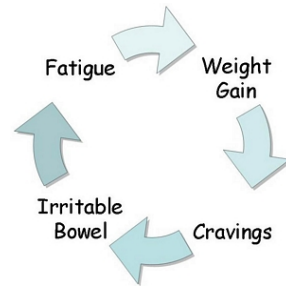


The ARS Steps Program...

Breaks that
'Vicious Cycle'



Follow these simple steps for 30 days - and break that "Vicious Cycle," caused by ADRENAL FATIGUE AND EXHAUSTION!

- 1) Identify where the stress is coming from. Use the "on-line health quizzes." What is causing your adrenals to constantly produce more cortisol, adrenaline, and norepinephrine?
 - a. Too much mental, emotional stress, anxiety?
 - b. Blood sugar imbalances caused by skipping meals or eating too much refined, processed foods?
 - c. Constant indigestion, bloating, heartburn, and irritable bowel problems, which cause inflammation?
 - d. Too much exercise?
 - e. Over-use of caffeine and stimulants?
 - f. Poor sleep and not enough rest?

All of these things trigger your adrenals to work harder and pump out more of your stress hormones.

- 2) Nourish and balance those exhausted adrenals with **Adrenal Fuel**.
 - a. Take 1-2 capsules, twice a day (morning and lunch). If stress has been prolonged and your body is worn down...3-5 capsules a day may be needed for the first few weeks.

Omega-3 fatty acids found in fish oils (**Sea Energy**) are needed to make our hormones. They also are important for those struggling with hot flashes, PMS, heart health, arthritic pain, depression, and brain function.

- 3) Reduce irritation and inflammation (bloating, indigestion, heartburn, irritable bowel, etc.) in your digestive system;
 - a. **Digest Plus** reduces the inflammation in your digestive system and improves the absorption of the nutrients in your meal.
 - i. As we age we produce less enzymes and hydrochloric acid (HCL) which is needed to breakdown protein.

- ii. Undigested protein due to inadequate HCL contributes to indigestion, heartburn, irritable bowel, etc.
- iii. Eating on the go, in your car, under stress, reduces the amount of HCL needed for proper protein digestion.

- b. Identify and eliminate "**hidden**" food allergies...common food allergens to avoid are dairy, wheat, corn, soy, coffee, MSG, and artificial sweeteners.
 - i. Take ALL of these foods out of your diet for 2-4 weeks.
 - ii. You do NOT have to eliminate them forever...unless you show an ongoing sensitivity to a particular food.
 - iii. Re-introduce these foods one at a time to see if any of them aggravate your symptoms.

FOOD ALLERGIES ARE OFTEN OVER-LOOKED, BUT NEED TO BE ADDRESSED IF YOU HAVE DIGESTIVE PROBLEMS!

- c. Follow good **food combining principles**. Some foods digest easier than others when they are eaten together.
 - i. Eat fruits by themselves, NOT with your meal.
 - ii. Combine proteins with fibrous vegetables.
 - iii. Don't eat proteins with starchy vegetables.

Steak & potato, chicken and rice, and shrimp pasta...are difficult meals to digest, especially for someone with an already inflamed digestive system.

Digestive irritations cause inflammation and triggers additional cortisol production. This places additional demand on the adrenals.

- 4) **Regulate your blood sugar**. Constant drops in blood sugar, due to missed meals, or too much refined/processed foods triggers the adrenals to produce more cortisol and adrenaline.
 - a. Use the **NatraLean health** bars as a meal replacement or snack.
 - b. Do NOT skip or miss meals.
 - c. Reduce/eliminate all refined, processed white flour and sugar.

Increased cortisol triggers increased insulin, which stores fat!

- 5) Get 7-9 hours of quality sleep a night.
 - a. Use **Neuro-Calm** if you are having difficulty falling asleep.
 - b. Sleep is when the body repairs and releases growth hormones.

The HEALTHY Steps “ARS” Program...

- 6) Reduce intense physical exercise, if your adrenals are exhausted. Intense physical exercise is a stress! We don't want to add more stress, which will further tax our adrenals. More on exercise and proper training can be found in **“To Burn or Not to Burn, Fat is the Question.”**
- a) Easy to moderate aerobic exercise is stress reducing and is beneficial during this recovery phase.
 - b) Anaerobic exercise (weight training and other intense activities) are stress producing and further tax the adrenal glands.
- 7) Lots of sunshine, fresh air and clean water.

Eliminate the use of all stimulants including; ma huang, guarana, caffeine, kola nut and bitter orange...these are often used in herbal remedies for weight loss and energy and only further deplete the adrenal glands.

To learn more about adrenal fatigue and how Stress, Diet and Exercise trigger your hormones to burn or store fat, read **“To Burn or Not to Burn, Fat is the Question,”** by Dr. Len Lopez. You'll learn it's more than how many calories you eat and burn...but rather are you burning calories from stored body fat?

Keep track of some of your symptoms and progress.

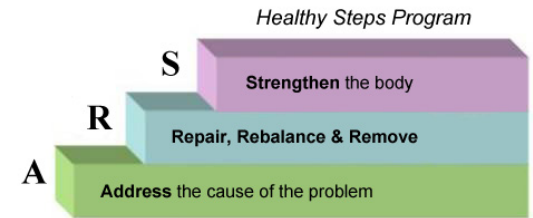
Do you suffer with:	...after	2 weeks	4 weeks
___ Fatigue and lack of energy		_____	_____
___ Weight gain and difficulty losing weight		_____	_____
___ Cravings and lightheadedness		_____	_____
___ Bloating, gas, indigestion, heartburn, etc.		_____	_____
___ Difficulty sleeping		_____	_____
___ PMS, hot flashes, night sweats		_____	_____
___ Mood swings, depression, anxiety		_____	_____
___ Arthritis, joint pain, fibromyalgia		_____	_____
___ Allergies and sinusitis		_____	_____
___ Difficulty focusing and concentrating		_____	_____

NatraTech Nutrition www.NatraTech.com (972) 458-0099

The “ARS” Steps program addresses the cause of:

- ✓ Fatigue and weight gain
- ✓ Cravings, low blood sugar
- ✓ Indigestion, heartburn, gas
- ✓ Hot flashes, night sweats, PMS, mood swings
- ✓ Allergies, Sinus problems

And so much more...



Starter Pak Instructions:

- Adrenal-Fuel™** - 1-2 capsule twice a day...best with breakfast & lunch.
- ❑ If stress has been constant, the higher dosage may be needed for the first 1-2 weeks. Everyone's stress level is different!
 - ❑ Weight loss and increased energy occurs because your body is starting to burn stored body fats instead of carbs and proteins.
 - ❑ Increased energy is usually noticed within the first few weeks.
- Digest Plus™** - One capsule with each meal that includes protein.
- ❑ Do not take if the meal does not contain protein.
 - ❑ Reduces indigestion, bloating, heartburn, reflux, gas, etc..
 - ❑ Great to take when you have your “cheat or No No” meal!
- NatraLEAN™** Bars - Gluten and Dairy Free - won't irritate your tummy.
- ❑ Use as a meal replacement/snack to keep blood sugar stable.
 - ❑ Eat as a snack, rather than high-glycemic snacks or desserts.
 - ❑ As part of our Quick Start Weight Lose program...replace 1-2 meals with our NatraLean bar

The root of almost every health complaint are:

- Adrenal Depletion
- Blood Sugar Imbalances
- Digestive Difficulties

...caused by
stress and diet

Address these three common culprits and feel your health turn around!