

## B Complex to Restore the Adrenal Glands from Stress

The B vitamins comprise a range of water soluble vitamins that frequently work together to impart a number of general benefits to your body's health. In general they support and maintain the metabolic rate, maintain the function of the nervous system, support the immune system, maintain healthy skin and muscles and help to promote cell growth and division. They work together to suppress the causes and symptoms of cardiovascular disease and stress and they are dispersed throughout the whole of the body by means of the circulation system of the blood.

In very general terms they collectively ensure that the body is provided with energy from the metabolism of carbohydrates and glucose. They are also needed for the metabolism of fats and proteins, and also the maintenance and health of the nervous system in general.

There are many natural sources, including lentils, potatoes, liver, turkey, brewer's yeast, and also, of course, dietary supplements.

Vitamin B Complex can help to restore the adrenal glands from stress, but to understand how it does so, it is first necessary to understand what these glands are, and the part that they can play in stress.

The adrenal glands are situated just above each kidney, and take the form of two small pieces of tissue in the shape of a pyramid that generate specific hormones and chemical messengers. You have likely heard of adrenaline, the hormone that make you respond to certain types of stress either through flight or by fighting: what is known as the fight or flight reaction. Well, in fact there are two of them, noreadrenaline being the other. They are also known as epinephrine and norepinephrine respectively.

Both the adrenal glands are controlled by what is known as the HPA axis, short for the hypothalamus-pituitary-adrenal axis which is the stress center of the body. The adrenals are the main steroid-producing plants in the body, responsible not only for the adrenaline hormones, but also for cortisone and hydrocortisone, testosterone, estrogen, cholesterol, progesterone and a number of others. These are produced in the outer cortex of the adrenal glands, whereas adrenaline and noradrenaline are produced and secreted by the medulla.

Adrenaline and cortisol are responsible along with others for the balance of your body fluids, blood sugar and blood pressure and many of the other main metabolic functions of the body, and if the adrenaline is not working properly, it can disrupt the metabolism of your blood glucose into energy, giving you a weak run-down and listless feeling. This is not surprising since your energy is failing at the cellular level.

The main reason for adrenal fatigue is stress. Either emotional or physical stress or even poor nutrition can be responsible for reducing the functioning of the glands to such an extent that they no longer provide the steroid hormones in the proper balanced quantities needed to maintain the proper functioning of your metabolic processes. Unlike Addison's disease, which a complete stoppage of the functioning of the adrenal glands, in Adrenal Fatigue Syndrome the glands still function, but at a reduced capacity and the various products they are responsible for generating are secreted in reduced and imbalanced quantities.

However, fatigue is not normally the first reaction of the body to stress. As normal stress levels increase the bodies response is generally to secrete higher levels of adrenaline, and the cortex produces extra cortisol and other hormones. As stress continues beyond the intermittent stage and becomes more constant, the adrenals produce a more sustained high level of hormones, that generally raise blood pressure and also increase the level of sugar in the blood in order allow a sustained increase in energy levels. Corticosteroids are produced to maintain this higher level reaction to stress.

Finally, when the adrenals can sustain this high level of activity no longer, adrenal fatigue sets in which is when the worst symptoms of the stress are evident: exhaustion, both physically and mentally, excessive fear, guilt and worry, and under-activity of the HPA axis leads to depression, hopelessness and severe illness, often due to a weakened immune system.

So where does the B vitamin complex come into this? Vitamin B complex includes niacin, thiamine, pantothenic acid, riboflavin, and vitamins B6 and B12. As already stated, the complex is useful in supporting many of the critical functions of the body from healthy bones to healthy blood cells, and nervous systems. It also helps to maintain your reproductive system and can be used in cases of nerve-related conditions such as sciatica and neurological conditions.

Pantothenic acid, vitamin B5, is particularly useful in dealing with stress in that it enhances the activity of the adrenal glands. It also increases your energy levels due to its effect on the Krebs Cycle through its action as a precursor of acetyl Coenzyme A and acetylcholine which is a primary neurotransmitter. This helps to reduce fatigue and the pain of headaches caused by excessive stress and consequent reduction in adrenal output. Pantothenic acid is also essential during the metabolism of proteins, fats and carbohydrates, and is important in the maintenance of healthy nerves,

skin and glands.

In fact the whole of the vitamin B family work together to make sure that your whole nervous system and metabolism remain healthy. People with high stress jobs often take the vitamin B complex to help reduce that stress and also anger. Excessive stress and anger can lead to anxiety and overwork the adrenal glands, and B complex can help to restore these to their normal function.

If you are concerned about your adrenal health, you can have a simple test carried out on your saliva, blood or urine by a trained medical practitioner. Many doctors do not know to carry out this test since it is not a normal test as would be used to detect Addison's Disease, or complete adrenal failure, but only adrenal fatigue, so ask specifically for an adrenal fatigue check.

A quick self-test is to shine a light into an eye using a flashlight while looking in a mirror. The pupil should contract and return to normal after about 30 seconds. If it fails to do so, or even dilates, then that is a sign of adrenal fatigue. However, you must have it confirmed by a proper test.

All in all, a B complex supplement is a good way to restore adrenal glands from stress, and it also helps your nervous system in general, in addition to aiding the metabolic processes of your body. However, make sure that your symptoms are what you think they are by seeking professional medical advice.

### About the Author

More information on Adrenal fatigue and [B Complex Vitamin Supplements](#) is available at VitaNet &reg, LLC Health Food Store.  
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