



Jane Doe

StressTest™ Report
Test ID: 879026
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Your StressTest™ Report

Introduction

There is no way around it—stress causes a biochemical response. You can remember the times when you have suddenly been frightened. Your heart pounds. Your hands shake. You feel weak in the knees. These symptoms are caused by the sudden release of adrenaline, your body's initial hormone responder, which is triggered by fear or anxiety.

Jane, in addition to these initial effects, there are countless other biochemical responses that occur in your body in response to sudden stress. Blood races to your brain, heart, lungs, and muscles and is shunted away from your skin, stomach, and other internal organs. Your digestive tract shuts down. You sweat to lower your body temperature and to eliminate toxins produced by your increased metabolism. Your blood sugar shoots up dramatically as your liver dumps stored glucose into your bloodstream.

This reaction is called the alarm response and is just the first (and usually short-lived) stage of a much more complex reaction called the general adaptation syndrome. All these “fight or flight” biochemical responses are nature's way of getting you out of danger quickly when you are suddenly threatened. In today's world, those “threats” might include your boss, your bills, traffic, or TV shows.

The StressTest provides detailed information on two key markers of adrenal function that are affected by stress.

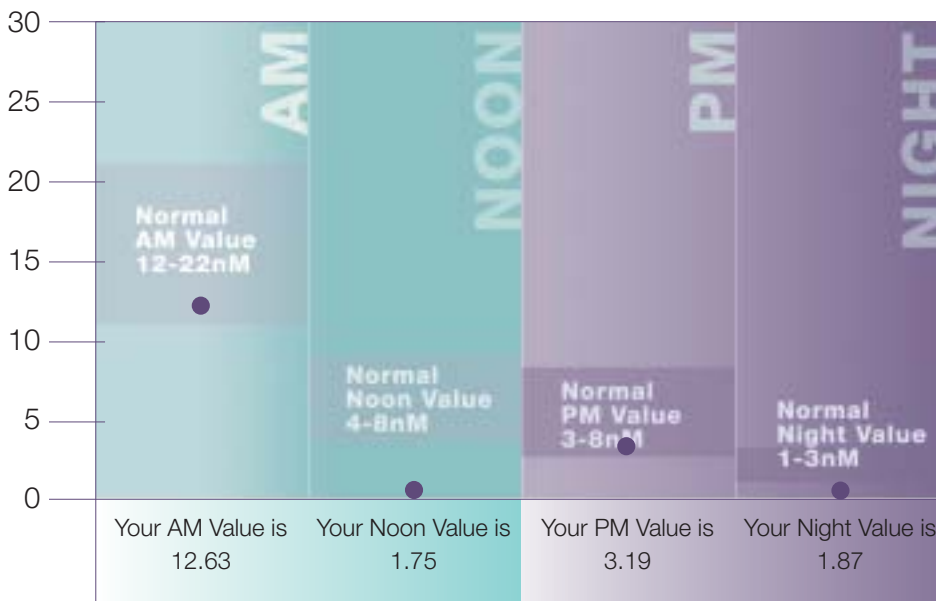
But what happens when stress continues? What happens when all your sugar stores are used up and you are still under stress? Your marvelous body then shifts into the next stage of the general adaptation syndrome called the resistance response. It is in this phase that the adrenal gland releases its “long-term” stress hormones, the most important of which is Cortisol.

Cortisol is responsible for stimulating the conversion of protein into energy and the release of stored fatty acids so that there is a continuous supply of fuel long after sugar stores are gone. Cortisol tells the kidneys to hold onto sodium to keep your blood pressure up and ready for any needed action. It also acts as an anti-inflammatory by suppressing the immune response in anticipation of injury.

However, it's easy to see that the effects of Cortisol, so important in the short term, become a double-edged sword if continued indefinitely. Long-term stimulation of the resistance response results in increased risk for serious diseases such as diabetes, high blood pressure, and cancer. It can also lead to the final stage of the general adaptation syndrome—adrenal exhaustion.

Your StressTest™ Report Results

Your Cortisol Compared to Normal Reference Ranges:



The StressTest will determine what your Cortisol levels are during various parts of your day.

KEY

● = Your Result

What Does This Graph Mean?

This graph **compares your four Cortisol levels to normal levels**. On the following page, Results Part 2, we will give you your compiled DHEA* and Cortisol** relationship plotted on a graph. The section of the graph that is plotted coincides with a definition for that section. The definition for your section will identify what level of stress response you are experiencing.

**DHEA (dehydroepiandrosterone) is a hormone secreted by the adrenal gland. DHEA is converted to testosterone and estrogen. DHEA must be balanced with Cortisol. Levels of DHEA decrease as men and women age. Low levels of DHEA can lead to chronic fatigue, weakness, depression, headaches, and may leave us susceptible to infections and disease.*

***Cortisol is a steroid hormone, also made in the adrenal glands. Among its important functions in the body are blood pressure regulation, cardiovascular functions, and regulation of proteins, carbohydrates, and fats.*

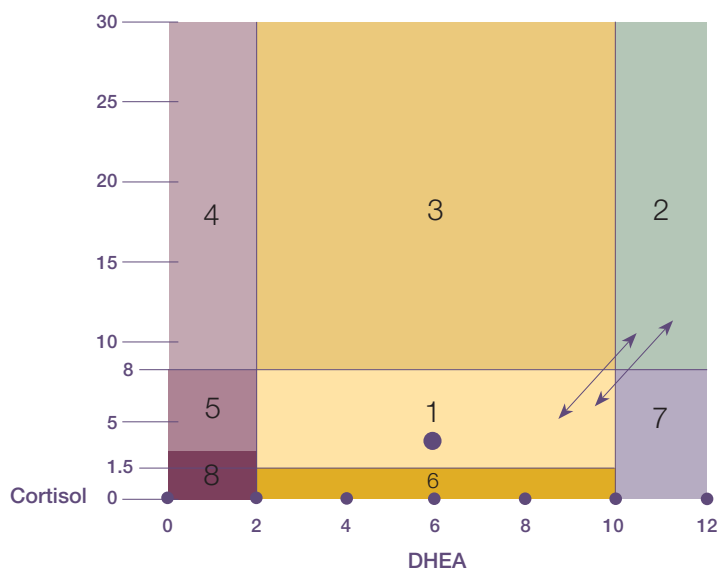
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Your StressTest™ Report

Results Part 2

Part 2: DHEA and Cortisol Relationship

Your Results: Your compiled Cortisol result is 4.86. Your compiled DHEA result is 3.45



What Does This Graph Mean?

- 1 Normal Unstress Levels**

The DHEA and Cortisol relationship that is normally seen in an unstressed state.
- 2 Normal Stress Response**

The relationship that is seen in an acute stress situation. Both Cortisol and DHEA rise to higher levels in response to stress. Normal, healthy adrenal function fluctuates between #1 and #2, as shown by the two directional arrows.
- 3 Stress Adapted**

Here you see adaptation to chronic stress where Cortisol levels remain high but DHEA levels have fallen although still in the normal range. While still adapted, steps should be instituted here to reduce life stressors and to increase nutritional support to the adrenal gland.

- 4 Maladaptation Phase 1**

Here is the first serious indication of maladaptation to stress. Cortisol levels are still high, but DHEA levels have fallen below normal.
- 5 Maladaptation Phase 2**

Here maladaptation has worsened with DHEA levels falling even lower, and although still in the normal range, Cortisol has fallen as well.
- 6 Adrenal Fatigue Non-Adapted**

This pattern denotes adrenal fatigue. Here Cortisol continues to drop as DHEA levels rise slightly. This seeming paradox occurs because the body is no longer attempting to adapt to the stress. It is beginning to “give up.” There is, therefore, little drain on DHEA, and so the levels rise temporarily. In clinical practice, many people with this pattern experience extreme weakness and chronic fatigue.
- 7 Inappropriate DHEA**

This pattern is rarely seen and usually means that the person is supplementing with DHEA. If so, dosages should be adjusted to bring the levels down within normal ranges. If the person is not supplementing, these high DHEA levels can mean an abnormal physiological response to stress with shifting of the pathway to DHEA, at the expense of Cortisol. Endocrine studies may be indicated here.
- 8 Adrenal Failure**

Here we see severe adrenal fatigue. The adrenal gland can no longer produce adequate levels of DHEA or Cortisol. It’s best to have your health care provider evaluate this.

Your StressTest™ Report

Results Wrap-up

Putting It All Together

Jane, the results in Parts I and 2 of your StressTest point to the following conclusions and recommendations:

Although your DHEA and Cortisol relationship indicates that you are adapting well to the stressors in your life, you are showing some negative alterations in the normal daily rhythm of Cortisol release. For that reason, it will be prudent for you to add extra adrenal support to your health program right now. We have included StressCaps I with this report to help support your adrenal gland function. The use of adaptogenic herbs has been shown to be very effective in promoting natural adrenal function. Along with your StressCaps, you should also implement the stress-management techniques discussed in this report. We recommend another StressTest in 3-6 months to evaluate your response to this added support and to the stress-management techniques.

In addition to the suggestions above, read the following pages for other recommendations.



Putting your health care together based on testing and scientific reason is what The Trump Network is all about.

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Your StressTest™ Report

More Stress Relief

Additional Suggestions for Stress Reduction

Hans Selye, the most prominent stress researcher of our time, spent years researching the effects of stress on the human body. Here is a passage from his book, *The Stress of Life*:

"No one can live without experiencing some degree of stress all the time. You may think that only serious disease or intensive physical or mental injury can cause stress. This is false. Crossing a busy intersection, exposure to a draft, or even sheer joy are enough to activate the body's stress mechanisms to some extent. Stress is not even necessarily bad for you; it is also the spice of life, for any emotion, any activity causes stress. But, of course, your system must be prepared to take it."

"Your system must be prepared to take it." Think about that last sentence for a moment: That is the take-away lesson of that paragraph and the purpose of this **StressTest Report**. The suggestions made for you in this report are for the purpose of preparing your system to handle whatever stresses come your way.

In addition to the supplemental support found in your recommended StressCaps™, the following suggestions will be helpful:

Get High-Quality Nutrition

- 1 Use a comprehensive multivitamin and mineral supplement, such as **Custom Essentials®**, for a broad-based nutritional foundation.
- 2 **Eat a healthful diet with adequate protein.** Brain neurotransmitters and hormones, vital for handling stress, are all made from protein.
- 3 **Reduce or eliminate processed carbohydrates** (primarily white flour and sugar) in your daily diet. These foods are easily digested to sucrose, which causes wide swings in blood sugar levels, a major stressor on the body.
- 4 **Eliminate allergic foods** from the diet. (for more information on our **AllerTest®**, call Customer Care at 1-800-768-7667.)
- 5 Eliminate or restrict caffeine-containing foods and beverages.
- 6 **Eliminate or restrict the use of alcohol.** Alcohol revs up the adrenal glands, interferes with brain chemistry, and adversely affects normal sleep patterns.
- 7 **Increase the potassium to sodium ratio in your diet** by consuming foods rich in potassium. This mineral has a very beneficial effect on adrenal function.



Foods that have a good potassium to sodium ratio include asparagus, avocado, spinach, tomatoes, apples, bananas, oranges, peaches, plums, and strawberries. In fact, a varied diet rich in fruits and vegetables will promote the proper ratio.

Your StressTest™ Report

More Stress Relief

Exercise Regularly

- Most people would agree that exercise is a stress on the body. This is true in the initial stages and is especially true for “weekend warriors.” However, **with regular, controlled exercise, the body adapts, and endurance to stress increases.**
- **Regular exercise lowers blood levels of Cortisol,** elevates blood levels of endorphins (the natural morphine-like substances that contribute to a good mood), and study after study confirms a positive effect on depression and anxiety.

Learn Time Management

- **Prioritize.** If you set priorities and accomplish the most important tasks first, you will feel a definite sense of accomplishment.
- **Organize.** Develop a plan for your day and follow it. Be adaptable to changes, but don't knee-jerk to unexpected new directions that may crop up. Drive your day instead of letting your day drive you.
- **Delegate** whenever possible.
- **Don't be a perfectionist.** Set a specific time for a task, then go on to the next. You can always come back later and polish.

Connect To Your Spiritual Self

- **Set aside at least 15 minutes a day to just be.**
- During this time, **use techniques like meditation, progressive relaxation, or diaphragmatic breathing** to trip the relaxation centers in the brain. Here's how:
 - 1 Find a quiet place to sit or lie down.
 - 2 Place one hand on your chest and the other over your abdomen, right below your navel.
 - 3 Inhale through your nose. The hand over your abdomen should rise first, followed by the hand over your chest.
 - 4 Pause for a few seconds, then slowly exhale through your mouth. Repeat.
- Consider cultivating your spiritual life. Several studies have found that people with spiritual connectedness are better prepared to handle the stresses of life. For instance, a study from Dartmouth-Hitchcock Medical Center showed that survival of open-heart surgery patients was closely linked to the degree of comfort obtained from the patients' spiritual beliefs.



“Everyone is an athlete. The only difference is that some of us are in training, and some are not.”

George Sheehan

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Learn To Laugh

- A good laugh stimulates the release of endorphins, producing a calming feeling.
- Laughter is like internal aerobics, producing many of the same beneficial effects that exercise does.

Don't Worry, Be Happy

- Take each day as it comes and try not to project trouble into your future. Eliminate the what-ifs. We are often our own worst enemy by fearing trouble that never happens.

Get Enough Sleep

- Empty your mind of worrisome or anxious thoughts before you go to bed. The breathing techniques outlined above may be helpful. Read a good book.
- Aim for at least 7-9 hours of sleep a night, especially during winter.
- Don't watch the news before you retire. Hearing about the world's problems right before bed is not the best way to relax.
- Try a warm bath or aromatherapy, using relaxing essential oils such as lavender. A few drops of lavender oil on a tissue near your bedside may enhance relaxation.
- Make the room you sleep in as dark as possible. Shield your eyes from the direct line of any light source, even the LED display on your alarm clock.



"A laugh's the wisest,
easiest answer to all
that's queer."

George Sheehan

Your StressTest™ Report

StressCaps Ingredients

Vitamin C — One of several key nutrients that are rapidly depleted during stress. Replacement is essential for healthy adrenal function.

Pantothenic Acid — Also known as vitamin B5, this nutrient is known as the “anti-stress” vitamin because of its role in adrenal function. Deficiency of this nutrient can result in adrenal gland atrophy.

Vitamin B6 — This nutrient is provided in StressCaps in its bioactive form of pyridoxal-5-phosphate. Because of its role in adrenal function, it is included as extra metabolic support for those with more compromised adrenal function.

Zinc — A component of more than 200 enzymes, zinc is a critical nutrient for support of adrenal function. During times of stress, studies show that zinc is used up quickly, indicating a need for extra supplementation.

Siberian ginseng — Botanical name *Eleutherococcus senticosus*, this herb has been used for thousands of years. It is known as an adaptogen, a substance which provides a balancing or tonic effect for all organ systems. Human studies provide strong evidence that adaptogens are especially useful for those under stress. This form is useful for those who are adapting fairly well to stress, but who may need a little extra support.

Chinese ginseng — Another ancient adaptogen, this form of ginseng (botanical name *Panax ginseng*) has been shown in studies to be of most benefit to those who are not adapting well to stress and need a more potent form of adaptogenic support.

Ashwagandha root — Although botanically unrelated to ginseng, this herb is sometimes known as “Indian ginseng” because of its similar effects. This adaptogen has been used in Ayurvedic medicine for more than 2,500 years for its anti-stress effects.

Schizandra berry — Chinese medicine has long revered this herb for its beneficial effects. During stressful times, it has a normalizing effect in cases of insomnia and seems to improve endurance as well.

Rhodiola rosea root — Yet another adaptogen, this compound complements the other StressCaps ingredients with its anti-stress actions.

StressCaps I Supplement Facts

Serving Size 1 capsule



Vitamin C	250 mg
(as ascorbic acid)	
Pantothenic acid	50 mg
(as D-calcium pantothenate)	
Zinc	5 mg
(as zinc amino acid chelate)	
Siberian ginseng root	50 mg
standardized extract	
(0.8% eleutherosides)	
Ashwagandha root	50 mg
standardized extract	
(1.5% withanolides)	
Schizandra berry	50 mg
standardized extract	
(9% schizandrins)	
Rhodiola rosea root	50 mg
standardized extract	
(40% polyphenols, 1% salidroside)	

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StressCaps
**Supplement
Facts**

Serving Size 1 capsule

Vitamin C 500 mg

(as ascorbic acid)

Pantothenic acid 100 mg

(as D-calcium pantothenate)

Vitamin B6 25 mg

(as pyridoxal-5-phosphate)

Zinc 10 mg

(as zinc amino acid chelate)

**Chinese ginseng root
extract** 100 mg

(5% ginsenosides)

Ashwagandha root 100 mg

standardized extract

(1.5% withanolides)

Schizandra berry 100 mg

standardized extract

(9% schizandrins)

Rhodiola rosea root 100 mg

standardized extract

(40% polyphenols, 1% salidroside)



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