



HEALTH & HEALING

The #1 health problem

by **Mike Ventresca**
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Recently I was reading an article that asked me to name the most common health problem in North America. After thinking it through, I finally arrived at my guess - the common cold. Close but...WRONG!



Mike Ventresca

In fact, if I had ten chances I don't think I would have thought of the correct answer. According to research, **Adrenal Exhaustion** has replaced the cold virus as the most common health problem affecting North America. While there are many symptoms of adrenal exhaustion, some of the most common are lack of energy, fatigue, decreased ability to handle stress, an inability to concentrate, decreased sex drive, mild depression and greater incidence of colds and flu. Adrenal exhaustion can lead to increased PMS or menopausal symptoms and last but certainly not least, adrenal exhaustion plays a significant role in proper thyroid function. In fact, health experts suggest that if someone appears to suffer from low thyroid (sensitivity to cold, weight gain, etc.), adrenal exhaustion may actually be to blame!

So why is adrenal exhaustion so common? The answer is stress. One of the adrenal glands' main functions is to manage stress and enhance energy. The adrenals create hormones that affect and influence energy, inflammation, blood pressure, blood sugar and emotions. Without proper nutritional support, prolonged periods of stress can essentially overload the adrenal glands and lead to many of the symptoms of adrenal exhaustion.

So what can you do? I take a product called **Adrenal Strength™** by MegaFood. Adrenal Strength is a meticulously researched supplement that uses clinically studied nutrients, herbs, fungi and whole foods to assist the body's natural **Stress Adaptation Response**. Actually, several of us at Vital Choice take this product. I notice that I'm less irritable and better able to handle stress, while others find greater energy, enhanced memory and an overall feeling of calm.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional. 00124622



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