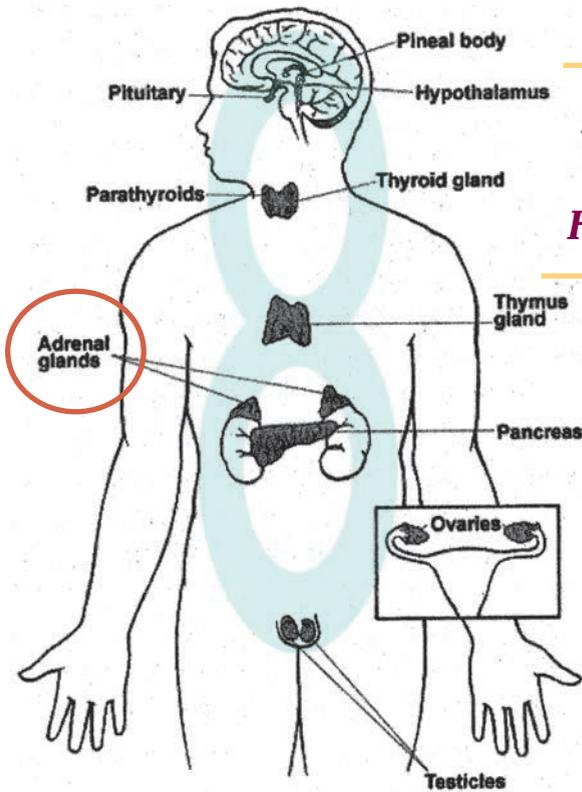


## ADRENALS—OUR FIRE ELEMENT!

### *What Are They? What Weakens Them? How to Restore Them? Can STONES Help?*



*Marlenea La Shomb, ND, LMT*

The endocrine system is the synergistic interaction of all the glands. It is directly related to our emotional, feeling body and light centers. The adrenal glands are located in the trunk of our body, which in martial arts, is known as the chi or qi area, and our furnace. This gives us our first clue that we're in the fire element and drinking or eating a lot of cold, icy drinks can put that fire out. In quantum physics (patterns within patterns), it's the figure-8 flow, as above so below—the Alpha/Omega return current of life's journeys.

The adrenal glands sit like two tiny pyramids on top of the kidneys, seated on a pad of fat. Simplified, they consist of an outer core and an inner core. The outer core secretes the hormone cortisol, which controls swelling and bacterial, excess heat, also known as inflammation, the precursor to all disease in the body. Along with stress, inflammation is at the core of burned-out adrenals (also known as exhaustion or chronic fatigue). That's why MDs give cortisone shots.

The inner core of the adrenals releases adrenaline,

our jump-start in the morning, and maintains our level of energy all day long. The adrenals are sunlight activated, as all the hormone system is. This gives us our second clue, that sun gazing, used for centuries, is a great way to strengthen, heal and repair your adrenals.

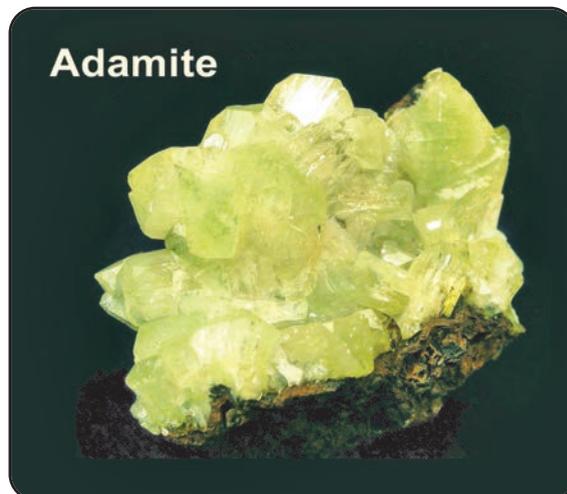
Dr. Jerry Tennant, an ophthalmologist and eye surgeon, reminds us that if you are reaching for your sunglasses because the sun is too bright for your eyes, it's your body telling you your adrenals are in a weakened state, and you need to absorb more sunlight to strengthen them. No sunshine this time of year, you say? Use a candle flame or cut crystal to reflect light into the iris of the eye. Incorporate this into your daily practice of eye-strengthening exercises.

Chlorophyll is called "liquid sunlight"—a great way to feed your adrenals and the whole endocrine system through eating greens. (See my article, "Eat Your Microgreens," in this issue.) There's no chlorophyll in meat, dairy, and animal products.

Since our endocrine chemical-hormone communication system relays a constant flow of information from head to toe for our bodies to function properly, any drink or substance that interrupts that signal is creating a short circuit in your body. All drugs and other foreign chemicals taken interfere with our own chemical hormones. The World Health Organization says, "Coffee is the world's leading, mind-altering drug." Sugar is addicting. In 1906, Coca-Cola had to remove cocaine from this beverage and replace it with its equally toxic, but legal cousin, caffeine.

Our day-to-day lifestyles actually promote the burning out of our adrenals, especially those highly caffeinated energy drinks!

It's in our best interest to remove from our daily habits those things that no longer serve us, and replace them with healthy habits, while it is still relatively easy to do so. Working with homeopaths, pure essential oils, Bach flower essences, herbs, acupuncture and acupressure, and many other natural modalities, you can rebuild and





**Tangerine Quartz**

revitalize your adrenal glands.

These precious stones will also help to add fire to the adrenals:

1) **Adamite** carries the energy of the joyful, inner child and the wise, higher self, reminding us of both our innate innocence and our unbreakable connection with our divine source. It is useful to stimulate and support the adrenal glands and the thyroid.

2) **Tangerine quartz** can be used to overcome seemingly insurmountable limitations, giving one hope, problem solving and resolve in one's will. Particularly useful for feeling not good enough. It stimulates sluggish adrenals.

3) **Amazonite** is a stone of harmony both within the self and among people. It's the peacemaker. It assists the endocrine system in internal communication, as well as communicating one's true thoughts

without over-emotionalism. It frees one to identify and set strong and clear, internal and external boundaries on physical, energetic, and emotional levels.

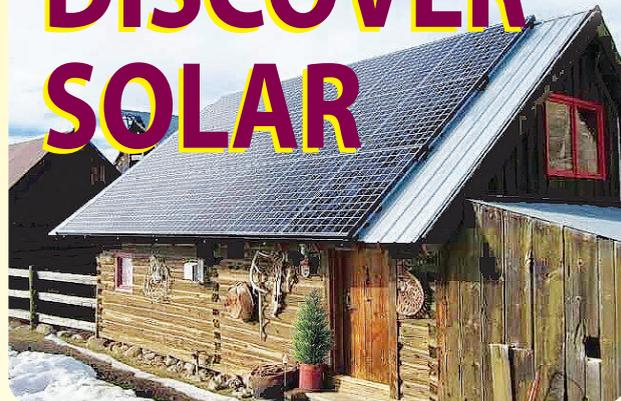
Pick these stones up at your local rock shop.

The fire element/energy of healthy adrenals is necessary to fulfill a purposeful life—your divine birthright. Life is wonderful when we have a balanced hormone system with efficient adrenals, energizing us all day, every day! ■



**Amazonite**

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