



Adrenal Glands

When a person has a disease of the adrenals the skin becomes pigmented, ranging from light yellow to dark brown. While the adrenalin raises the blood pressure, it has the opposite effect on the bronchial tubes and the intestines. The bronchial tubes dilate, and the intestine relaxes under the influence of adrenalin. This is why they give adrenalin to the person who has bronchial congestion, especially in asthmatic attacks. The tone of the heart muscles is increased with the adrenalin hormone in the blood. Many allergies are taken care of with adrenalin when the effects are attacks of hives after eating strawberries, tomatoes, etc.

Fear Dilutes the Adrenal's Function. Fear and resentment will wear out the adrenal gland more than any other thing. The adrenal glands are responsible for the hair standing erect in time of fear and troubles. If a person lives in constant resentment and fear, his body will eventually dilute and break down the adrenal glands and hormones to such an extent that he will develop low blood pressure.

Low blood pressure can come from extreme enervation in the body or when our bodies are debilitated from overwork. It can come when the arteries are weak, the heartbeat skips, there is poor support of the heart elements, or we have impoverished blood supply.

Exercises for Pituitary, Thyroid and Adrenal Glands. Put feet together and stand erect. Take in full deep breath, with hips forward and no sway back; pull up stomach and abdomen; bow arms by slightly raising out to the sides. Turn head full sideways to right; hold a few seconds; then bring head forward and relax arms down while slowly blowing breath out through the mouth. Relax. Repeat this two more times. Then do it three times turning the neck and face sideways in the opposite direction. Relax.

Remember: the glands must be fed constructive mental emotions, joy, love, peace, etc., the fruit of the spirit Gal.5:22, 23.

Negative thoughts about yourself or others prevents healthy glands. It is important that you lay aside the negative things that have happened to you in the past. Turn them over to the Lord in prayer. Adrenals are depleted by tension, anger, and hatred. If you have a problem do not hold on to it and hold it in. Let it go. Relax, relax, relax.

To stimulate the adrenal glands, use borage herb tea 1-3 times a day, trace minerals, and parsley juice. You can make carrot juice with a handful of parsley added. Make one quart of carrot with parsley and drink throughout the day. The glands must also be fed nourishing food and proper exercise.