

Cortisol and THE Competitive Connection

While walking, jogging, or riding our bicycles to obtain physical well-being, we may be approaching a lifestyle change potentially harmful without first considering what happens if we over-do an exercise program without first understanding the down-side of high-cortisol levels.

While our ultimate desire may be a healthy looking physique or figure, it definitely should include a healthy diet and a proper supplementation program designed for your body's individual needs. A personally designed regimen will improve your circulatory system, increase vitality and memory, improve circulation by decreasing joint and muscle pain and spasms, increase oxygen to the cells and assist in a deep night's sleep without sleep-aids. This product is called **Immuzyme**®.



Every challenge to the mind and body creates a demand on the adrenal glands, creating **stress**. Stress is the number one cause of disease in our modern world. This list of challenges is endless: lack of sleep (sleep deprivation), school exams, financial pressures, yo-yo dieting, relationship turmoil, death or illness of a loved one, skipping meals, reliance on stimulants like caffeine and carbs, digestive problems, over-exercising, illness or infection. The result in adrenal glands producing high

cortisol places us into a “fight or flight” syndrome, creating the red blood cells to stick together in state of “high alert” instead of freely floating throughout the blood plasma, referred to as agglutination. In a word, the

cells cannot “breathe.” If healthy, the adrenals can instantly increase your heart rate and blood pressure in order to release your energy stores for immediate use. However, if Fibrinogen is present within the blood, the cells are not capable of exchanging oxygen, nutrients or carbon dioxide for the lungs.

So, what is cortisol? In its normal function, cortisol helps us meet these challenges by converting proteins into energy, releasing glycogen

and counteracting inflammation. For a short time, that's okay. But, at sustained high levels cortisol gradually tears down your body. It is the regulator for our body's immune responses and is the hormone controlled by the adrenal cortex. Cortisol can break down muscle (catabolic) and decrease anabolic (muscle growth) hormones.

There have been reported cases of athletes, for example a 40 year-old cyclist, apparently in good health, collapsing during competition. He suffered a heart attack and died after a hasty stop to the restroom.

Cortisol levels can be controlled with a good diet (everything in moderation) and supplementing Life Sources' proprietary blend, **Immuzyme**® to assist your body's ability to function during workouts.

Immuzyme® based on German research, is a synergistic proprietary formula developed



exclusive to and by Life Sources, Inc. Developed in 1999 with astounding results to eliminate inflammation targeted for autoimmune disorders and to benefit those depending on pain relievers, this product has been coined by Life Sources' clients as “the intelligent capsule.” It has been carefully formulated to increase circulation, decrease muscle pain and joint inflammation, decrease fibroid tumors, and increase pH levels resulting in the disappearance of Fibrinogen.



An **Immuzyme**® user reported that her husband was still cycling at age 60 and was no longer experiencing the ankle pain he'd come to accept. “His endurance has really increased.” She added. “He doesn't need his Viagra anymore.”

Call Life Sources' Wellness Center at (916) 536-9930 or visit www.life-sources.com. Ask how you can obtain more information on **Immuzyme**® and experience a pain-free life-cycle!

Resources

To schedule a consultation or to order **Immuzyme**®, call Life Sources' Wellness Center at (916) 536-9930, or visit them at their website, www.life-sources.com

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