

Patient Fact Sheet

DSF Formula™ Nutritional Support for Stress

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Nearly 80% of all health problems are stress related. Chronic stress depletes the immune system which leads to illness, hormonal imbalances in adrenals, thymus, and other glands, which further depress immune function and deplete the body. Stress can impair digestion, increase adrenaline production, produce rapid heart beat, high blood pressure, lowered immune function, susceptibility to infections, cancer, greater muscle tension, back problems, skin disorders, anxiety, and depression. Stress promotes the formation of extra free-radicals that can damage body tissues.

Learning coping and relaxation techniques, a diet of natural whole foods, nutritional supplements, and exercise can all help reduce stress and improve health.

Adrenal helps nourish the adrenal glands. Increased demands on the adrenals are responsible for most conditions associated with stress: suppressed immune response, increased loss of nutrients and minerals, poor digestion, and poor absorption of nutrients.

Thymus supports the proper function and repair of the thymus gland. A healthy thymus secretes the hormone thymosin critical for proper immune function and performs other important immune system activities.

Spleen supplies whole-gland, concentrated nutritional support for the spleen, which helps produce antibodies and other immune system cells.

Stomach gives nutritional support to the stomach, important in producing gastric acid for digestion and first-line defense against infections.

Parotid supplies nutritional support for salivary glands, important in producing digestive enzymes and producing chemicals in saliva for first-line defense by the immune system.

Vitamin C is essential to adrenal health. It helps the body cope with stress, has a tranquilizing effect, and decreases anxiety. Vitamin C helps prevent depression.

Vitamin B-2 helps protect nerves and the entire glandular system. The need for B vitamins increases during periods of stress.

Vitamin B-6 has a calming effect, prevents depression, and alleviates nervousness.

Niacinamide exerts a calming effect, helps prevent low blood sugar that mimics stress symptoms, and helps prevent depression.

Pantothenic Acid is an anti-stress nutrient needed by the thymus gland.

Grape Seed Extract contains potent antioxidants that protect the body against stress-created excessive free-radical damage. The extract also helps spare the body's stores of vitamin C.

Lemon Bioflavonoids help protect the adrenal gland and balance adrenal hormone levels.

L-Tyrosine reduces stress on the body, alleviates depression, and promotes restful sleep. It is needed for the health of the thymus, spleen, and bone marrow. *Caution:* Do not combine with MAO inhibitor drugs.

Magnesium helps prevent anxiety, nervousness, tension, irritability, and depression. Stress depletes magnesium stored in muscles.

Zinc helps maintain and protect the immune system, the thymus, and the pancreas.

Chromium helps prevent low blood sugar. Low blood sugar can mimic symptoms of stress.

Potassium helps replace the potassium lost from stress-caused excretion and helps prevent nervousness.

Chlorella is a rich, nutritive tonic that accelerates tissue building and repair.

*References for all statements are available from Nutri-West, please call toll free 1-800-443-3333