

## Shasha

No gluten/dairy/soy/sugar/GMO/food with a label..taking vitamins/good oils/minerals..probiotic...LDN..detoxing may help adrenals which may help PTSD. Gluten is wheat/barley/rye...oats/corn/rice. Grain free may help. LDN helps block hidden gluten for 18 hours and helps the adrenals/gut lining/brain and much more. Vit C/B vitamins may help adrenals and rest/sunlight/low stress/progesterone and estriol/testosterone and more. Ozone helped also as it got rid of infections and helped the liver. Anger means the liver needs detoxing. Far Infrared Sauna may help detox heavy metals/chemicals/yeast/Lyme/infections and may help sleep/chemical reactions/thyroid and more. Taking thyroid medicine without adrenal help may hurt since it may add stress. Gluten may hurt all glands. Synthroid may not help without Zn/Se/enough iron/probiotic which may help convert T4 to T3. Amour thyroid may help. TSH should not be used for thyroid screening since the pituitary may not be making TSH. Get free T4 and free T3 in the upper range which may raise oxygen burning/food burning and make ATP in the mitochondria enough for the cells to work well.

Posted On 05/13/2017

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## Shasha

Progesterone helps make cortisol which helps PTSD. When the progesterone wears off at night or after the 2nd dose in the morning the PTSD may come back. PTSD is due to burned out adrenals due to gluten/dairy/soy/sugar/GMO/food with a label or Lyme/low thyroid/stress. Stress lowers Zn/B vitamins and steals progesterone. Men also need progesterone which may help prostate/stress/sleep/blood sugar/blood pressure/thyroid/bones/energy. Vit C and B vitamins may help adrenals. Many adrenals supplements are for stage 1 adrenal fatigue and not stage 3 adrenal fatigue that may cause PSTD.

Posted On 05/13/2017

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## stoic

"Experts suggest nearly 8 million adults in the U.S. suffer from PTSD..."

i'm no expert (that's a good thing) & i suggest nearly all the rest of adults, besides those 8mil, suffer PTSD (pre traumatic stress disorder).

Posted On 05/12/2017

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Yes....many people are skipping meals/staying up late/drinking alcohol/eating gluten/dairy/soy/sugar/GMO/food with a label/have relationship struggles/may not have enough money/over exercise/are low in exercise and sunlight and more which may burn out adrenals. War may burn out adrenals and deaths of pets/friends/spouse etc. Divorce/losing their job/sick/not enough sleep and more may hurt. Gluten may hurt all glands...thyroid/pituitary/adrenals/liver etc...Tests may not work to diagnose Celiac. Most people are hurt by gluten, but don't realize it. Adrenal supplements are for mostly stage one adrenal fatigue...alarm stage before PTSD starts about stage 2-3. Prevention is easier than cure. Politics/computer not working/too many e mails/sitting too much/electronics etc may add to it. A healthy life style is needed. When adrenals are burned out to the maximum people may die in their sleep. Adrenals give the spark that wakes us up in the morning. No spark...a person may stay sleeping/dreaming. Young people abuse their themselves in many ways, but assume they will rebound/heal, but eventually a person may collapse after pregnancies that drain vitamins/good oils or age 48 etc. Early deaths/suicides maybe due to gluten which may hurt the gut lining so less nutrients absorb...then cells are not made right to work right to burn oxygen/food/make ATP energy. Low oxygen in the brain may cause depression/anxiety/no sleep/obsessing/panic/suicidal thoughts. Men may do suicide more often...more panic maybe and PTSD. Antidepressant medicine often has fluorine which may block thyroid...lower oxygen causing worse depression/suicidal thoughts. Holding in stress/crying still burns out adrenals.

Posted On 05/13/2017

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## Muckrake

I get anxiety when exposed to essential oils! They're very allergenic. Not "natural" if the plant is out of the ground. Perhaps the lab mice were inebriated enough after inhaling that they remained "calm." I used orange essential oil to help kill an infestation of fleas. Definitely helped with that. So, if you want to kill fleas, get some. If you want to kill yourself, inhale a lot of essential oils. Should do the trick eventually.

Posted On 07/31/2024

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