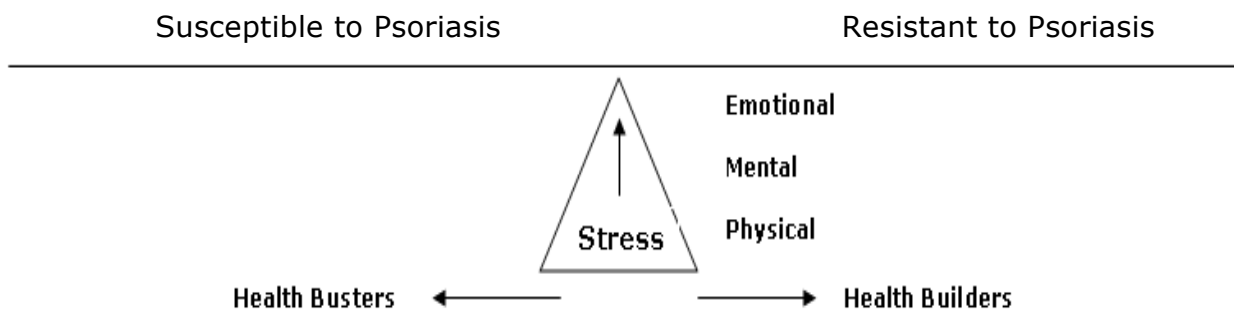
Health Builders And Health Busters

I have always been big on trying to identify the cause of a person's psoriasis, because if I can understand what caused their psoriasis in the first place then I can probably help that person turn things around and get rid of it. It sounds simple in theory doesn't it? But it isn't always that easy to uncover one or several of the causes of psoriasis, a person may have had their psoriasis for twenty, thirty or even for fifty years and in such cases it may even become an almost impossible task to determine how this mess all started.

One thing is for certain, there were one or several causes, and that cause was a stress to the body which either occurred on an emotional, mental or physical plane or a combination of one or more of these factors. This stress, a health buster, created a shift to the left of the stress pyramid I have drawn (see diagram), and when that shift occurred the patient became increasingly susceptible, and as their resistance dropped they increased their susceptibility to leaky gut syndrome (LGS) and immune dysfunction.

Many people who develop psoriasis do so because their immune resistance becomes compromised and their susceptibility towards LGS increases. If you look at the diagram below you will see a line with susceptibility on the one side, and resistance on the other. In the middle you will see a pyramid with the word stress in it, and to the right you will see the words emotional, mental and physical.

But what does this mean, and what has stress got to do with getting and keeping psoriasis? To answer these questions we need to take a closer look at how diet and lifestyle affect immunity and increase your susceptibility of developing psoriasis.



Likewise, if a person decides on health building activities, their resistance will increase and their susceptibility will drop. Like any immune-related chronic condition, psoriasis can occur for a reason; you develop it because you became more susceptible to it due to various health-busting activities.

Psoriasis Health Busters

Psoriasis health busters are often the exciting and maintaining causes of immune dysfunction. These causes break down the body's resistance and affect the immune system either directly or indirectly by causing problems with the HPA (stress) axis, which I will explain shortly. The cause of an infection or inflammatory response may occur as a stand-alone occurrence, such as taking an antibiotic, but will occur more commonly due to a combination or accumulation of these causes or triggers.

- **Mental and Emotional** – anger, hatred, jealousy, envy, greed, anxiety, depression, other negative attitudes and beliefs, work related stress, financial pressures, fears and phobias, marital or relationship stress, unemployment stress, study/mental over-exertion, death of a loved one, prison term, birth of a child, divorce, lack of relaxation, constantly driving yourself, trying to be perfect.
- **Physical** – Smoking, alcohol, caffeine, junk foods, poor eating habits and a general lack of good food, sugar and white flour products, yeasty and moldy foods, toxins, chemical toxicity, heavy metal toxicity, over-exertion or over-training, antibiotics (a big cause), prescription and non-prescription pharmaceutical drugs (antibiotics, the Pill, etc.), adrenal fatigue and thyroid imbalances (common), no exercise, infections (acute and chronic), root canal therapy, mercury amalgam fillings. EMF (mobile phones, radiation, microwaves, etc.). Physical causes also include environmental causes like wearing nylon underclothing (increasing the risk of jock itch or vaginal thrush), wearing socks and shoes for too long (toe nail fungus), and having hands wet for too long (fingernail fungus). Over-breathing can be a cause of many different health problems; many people hyperventilate due to stress.

People And Relationships Are Our Biggest Stresses



Some of the biggest stresses we truly face involve *other people*, and most people can relate to the fact that there is one person they know in general, like a son, ex-partner, employer, husband, employee, mother-in-law or daughter-in-law, etc.; that is causing them stress right now, ranging from very mild and occasionally to severe and extreme. The emotional stresses are the ones you will notice which are on top and close to the line I have drawn near the pyramid. The apex stress. Most people consider *the physical stresses* to be the most toxic to the body (like chemicals, heavy metals, etc.) when in fact it is the *constant low-grade emotional stresses* that cause us the most harm in my opinion. They continue on and sit in the background of our mind, sometimes for years or even decades and slowly wear down the ability of our body to help us recover from stressful events. These kinds of stresses are hidden from view, virtually un-diagnosable and accepted as being a normal part of our lives, unlike parasites, mercury, mold or microwaves, etc.

As our HPA (hypothalamic-pituitary-adrenal) axis becomes increasingly compromised, our immune system becomes incrementally compromised as well,

and this is often how we become increasingly allergic or hypersensitive to foods and substances in our environment, we develop less resistance to many different types of infectious diseases like urinary tract infections, skin infections, respiratory infections, etc., we have an increased tendency to developing any one of the eighty immune-related diseases including psoriasis, ulcerative colitis, Crohn's disease, rheumatoid arthritis, Hashimoto's thyroiditis, Grave's disease, etc.; and finally we can even be prone to developing one of the many different types of cancer.

It the accumulation of the many and varied different types of stresses which tips the balance, however. And if we can recognize stress for what it is and deal with these different stresses in our lives, whether they are emotional, mental or physical, than we will be in a much better position to avoiding falling victim to psoriasis because our resistance will be high and our susceptibility will remain low. As you will soon discover, continual low-grade stress causes a strain particularly on our adrenal glands, and once these powerful little glands become compromised our susceptibility to virtually any immune problem increases significantly, especially an inflammatory condition like psoriasis. Be sure to read my book entitled "Psoriasis and Understanding the Lifestyle", in this book I explain much more about stress and what you can do about it.

Psoriasis Health Builders



These are the health-building activities that reduce your risk of psoriasis and increase your resistance to developing or maintaining those annoying psoriatic plaques. The following activities boost your health and especially your immune health. With an increased resistance comes a lowered susceptibility, and this is good news for you. The good thing is that you can do plenty to get rid of your psoriasis if you want to, just be aware of the health busting activities and finally deal with them while at the same time

increasing your health-building activities.

- **Mental and Emotional** – happiness, laughter, not trying to be perfect, learning to say no to people, not over committing yourself, daily relaxation, letting things go and not dwelling on unpleasant thoughts or unpleasant people, regular meditation or prayer, consciously slowing down your mind and thought processes and your life!, effective time management.
- **Physical** – not smoking, avoidance of alcohol and caffeine, eating a healthy, balanced diet, consuming plenty of fresh organic foods, avoiding sugar, alcohol, junk and white flour, eating at regular times and never skipping meals, regular detoxification of chemicals, heavy metals, etc., daily exercise, regular dental check-ups, caution with mobile phone and microwave use, avoidance of mercury fillings and avoidance of root canal therapy, relying on natural medicines and not pharmaceutical drugs, getting plenty of sleep and rest as well as unstructured time. Taking a vacation regularly and learning to say "no" to people.

The end result will be that your immune system will not only be considerably more capable of dealing with your psoriasis than by relying on drugs, or dietary supplements and diet alone, this form of focused activity on your behalf will also keep your level of immunity at an all-time high, thereby reducing your risk of any

future recurrence of many problems like food allergies, many different types of inflammatory disease, dysbiosis and leaky gut, bacterial and viral infections and a host of other immune-related health problems.

Over 90% Of Doctor Visits Are Stress Related



With a healthy HPA stress axis you will find that you will have lots more energy, improved sleep, better control of your cognition, including clarity of thoughts and memory, less chance of mood swings including anxiety and depression, quicker wound healing or recovery from any stressful events, being more productive, and having a state of wellness that is truly priceless. True health is the greatest of all wealth, and you can't buy this health, even with all the money in the world.

All the money on this entire planet could not give you the state of wellbeing that a balanced stress axis could. A healthy and balanced stress mechanism may even save you from developing one of the big three, namely cancer, heart disease and diabetes.

Most all books and articles I have read on psoriasis unfortunately don't drive home the importance of connection between stress, immunity and psoriasis, and that's exactly what I'd like to explain to you right now.

If you can master but one thing when it comes to beating your psoriasis, master the ability to understand the relationship between your immune system and psoriasis, but more particularly, the relationship between your adrenal gland health and psoriasis. After all, the adrenal glands are the glands that help you recover from stressful events, and it always pays to go back to the source of the problem.

Did you know that about 90 percent of all visits to the doctor are *stress related*? Many of these visits are regarding conditions such as insomnia, headaches, digestive problems, I have routinely found in the clinic that the tendency is there for an immune weakness to be expressed in a highly individual manner, and it may be expressed with the patient's inherited or familial weaknesses, for example if the patient has a family history of heart disease, arthritis or asthma, the individual weakness is much more likely to be expressed in these key areas. The weakest link for some genetically may be their heart, for others their lungs, and yet for others it could well be their joints. Stress has the amazing ability to expose these weak links of the chain and bring them to the foreground. If the person is of a nervous or a sensitive type, the dysfunction, their individual signs and symptoms, may be expressed in the nervous system, digestive system or other system most susceptible to that person, especially when stress is factored into the equation.



After having specialized in stress for the past six years in my clinic and treated many patients who suffer from adrenal and thyroid issues, I would like to believe that I could give some good advice in this area. You will find that stress affects your immune system in several ways profoundly, and once you learn about the connection you will be in a better position to avoid the common pitfalls that

so many succumb to.

There are many other reasons naturally for an immune dysfunction to be expressed in a person, for example with toxicity. The ability of your body to cope with or be affected by the toxic effects of any foreign matter such as heavy metals, chemicals, etc.; is dependent on your immune system's ability to cope with that foreign material and is influenced by many factors. The biggest area of immune dysfunction with psoriasis however is in the area of inflammation. So let's take a look at a few key factors that affect immunity.

3 Important Factors Affecting Your Immune System:

1. Your Nutritional Status

In order to function optimally, your immune system is like any other system in your body. It needs adequate nutrition to operate at peak efficiency and must be supplied with a whole range of nutrients, particularly the vitamins A, B6, C and E as well as the key immune minerals magnesium, zinc, copper, iodine, iron and selenium. A deficiency in any one or several of these important nutritional contingent factors can significantly increase your risk of a yeast infection. Poor nutritional status can come about from a deficiency due to a poor dietary intake or a poor ability of the digestive system to digest and absorb these vital nutrients.

2. How Stress Affects You.

Stress is one of the most universal underlying causes of many infections and inflammations, including psoriasis. Whenever your body is exposed to any kind of stress, whether it is an emotional stress such as for example grief, anger, anxiety, or a physical stress such as an injury, toxicity or infection, many chemical changes occur in your body, which in turn may have a significant effect on your immune system.

3. Your Toxic and Allergenic Load.

Your toxic and allergenic load is the total quantity of potentially toxic and allergenic substances that have entered your body, and it is this load that your immune system has to deal with. There are different ways for your body to receive both toxic and allergenic materials and they can be absorbed and incorporated into your body in many different ways. This is why you need to read and implement the Psoriasis Diet.

Toxins Are A Forgotten Cause Of Immune Dysfunction

Toxins and allergens include substances you breathe in, such as pollen, bacteria or mold spores, dust and various chemicals such as pollutants (car fumes, heavy metals, etc.) or by way of additives to the foods you eat (colors, flavors, preservatives, etc.) Toxicity also commonly occurs due to pharmaceutical drugs, and many people with a yeast infection today will have taken an antibiotic or the oral contraceptive pill in the past, besides headache pills, sleeping pills, antidepressants, or any one of a dozen other commonly doctor-prescribed or self-prescribed over the counter drugs.

There are also the naturally occurring toxins such as the bacteria, viruses and molds that will be found in our foods or environment. Other ways you may become toxic or allergic or develop parasitic infections is by coming into contact with animals, do you have any pets or live on a farm?

Some psoriasis patients I have seen in my rooms over the years work in potentially toxic occupations like mechanics, printers, dry cleaners, truck drivers, painters, plumbers, tanners, welders, sheet metal workers, gardeners, dentists, factory workers and many other occupations which all place their workforce in a potentially toxic environment. Many of these chemicals can increase your incidence of an abnormal immune response, including the production of immune modifying substances produced to cope with any potentially underlying toxic onslaught. When an increasing toxic or allergenic load overwhelms your immune system, it is unable to resist and as your resistance breaks down you are increasingly likely to develop an inflammatory response like psoriasis if you are susceptible.

The best way to deal with toxins is to regularly undergo detoxification, and you can read all about this in the booklet entitled Psoriasis, Internal Cleansing And Detox.

It is important to consider boosting your immune defenses, because it is the sole responsibility of your immensely powerful immune system to hunt down, identify and destroy any allergic, inflammatory or toxic substances before they have a chance of wreaking internal damage. Without an adequate defense mechanism you are leaving your body wide open to a myriad of different health complaints directly related to poor immunity, including psoriasis.

To cope, some people with psoriasis under continual stress unfortunately drink alcohol, raising their immune response further. An even further assault can occur to their immune system when they take drugs like antibiotics, anti-histamines, sleeping tablets or a blood-pressure drug, for example. Likewise, the immune system may be challenged by molds which may come from living or working in a moldy environment, or from ingesting foods containing molds or spores, such as those foods placed in the refrigerator which were cooked the day before. Did it ever occur to you that these air or food-borne yeast spores can become trapped in your respiratory or digestive system and challenge your immune system further?

Adrenal Fatigue, Immunity And Psoriasis



Not long after my clinic began to specialize in treating patients with psoriasis, I began noticing that many of these patients also suffered from a common condition known as adrenal fatigue. Those with strong adrenal gland function did not appear to be bothered as much with psoriasis in comparison to those who had weak adrenal gland function.

But after having treated several thousand patients with adrenal fatigue, I have come to realize that those with chronic psoriasis can actually develop adrenal fatigue as a consequence.

There are many complex immune mechanisms involved in the interplay between psoriasis and the adrenal glands, but suffice to say, there certainly is a correlation

between them both. By treating adrenal fatigue and psoriasis simultaneously, the patient tends to recover *much faster* than by treating either as a stand-alone condition. Unfortunately, in the worst scenario, adrenal fatigue often remains untreated, because adrenal fatigue is not recognized as a distinct syndrome by mainstream medicine. If a practitioner wants to achieve optimal results with their patient with psoriasis, they would do well to employ complementary adrenal support to maximize their patient's chances of a full recovery. Ideally this will be achieved both from a dietary and lifestyle intervention perspective, as well as including highly specialized adrenal nutritional support to maximize their patient's outcome.

An adrenal treatment plan may not be necessary at the onset of psoriasis treatment, but at some stage during the patient's recovery phase he or she is going to benefit from adrenal treatment, particularly if she has been unwell with recurring psoriatic plaques for a considerable period of time. When a person has had psoriasis for a very long time, and I've seen some suffer for 20, 30 years or even longer, then this person may begin to develop anxiety and/or depression which becomes an additional stress adding to the severity and duration of their psoriasis and adrenal fatigue. This is especially so with a sensitive, more reclusive or withdrawn patient who is not taken seriously, something I have witnessed time and again over the years.

It has been known for some time that those with adrenal fatigue are more prone to developing psoriasis; it is however rarely acknowledged that a chronic psoriasis can actually be the cause of adrenal fatigue in certain cases. One of the main reasons is because a chronic psoriasis can cause chronic over-activation of the adrenal glands, and this occurs due to a continual up-regulation (higher output) of the powerful hormone cortisol, which has several important immune modulating properties when it comes to fighting psoriasis. If you want to finally crush psoriasis permanently, you will want to make certain that you have a viable and supremely powerful immune system, and one of the best ways of achieving this is to have your adrenal glands working for and not against you.

What Is Adrenal Fatigue?



Adrenal fatigue is a very common condition most practitioners will see almost daily in their practice, but first let's take a look at what adrenal fatigue actually is, what the cause of this well know condition is and how psoriasis and adrenal fatigue can be linked.

The adrenal glands are small glands that sit on top of your kidneys, they are glands that produce almost fifty hormones and are critical in helping you recover from any stressful event.

Adrenal Fatigue is any decrease in the ability of the adrenal glands to carry out their normal functions. This happens when your body is overwhelmed, and particularly when stress over-extends the capacity of your body to compensate and

fully recover from any stressful events. Consequently, the adrenal glands become increasingly depleted and fatigued and are unable to continue responding adequately to further stress.

Adrenal Fatigue is a collection of signs and symptoms, known as a syndrome that results when the adrenal glands function below their necessary level. Although adrenal fatigue is commonly associated with intense or prolonged stress, it can also arise during or after acute or chronic infections, especially respiratory infections such as influenza, bronchitis or pneumonia, but also a yeast infection. Many factors can reduce adrenal function, and it is often an accumulation of triggers over a period of time that is responsible for this syndrome. As the name suggests, the main symptom is fatigue, a kind of fatigue that is not relieved by sleep, but adrenal fatigue is not a readily identifiable or diagnosable entity like a low iron count or Vitamin B12 in the blood, which is typically viewed by the medical profession as the cardinal sign of fatigue.

The Adrenal Fatigue syndrome has been known by many other names throughout the past century, such as non-Addison's hypo-adrenia, neurasthenia, adrenal neurasthenia, adrenal apathy and more recently as having a nervous breakdown. Although both adrenal fatigue and yeast infections affect the lives of many millions of people around the world daily, conventional medicine does not yet recognize these health complaints as distinct conditions.

Japanese Recognize Adrenal Fatigue As An Illness

The doctor who coined the phrase adrenal fatigue and who is considered the world expert, is Dr. James L. Wilson. After Dr. Wilson spoke to over 3,000 doctors on adrenal fatigue in Japan after the tsunami and Fukushima nuclear power plant meltdown in 2011, the Japanese government declared adrenal fatigue an illness in its own right. The World Health Organization has also recently recognized adrenal fatigue as a separate illness, yet conventional medical science in the Western world still cites "lack of evidence" as the main reason they believe this syndrome simply doesn't exist. I certainly have seen plenty of evidence in my clinic, after having treated several thousand patients with adrenal fatigue since I began to specialize in this syndrome since 2006, and the results have been spectacular to say the least.

Adrenal Fatigue Can Cause Serious Havoc With Your Life.

In the more serious cases, the activity of the adrenal glands is so diminished that you may have difficulty even getting out of bed for more than a few hours per day. With each increment of reduction in adrenal function, every organ and system in your body is more profoundly affected. Changes occur in your carbohydrate, protein and fat metabolism, fluid and electrolyte balance, heart and cardiovascular system, and even your sex-drive. Many other alterations take place at the biochemical and cellular levels in response to and to compensate for the decrease in adrenal hormones that occurs with adrenal fatigue. Your body does its best to make up for under-functioning adrenal glands, but it does so at a price.

You may look and act relatively normal with adrenal fatigue and may not even have any obvious signs of physical illness, yet you continue to live with a general sense of unwellness, tiredness or gray feelings.

People suffering from adrenal fatigue often use coffee, tea and other stimulants to get going in the morning and to prop themselves up during the day. Younger people may rely on caffeinated or energy drinks. Some adults may rely on the regular even daily use of alcohol in the late afternoon or evening to unwind.

Others may take medications such as sleeping pills, anti-depressants or rely habitually on paracetamol (acetaminophen) for tension headaches that may be caused by stress. Those with adrenal fatigue may crave salty foods such as potato chips, olives, pretzels, etc., because sodium will become more easily excreted as the adrenal gland's energy becomes increasingly depleted. This occurs to the adrenal gland's reduction in the output of a hormone called aldosterone that assists in the body's regulation of sodium and potassium levels. This is why many with adrenal fatigue complain of vagueness, weakness, dizziness, feeling like blacking out and low blood pressure.

Have you suffered from stress, and more importantly, can you recognize any of the following signs and symptoms? Many people tell me that they are not stressed and that stress does not figure in their lives, but if you have a pulse and you are breathing then you will suffer with stress at some point in your life because you are a living human being!

Warning Signs and Symptoms of Stress

Cognitive Symptoms

- Memory problems
- Indecisiveness
- Inability to concentrate
- Trouble thinking clearly
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts

Emotional Symptoms

- Constant worrying
- Loss of objectivity
- Fearful anticipation
- Moodiness
- Agitation
- Restlessness
- Short temper
- Irritability, impatience
- Inability to relax
- Feeling tense and on edge
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

Physical Symptoms

- Headaches, backaches, neck aches
- Muscle tension and stiffness
- Diarrhea or constipation
- Nausea, dizziness
- Insomnia
- Chest pain, rapid heartbeat
- Weight gain or loss
- Skin breakouts (hives, eczema)

Behavioural Symptoms

- Loss of sex drive
- Frequent colds
- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastination, neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)
- Teeth grinding or jaw clenching
- Overdoing activities (e.g. exercising, shopping)
- Overreacting to unexpected problems
- Picking fights or arguments with others

Are You At Risk Of Adrenal Fatigue?



If you can recognize several of these signs and symptoms of stress, then you may be at a greater risk of developing adrenal fatigue. Here is a list of those who are most at risk of developing adrenal fatigue, see if you are in this group and if you are, can you relate to the conditions I just mentioned?

- People who are highly ambitious or competitive with themselves and others, all work and little play.
- Perfectionist people who set impossibly high standards for themselves and then fail to achieve them.
- Professional sports person with a grueling training schedule. I have seen several patients over the years that have competed at the highest levels with severe adrenal fatigue.
- People who are constantly on-the-go and rarely give themselves permission to truly relax.
- People addicted to computers, laptop, iPad, mobile phones, or watching too much TV. Those who feel compelled to check emails very frequently or are addicted to social media like Facebook, Twitter, etc.
- Full-time university students, PhD candidates, especially students who have to work through their studies to support themselves financially.
- Single parents with little downtime, or parents with children with autism or behavioral syndromes.
- Career or working mothers trying to juggle work and children.
- People in unhappy personal or professional relationships.
- Unhappy employees in stressful working conditions.
- Shift-workers, air-traffic controllers, flour millers, factory workers, truck drivers, police officers, miners, pilots, nurses, doctors, etc.; those working irregular or long hours needing to adjust their sleep & work patterns regularly.
- Adults caring for their sick or elderly parents or sick children while trying to juggle their busy lifestyle.
- Self-employed people in start-up companies, financial stress, huge mortgages, etc.
- Drug or alcohol abuse.
- People with a chronic ongoing immune condition like psoriasis, colitis, etc.

Testing For Adrenal Fatigue



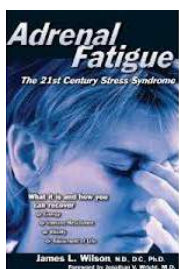
Did you know that testing for Adrenal Fatigue could be conducted by a simple saliva test? The Cortisol Salivary Test is an excellent way for you to determine your levels of the stress hormone cortisol; it provides an evaluation of how cortisol levels differ throughout the day.

Speak to your health-care professional about this test.

Here is a simple test you can do right now, take the Adrenal Fatigue Home Test:

- **Low risk:** If you can answer yes to 3 or more of the following questions, you may be at risk of developing adrenal fatigue.
- **Medium risk:** If you can answer 5 or more of these questions, your risk is certainly greater than if you can only answer one or two questions. Take a look at the manifestations of adrenal fatigue below, if you have any of these, see your health-care professional.
- **High risk:** If you can answer 7 or more correctly, you probably have adrenal fatigue right NOW. See you health-care professional soon!

1. Do you have difficulty getting up in the morning; do you like to stay in bed an extra half an hour before you get up?
2. Could you easily sleep in?
3. Do you still feel tired and fatigued even after sleep?
4. Are you not really fully awake until after 9.00am?
5. Do you have an energy drop between 2 to 5pm?
6. Do you feel better after your evening meal and get a "second-wind? Later in the evening from 10-11pm?
7. Is it common for you to stay up to 1 am or beyond?
8. Do you feel less enjoyment or happiness in life and constant lethargy?
9. Does everything seem like a chore?
10. Do you feel fuzzy mentally and often lose track of thought, short-term memory concerns?
11. Have you been diagnosed with depression, panic attacks, or anxiety?
12. Have you got a poor sex drive or no libido?
13. Do you feel anxious about things that never previously bothered you?
14. Are you more irritable with your partner, children or co-workers lately?
15. Is it taking you longer to recover from an illness, injury or trauma (i.e. the cough you got two months ago is still lingering on)?
16. Do you suffer recurrent colds, flu, sore throats, skin infections, etc.?
17. Have you been prescribed antibiotics several times in the past few years?
18. Do you have recurrent asthma, hay fever, pneumonia or bronchitis?
19. Have you suffered increased PMS, i.e. bloating, tiredness, irritability, craving chocolate?
20. You have suffered with menopause, i.e. hot flashes, vaginal dryness, irritability, accelerated ageing, etc.?
21. Do you get feelings of vagueness, dizziness or feeling like you might blackout yet no cause can be found?
22. Do you "need" two or three cups of coffee or strong tea daily?



For a much more comprehensive explanation of how stress and Adrenal Fatigue affect your health and what you can do to recover and protect yourself see Dr. James Wilson's book, Adrenal Fatigue: The 21st Century Stress Syndrome. I have known Dr. Wilson for several years and consider him to be one of my mentors in my continuing education of natural medicine.

Once adrenal fatigue sets in, you may become susceptible to a long

list of health complaints including respiratory infections, asthma, allergies, candida yeast infections, chronic fatigue syndrome, fibromyalgia, and a host of other immune disorders. Here are some of the more common conditions we see in those with adrenal fatigue. They are all potential manifestations of adrenal fatigue:

Manifestations Of Adrenal Fatigue:

- Alcoholism
- Allergies
- Anxiety, anger (short-fuse), irritability, depression
- Arthritic pain
- Asthma
- Adult-onset diabetes - Type 2 Diabetes
- Auto-immune disorders (rheumatoid arthritis, lupus, ulcerative colitis, many more)
- Confusion, poor concentration, and memory recall
- Chronic fatigue syndrome
- Common to stay up to 1.00 am or beyond.
- Cravings for salt or sweet foods
- Decreased immune response - recurrent coughs, colds, flu
- Difficulty during menopause (the adrenals take over the role of the ovaries after menopause) especially with hot flushes, anxiety and mood swings.
- Dysbiosis
- Everything seems like a chore.
- Fatigue in spite of sufficient sleep. Trouble getting up in the morning, likes to sleep in that extra half an hour.
- Feeling fuzzy mentally.
- Fibromyalgia
- Food allergies
- Frequent respiratory infections
- Hypoglycemia - erratic or abnormal blood sugar levels (very common)
- Increased fears, anxiety, and depression
- Insomnia
- Libido issues
- Premenstrual tension
- Psoriasis, auto-immune dysfunction
- Post viral syndromes (history of glandular fever is common)
- Reliance on stimulants such as coffee, tea, energy drinks
- Reliance on alcohol to "unwind"
- Reliance on sleeping pills, anti-depressants, and a host of other pharmaceutical medications related to stress-induced diseases.
- Thyroid problems, many hypothyroid patients have adrenal fatigue
- Tired in the afternoon especially between 2.00pm – 5.00pm
- Weight gain
- Yeast infection

Adrenally Fatigued Psoriasis Patients Aggravate Easily

A problem I used to encounter in my early days of treating those with chronic psoriasis that were adrenally depleted is that those patients with major adrenal fatigue were not able to readily handle treatment aggravations or die-off (Herxheimer reactions) of any underlying Candida yeast infection without having severe reactions. Their bodies were simply not able to cope with any kinds of skin or digestive aggravations, apart from trivial or very minimal, and these were the patients much less likely to return for a follow-up visit to my clinic.

Immune resistance certainly declines as adrenal function goes down; this increases the chance of an aggravation when psoriasis treatment is commenced. This is something I had to learn by making many mistakes with patients in the early days, and it is a mistake I don't want you to make. Either find a practitioner who knows how to recognize and treat adrenal fatigue or become enlightened yourself by buying a copy of Dr. Wilson's Adrenal Fatigue book, then you can make up your own mind and request treatment when you recognize this all-too-common syndrome in yourself.

I have learned and don't tend to have these kinds of violent reactions with chronic psoriasis patients anymore, and if you carefully follow my recommendations as outlined in the Psoriasis Program, you won't either. I'd like you to seriously consider whether you have adrenal fatigue or not, and if you can relate strongly to this part of the Psoriasis Program, then please speak with a practitioner who is familiar with Dr. James Wilson's Adrenal Fatigue protocol, because you will be glad you did.

The Adrenal-Cortisol Connection And Psoriasis

Once the adrenal glands become compromised due to stress, their ability to function optimally is impaired, and as cortisol output is decreased so is the adrenals ability to optimize the immune system.

One of the most important hormones made by your adrenal gland is cortisol, a powerful steroid hormone that performs many different functions in your body. According to Dr. James Wilson, the world authority in adrenal fatigue, all of your body's cells have a requirement for cortisol apart from your nails and your hair, but the cells which have possibly the highest affinity for cortisol are your white blood cells, your immune cells. In the initial stages of stress, the alarm phase, your body's cortisol levels will tend to be elevated, but as your adrenal glands become increasingly depleted due to long-term low-grade stress, the resistance phase of stress, cortisol levels eventually become depleted, and eventually they may even hit low levels, the exhaustion phase of stress.

One of the common symptoms we find in those with adrenal fatigue is recurring immune problems and poor recovery from minor infections. Those with adrenal fatigue also tend to have more problems with leaky gut syndrome, food allergies and all manner of digestive and bowel problems. Unfortunately, the doctor's answer to many of these common stress-related complaints is a prescription for antibiotics, and this may lead to or further exacerbate psoriasis.

An All Too Common Scenario

A common scenario I have seen in my practice time and again is that a person suffers from recurring stress and may develop a symptom such as headache, insomnia, constipation, recurring cough and cold, a skin infection or a recurring urinary tract infection. According to the doctor, it was bacteria that were the cause of their unwellness, and this will naturally mean that a prescription for an antibiotic is called for. The patient may develop a digestive problem including a yeast infection or vaginal thrush requiring more antibiotics and so this drug merry-go-round continues.

Relaxation - 12 Ways To Achieve Bliss In Your Life

Relaxation is outstanding for overall health, not just for the prevention and recovery of a yeast infection. Although there are many forms of relaxation, I recommend T'ai Chi, meditation and yoga. These three techniques in particular appear to be the most beneficial because they have such a profound effect on helping a person balance their HPA axis and relax.

The concept and mechanism for how relaxation protects our stress mechanism is simple: When we relax, we elicit the relaxation response, which is opposite to the stress (fight or flight) response. Once a state of deep relaxation is achieved, for example by deep breathing and relaxing, our heart rate and blood pressure fall, (largely due to stimulation of the vagus nerve and parasympathetic nervous system), our immune system is boosted, and our circulation and digestive systems improve. Countless studies have shown the beneficial physiologic effects of relaxation therapy. In a recent study published in the American Journal of Hypertension, researchers showed that patients taught basic meditation techniques had significant decreases in blood pressure. And all they basically did was to relax and slow their breathing rates down!

With regards to a compromised immune function, which increases your susceptibility to a yeast infection, many health-care professionals believe that it can be of psychosomatic origin, especially stress and emotional conflict in nature. Improper lifestyle, faulty diet and negative thinking all play an important role in triggering many kinds of chronic disease. Our thoughts, feelings and emotions affect our body and mind to a huge extent. Any yeast infection treatment that does not take into account the powerful mind/body connection is not holistic and very much medical-focused by default in my opinion. I recommend you bypass these kinds of treatments and look more towards adopting a holistic approach that encompasses the mind and body.

Here are but a few of the many ways you can relax more around the house. Relaxing your mind and body regularly will go a long way to rebuilding those tired and worn-out adrenal glands.

This in turn will ensure your adrenal and especially your immune reserves are fully topped up. Most people I see with yeast infections, especially those of a chronic nature, could well do with learning how to relax a lot more.

1. Take an afternoon nap. I'm convinced that regular and frequent afternoon naps of short duration are the key to a long and happy life. The best time to lie down is between 2.00pm – 4.00pm, this is when your adrenal energy will tend to be at its lowest point of the day. That might not be possible in the real world, but taking a twenty peaceful minute (TPM) session in the weekend is something you can do right now.

2. Listen to your tired and stressed-out body. Do you actually listen to your body every day? Do you down tools and put those activity lists away when you get tired or become unwell? Maybe you are one of those people who just keep on going until the wheels fall off like many do. Learn to recognize your own unique and individual energy patterns and ride these waves of energy and fatigue, and when your ocean is flat resign yourself to going home and relaxing a little until the weather (your energy levels) conditions change. In time, as you become more observant, you can master this and will be able to work out your work/life balance.

3. Spend time with your pet. Many studies have show that spending time with a pet like your cat or dog is relaxing, fun, and can even lower your stress levels. Apart from the sheer joy your pet can bring to you, consider this:

- The increased cardiovascular activity promotes healthy heart and lungs, and all that walking and quick-start/quick-stop motion not only builds muscles, but it also sharpens your "fast-twitch" muscles, which in turn influences reaction time. Cardiovascular fitness is an important part of learning how to relax, because a fit body is a body that can relax more easily and sleep deeper.
- By learning how to increase your co-ordination and in addition learning how to relax those muscles you will be well on your way to achieving a more balanced musculoskeletal/nervous system which is exactly what I want you to have if you are to master stress in your life.
- Furthermore, for years now studies have shown that simply stroking an animal can help to lower your blood pressure. But if you have a dog, you know the best reason of all to play together, time spent with a pet like a cat or a dog you love is always time well spent. Pets give us unconditional love.

4. Learn the art of being still – turn everything OFF. I firmly believe that in this age of rapid technological change, a "digital detox" is required from time to time, and learning how to be still and calm without noise is one of the most valuable assets of building an abundant state of health.

- For some reason, we have become accustomed to continual levels noise and technological interferences in our lives. First, decide regularly to turn everything OFF – phone, TV, computer, and ALL electronic devices. Some folks tell me that they watch TV to relax with murder programs, hyped-up talent shows or cooking shows with constant people eliminations, etc. How can this stuff be considered relaxation when you get stressed-out watching this barrage of continual hyper-stimulation?

- Don't believe me? Then please check your pulse before and during this stimulation and you will see that this is not relaxation at all.
- What about mindlessly surfing Google, social media, checking emails hourly, all these interactions prevent your mind from, *stillness*.
- Are you addicted to technology? Did you know that people aged between 18 to 35 years of age now spend almost 20 percent of their entire day online?
- Spend at least one hour a day in stillness; focus on the most important things in your life, your health & wellbeing, your family/loved ones and friends and your healthy and happy future.

5. Practice regular slow nasal breathing - everyday. I discovered some time ago with the help of a practitioner friend that one of the most powerful ways I could relieve tension and bring a deep sense of peace into my life was by way of breathing- relaxation techniques. A Certified Buteyko Practitioner, and has taught me to slow my rate of breathing down and to breathe in and out through my nose only.

- Once you understand the correct breathing technique, working with your breath is a most highly effective and convenient method of relaxation and stress-release and in addition a powerful parasympathetic stimulator.
- The incredible thing is that while breathing is essential to life, and we cannot exist without breathing, most of us do not know how to breathe correctly and actually over-breathe.
- The scope of this book is not such that I can elaborate on the Buteyko Breathing Technique, all I can say is check it out online for yourself, and see a certified Buteyko practitioner in your area for a few lessons and you may well be as impressed I was, especially once you start to see results yourself.
- Never strain yourself when practicing any breathing or relaxation techniques (or anything else for that matter). Your breath is your best friend, so always remember to go slow and gentle.

6. Make an appointment to see Dr. Hug. Are you a person who has minimal contact with those around you? Once you relax more (and laugh more!) you will find it easier to hug those you care about more. Hugging those you care about, or even your close friends, makes you and them feel good and connected to each other. Try it, you might just like it!

- Hug your friends, family members and especially your partner. Hugging more often not only increases happiness but also makes us happier.
- Hugs are a great way to express affection and show that you care about a person and that you support that person through good times and through bad times. Hold a hug for a moment before letting go.
- Did you know that a hug is not only one of the most powerful ways to communicate that you care for another person, but that hugs can improve the other person's mood? This in turn will improve your relationship with that person, break down tension and anxiety and allow you to relax more.
- Avoid hugging the person too tightly, and probably the best way to judge how tightly or loosely to hug someone is to let the person you're hugging indicate what he or she wants by how hard they hold and squeeze you. If they are soft and gentle, then by all means be soft and gentle back; but on the contrary, if they like more pressure and squeeze tightly, then hug back same way!

- Don't hold a hug for too long, and the more you hug the better you get.
- I have a massage practitioner friend here in New Zealand who wears a badge with "Dr. Hug" on it, how awesome is that. I've seen Roger hug complete strangers with a smile on his face that makes me think he has been a friend for years. Roger is one of the most relaxed guys I've known. Maybe I could book you an appointment with Roger?

7. Have a regular massage.

Many years ago in the earliest years of my professional work I was a massage practitioner and had a massage clinic that I worked in for several years. I noticed that some people would come in once per week for a regular massage, and the reason why they kept coming back was for stress relief. Were you aware of the amazing health benefits that a simple regular massage can have on your health and wellbeing? There are many different kinds of massage that can help to relieve tension from throughout your body. Relieving this muscular tension also releases mental, emotional and physical stress from your body. Massages are also beneficial in that they help to remove toxins from your body by relaxing muscles, joints and facilitate the circulation of blood and lymph (immune) fluids throughout your body.

- Try different massage techniques to determine which one is best suited for you. You may find reflexology (foot massage) or Swedish massage (body) to be more beneficial. Consider making massage a regular part of your regular relaxation and bliss plan.
- Swedish massage – Is often done with oils to allow a smooth experience. Essential oils may be used, and you may want a full body experience or just a focus on say legs or upper body/neck & shoulders. Swedish massage involves many different kinds of movements including plucking, pulling, stroking and stretching.
- Aromatherapy massage – This will generally be a Swedish massage utilizing a combination of various carrier oils along with essential oils such as lavender which I find relaxing, sandalwood is my favorite, and a few drops of ylang ylang is sheer bliss. There are hundreds of essential oils available and an aromatherapist will know what to use.
- Hot stone massage – Absolute magic! This form of massage uses warmed volcanic stones that are strategically placed on various muscle points to help you relax deeply. This form of massage is often used before another form of massage is begun, such as Swedish massage. This is an excellent technique for those tired, sore and tight shoulders after a day in the office. Just do it!
- Shiatsu - Shiatsu involves elements of oriental diagnosis, abdominal massage, pressure application to various parts of the body using fingers, thumbs, knees and elbows, and gentle stretches and joint articulation. A wonderful a complete body experience.
- Hugs - If you're not really into massage then do consider hugs! Touch and pressure is a big part of the success of massage; the same is true of hugs. So share a hug with someone. It will relieve stress and lift your spirits and in time as you become more relaxed will find that receiving a massage is an easy transition from receiving a hug.

8. Smile and laugh more. Learning to smile is easy; remember that smiling is the first regular step you will need to learn if you want to learn how to laugh more.

"You'll find that life is still worthwhile, if you just smile." — *Charlie Chaplin*

- It's easy to smile, but do try to make your smile look natural and sincere, not strained or phony. You are trying to maintain a pleasant, happy mood, and not look half crazy! You will find it amazing that even a small, hardly noticeable to you; smile can improve the mood of those around you.
- Practice smiling when you are away from people, and make a habit of smiling frequently for no plain reason. Watch how your mood changes instantly.
- A great way to learn to smile right on cue is to think of something that gives you a lot of joy, it may be you partner or child, it maybe your car or house, it may even be you pet. Think of your favorite holiday location or the face of a very dear friend.
- Breathe-in slowly and deeply before you smile, this will help to reduce stress and dispel and tension in your body and make you smile seem a lot more natural.
- Carry a visual reminder - I have a little card that says, "Remember to Smile" with a smiley face on it. And it works! Whenever I see it, it is a good prompt. You can place a little note on your mobile phone cover or send an email to yourself or others to smile. By reminding yourself and others you know, you will be well on your way to regularly reminding yourself and others of the benefits of this simple technique.
- Turn smiling into laughing – Begin by smiling and look for things that are just plain crazy that make you laugh every day. Laughing is smiling on a roll, and if you read jokes, watch funny movies and associate with funny people regularly you will find it very easy to laugh a lot, and very easily.

9. Engage in regular activities or hobbies that relax you find relaxing.

What are some of your favorite hobbies? Do you like playing a musical instrument, doing crosswords, cooking or baking, or gardening? The trick is to find an activity that you really enjoy and to do it regularly.

Better still; join a club of people who likewise enjoy doing the same thing. That way you will be mixing with folks who like doing what you do. This will most certainly reduce your stress and anxiety levels.

- Hobbies can be anything from simply reading a favourite book, to scuba diving with all the latest high-tech gear!
- Personally I find that oil painting is one of my favourite hobbies and now I find it one of my most relaxing activities. Have you tried sketching, water or oil painting or any other form of visual arts? Sculpting or making objects from clay (pottery) is also something many people enjoy.
- Find something you enjoy and "just do it!" as the slogan goes. It's important to find time for relaxing activities, and when you do, you will find that an enjoyable activity can be one of the best forms stress management plan for getting through life.
- Photography or filmmaking is something that many people are now getting into because of digital technology. It has never been easier (or cheaper) to have a hobby along these technical lines.
- Playing a musical instrument. How do you know unless you try it? Learning to play a musical instrument may open up a whole new world for you, and unless you give it a go you may never know what you have been missing!

10. Learn time management and how to prioritize your tasks.

- Keep a time check on yourself. Regularly throughout your day, keep an eye on what you are doing. Are you surfing the Internet again? Are you wasting your time doing something trivial because you took your eye off your important task at hand? It is truly amazing how quickly and easily we get distracted when we are working. Get back on track! Keep an eye on yourself daily and beat distractions!
- Prioritize your tasks. By setting priority levels for different tasks you need to complete each day you will get a lot more done, and more importantly, in the order of their importance. Relatively unimportant and trivial tasks can consume a lot of your day and waste a lot of your precious time, focus on the here and now and what's important and what can wait until tomorrow.
- Say "NO" to any additional work. Consider what is realistic and what is not, don't be afraid to simply say "No thank you, I'm too busy at present". Learning to say "NO" is one of the most important ways not to become overloaded by others, liberate yourself and become a little more assertive.
- Plan every day. Do you plan every day at work? By carefully planning your day it can help you accomplish a lot more and you will feel a lot more in control of your life. Do you write a to-do list and put the most important tasks at the top? Personally I find it important to keep to a schedule of all my daily activities, thereby minimizing any conflicts and any of those last minute jobs.
- Break big jobs into little jobs. Do you sometimes look at a big job ahead and find it all too difficult? Just break the job down into little steps and complete one step at a time before going onto the next step, that way you will have even the biggest job completed over a period of time. The biggest journey always begins with a single step.
- The ten-minute rule. Try this, it works for me. Is there a particular job you really have to do but you keep putting it off, procrastinating? Then just consider doing this job for a maximum of ten minutes, and no more in any one day. What you will find after a few days that you will keep on going longer than ten minutes one day and actually complete the job. Try this simple technique, it really does work.
- The art of delegation. Can you pass on any work to somebody else? Learning to effectively delegate is an important part of time management, because there is only so much you can possibly do yourself. By getting others to do more trivial and less important jobs, you will be putting out a lot less fires and save yourself a lot more time, time you could be relaxing.
- Too tired to work? Are you getting enough sleep? It is important that you get plenty of sleep otherwise you won't be able to complete tasks at your highest level when your energy levels are at their peak, generally from when you get up until about 11.00 am.
- Take a time-management course. This will not be money wasted, I can assure you. Generally your work place will be able to offer you such a course at no charge to you, otherwise find your local college or community centre that can offer you a course in effective time-management. It will be money well spent.

11. Chill to music. There are many studies exploring the concept of music as a relaxation technique to help pain, sleeplessness and anxiety. Try different

forms of music and see the difference it makes to your mood and energy levels, music can transform you amazingly fast and take you on a journey.

- Music as therapy is widely supported by many medical professionals, and many use it in everyday practice to create their own sense of bliss. It is great to listen to relaxing music or use other distractions so your brain shifts the focus away from any stress in your life.
- Music therapy is an excellent and safe addition to other measures such as massage or exercise, there is nothing quite like a great massage, essential oils and nice and soothing music.
- Different moods require different kinds of music tempo. You may find that when you are in an upbeat mood and you are exercising that you will want music with a higher tempo or beat (80 – 100 beats per minute) than other times such as when you are relaxing with a book or lying by the pool (50 – 60 beats per minute) Feel free to experiment with different forms of music and list these playlists accordingly such as “chill”, “tempo”, “party”, “sleep”, etc. There is a lot of research behind the tempo of music (how many beats per minute) and its effect on your heart (and stress) rate.
- Listen to music in your car. Easy going and relaxing music can make you a more easy going and relaxed driver, especially if you live and work in a big and busy city with lots of traffic.

12. Take a long and relaxing bath. Have you tried to relax in a nice hot bath? A favorite way for many people around the world to relax is to indulge in a bath ritual.

- Taking a bath or spa bath or Jacuzzi, etc., is a habit that can lend deep relaxation and many therapeutic benefits to your body all year round. In ancient times, various herbal baths were used to help those who sick, while mineral baths were used for cleansing, purification and detoxification.
- Many health-care professionals today do recognize that a bath can help you relax and reduce stress levels, important in disease prevention.
- Bathing stimulates the circulation of blood and calms your muscular and nervous systems.
- Bathing can help relieve many common aches and pains and strains associated with many common conditions such as arthritis, menstrual cramps, tension headaches, various inflammations, haemorrhoids, muscle pains, cramps and spasms.
- Insomnia - If you have any difficulty in sleeping, try taking a bath right before bedtime and be sure to add ten drops of lavender essential oil.
- Candles – Be sure to light a few scented candles and place them around your bath for a most wonderful experience. All you need now is some beautiful music.

Your 12-Step Stress-Relief And Immune Boosting Plan

“God heals but the doctor takes the fee” *Benjamin Franklin*

- 1. Find the stress leaks in your life and plug them up.** The first thing to do is to admit that stress certainly does play a role in your life, it occurs in everyone's life. I am amazed how many people who won't even admit they stress in their lives, *any* kind of stress. Ask yourself why and how you are letting stress get to you and what you can do to mitigate the responses stress is having in your life (and more importantly on your health) right now. Examine any tension (hot) spots in your body regularly, like the sides of your jaw, neck, upper back, shoulders and lower back. Are you *slowing down* when you walk, talk and eat?
- 2. Reduce stress in your life right NOW.** One of the most important points you will learn if you study psychology is that there are three things that you can do when you are in a difficult or stressful situation:
 1. You can *change the situation*
 2. You can *change yourself* to fit or adapt to the situation.
 3. You can *leave the situation*.Remember that stresses are additive and cumulative. Removing or neutralizing your largest source of stress can make a very significant difference to your overall health and wellbeing. Most of the time, if you take care of the big stresses, the smaller ones will take care of themselves. Your body has a natural ability to handle stress and remain healthy. It is only when the stresses are overwhelming in quantity, duration or intensity that the systems like your immune system in your body start to break down.
- 3. Next, minimize any unnecessary stress in your life right now.** What is one of the biggest things causing you stress right now? Maybe you are a worrier? Do you panic over your weight, your job, or your health or the health of your family or friends? Try concentrating on resolving the problem rather than on focusing on it by completing small action steps a few times each day until you have resolved the issue, this will give you a sense of empowerment and lead you on to the resolution of bigger stresses in your life. It is easier for you to concentrate for shorter than longer periods of time initially, with experience you will be much more able to tackle the biggest stress in your life.
- 4. Reverse negative stress by walking each day.** One of the best stress busting exercises is to simply go for a five to ten minute walk each day. Walking would have to be one of the easiest and cheapest ways to reduce the impact of stress in your life. Did you know that just by walking for twenty minutes a day three times a week, you could lower your cholesterol levels by a staggering 15 percent? Walking has a particularly favorable effect on balancing many of your body's hormones, especially your stress hormones adrenalin and cortisol and has proven to be a great stress disruptor which helps you think about other things apart from what your mind generally focuses on. Try it; you will be surprised just how uplifting a brisk walk can be, especially when your mood is low.
- 5. Look at your diet, each and every day.** Did you know that foods could have an effect on the way your body will react to a stressful event in your life? Your body can react to a diet high in sugars and refined foods (white flour, white sugar, soda drinks, processed foods, etc.) the same way it will react when you worry about your mortgage payments, your waistline or your job security.
- 6. The art of relaxation, are you getting enough?** It is important to balance work and play, make sure you take time out to relax every day and ensure you get plenty of sleep. Since studying stress and adrenal fatigue, I now

recommend that all my patients have a quiet period of at least 15 to 20 minutes of afternoon relaxation to help powerfully build up their adrenal and immune health. Can't manage every day? Then start by doing this on the weekends and at least one day during the week. Some folk manage this well in their offices, others in their cars, if you improvise you will find a way to have this afternoon chill-out session which can be a great aid in boosting your ability to withstand stress to a much higher degree.

- 7. Reducing stress and anxiety through self-observation.** You may be surprised to know just how quickly you run to the phone, eat your meals, take a shower, drive your car, buy your groceries, or engage in any one of a hundred other regular activities. Have you ever given yourself permission to *slow down a little*? Too many patients I see lead hurried and worried lives, and have become obsessed at completing one task before launching into several other without ever coming up for air. Pretend you are watching over your own shoulder and see how you next respond to any demand placed on you, this may come as a surprise to you. Relax when you walk to that phone, eat more slowly and chew each mouthful many more times than you normally would. Allow plenty of time to get to those meetings and arrive five minutes early and not ten minutes late, apologizing to everyone. By all means have a task list, but prioritize your tasks and be sure to place relaxation sessions, spending times with loved ones and walking on those lists – as priorities.
- 8. Look at increasing the parasympathetic dominators in your life.** In Section 5 of this chapter I will expand greatly on some very important information with regards to your nervous system's regulation of your immune system, digestive system, and in fact most all of your body's functionality. It sounds more complicated than it is, but I'm certain that I can explain this concept to you quite easily. If you can grasp the message here and balance your autonomic nervous system (your sympathetic or "stressed out" and parasympathetic or "chilled out" nervous system) then you will be light years ahead over others who think they can beat a yeast infection with diet and supplements alone. This information alone is worth the price you paid for this book, and in fact it will be priceless if you put it into practice. By incorporating some information I'm going to discuss in detail in Section 5, *The Power of your Parasympathetic Nervous System*, you will be delighted with how your body will not only rapidly crush your candida once and for all, but improve your overall health and wellbeing to a remarkably high level. And all of this because it is most capable of getting your health back on track in the first place, after all, your body was designed to heal itself.
- 9. Do you have adrenal fatigue?** Have you completed the self-help questionnaire and read the section above relating to adrenal fatigue? Can you relate to adrenal fatigue? If the answer is a resounding "YES", then you need help! Contact your practitioner and see if he or she is familiar with Dr. Wilson's Adrenal fatigue Program. By rebuilding your tired and worn out adrenals you will have a much better chance of beating the beast called yeast. Perhaps you have only partially recovered when you treated your yeast infection, but not fully? Maybe you are constantly relapsing, getting well, and then sick again? All too often, a practitioner will treat just the yeast infection by way of diet and supplements, this is my experience, but overlook the fact that their patient has suffered from many stressful events in their life, including their chronic yeast infection, a BIG stress in its own right.

- 10. Learn the links.** I would like to mention how important it is to remember the link between your yeast infection, immune system, and more particularly how stress and poor adrenal function can dramatically hinder your full recovery. Knowledge only becomes power when it is applied knowledge; so apply your understanding of the level of your adrenal health right now and how it relates to your yeast infection. Get treatment if appropriate and be amazed at the power of your immune system.
- 11. Boosting glandular function.** Don't forget that you may need to boost your glandular function, but be sure to get expert advice before you proceed. If you can recognize adrenal fatigue and/or hypothyroidism and in addition you have a yeast infection, I would not recommend home-treatments when it comes to glandular therapy (unless you are a qualified doctor) but rather seek out the experience of a health-care professional who has worked with glandular medicines, that way you are bound to get the best possible and least expensive results in the long run.
- 12. Learn the art of relaxation.** Relax and slow down each day until it becomes an ingrained habit. Stressful and anxious people are much more prone to immune system problems, and will find it more easy to fall victim to a yeast infection.

Dr. Wilson's Adrenal Fatigue Program – The Best

Dr. James Wilson coined the phrase “adrenal fatigue” in the late 1980’s, and is considered the world’s leading expert on the topic. To help you find the easiest path to full recovery from Adrenal Fatigue and its related health conditions, Dr. James Wilson is continuously researching, developing and improving products that truly work. Dr. Wilson's Adrenal Fatigue Program has been under continuous development since 1992, that's almost twenty years and many hundreds of thousands of patients worldwide who have been placed on this proven fatigue-busting program in over 30 countries!

Do you drag yourself out of bed most mornings, need one or more cups of coffee during the day and could easily fall asleep late afternoon? Is your sleep disturbed and has your libido gone south for the winter? Then you may have [adrenal fatigue](#).

We can help you if you are tired and burned-out; we have successfully treated many people who have suffered from fatigue and burnout. Our clinic specializes in adrenal fatigue clinic, having treated over 7,000 patients with Dr. Wilson's Adrenal Fatigue Program (as of June 2014). The results have been outstanding, and Dr. Wilson’s Adrenal Fatigue Program is setting the standard for how fatigue and burnout are treated not just in our practice, but also in many clinics now throughout Australia, New Zealand, USA, the UK, and the rest of the world.

We highly recommend a course of treatment of this amazing program from 3 to 6 months to build good energy and excellent stamina. You can order these products

directly online if you are in the USA, England, or several other countries through our website. If you live in Australia or New Zealand, we can send them to you direct. If you do live in Australia or New Zealand and wish to go on this outstanding program, then please [contact us](#).

If you can answer a resounding 'YES' when you read about adrenal fatigue in this book, then you may well be suffering from **Adrenal Fatigue**. [You can download and complete the Adrenal Fatigue Questionnaire here](#) to see if you have Mild, Moderate or Severe adrenal fatigue.

Dr. Wilson's Adrenal Fatigue Products - <https://www.dssorders.com/ericbakker>

All of Dr. Wilson's adrenal fatigue products can be ordered conveniently online through my shopping cart. You will find all the information you require in the box just below. If you live in America, orders over 150.00 are freight-free, and if you enroll in auto-ship, then you get FREE shipping and 5% off! Just click on the image below, it will take you through to the Doctors Supplement Store, register if you are a first-time user and you will have full access to these wonderful products.



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Dr. Wilson's Adrenal Fatigue Products

For your convenience, just ask Doctors Supplement Store for the four core products above. These four products are available both in small (90's caplets + 1 oz. liquid herbs) or large (150 caplets + 2 oz. liquid herbs). I've found that many patients start on the smaller pack then later purchase the larger pack. It is better value to buy the larger pack size though.



Adrenal Fatigue Recovery Pack (Small) - The above four core products in 90's caplets and 1 oz. (30ml) herbs.



Adrenal Fatigue Recovery Pack (Large) - The above four core products in 150's caplets and 2 oz. (60ml) herbs. (This pack size represents better value for money).