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*PROTOCOLS FROM THE DESK OF DR. ANTHONY MARTIN

ADRENAL DISTRESS PROTOCOL

Pathology:

A majority of symptoms originate from HIGH cortisol due to HPA axis dysfunction. Chronic High cortisol causes sluggish thyroid symptoms, high circulating insulin, estrogen dominance, leaky gut syndrome, decreased brain volume, and weakened immune system.

High cortisol in MEN causes symptoms of low testosterone as well.

There are TWO steps to overcome Adrenal issues.

1. Fix the HPA axis by controlling cortisol
2. Fix secondary symptoms

Protocol:

Do they have secondary symptoms due to high cortisol?

STEP 1 FIX HPA AXIS:

Cortisol Control
Navitol Ultra

STEP 2 FIX SECONDARY ISSUES:

Do they have sluggish thyroid symptoms?: **Thyroid Balance**

Do they have leaky gut symptoms?: **Probiotics**

Do they have high circulating insulin symptoms? **Serial Killers program**

Do they have weakened immune system?: **Probiotics and Navitol**

Do they have brain fog or other memory symptoms?: **DHA and Navitol**

Do they have pain or inflammation? **Curcumin, DHA, and Navitol**

Do they have symptoms of estrogen dominance?: **Hormonal Support Formula**

Do they have symptoms of low testosterone?: **Fortis Mens Health Formula**

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*All protocols from the desk of Dr. Anthony Martin are for internal use only at the Martin Clinic. This information is for educational purposes only and does not constitute health advice.

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