

# Curving Down Stress

## Whole System Approach for Adrenal Health

with Dr. Keri Brown, N.D.



*"It was absolutely great and so informative having you present to us, Dr. Brown. Your message to the group was inspirational. Perhaps we can have you back again to speak on another topic. Big thanks and high regards." Lorri Park and J Sperl, Facilitators, Unity Spiritual Center, Boulder, CO*

*"Detailed, connected, relevant, preventive information to assist in optimizing the healing process. Done in a safe, upbeat, compassionate setting. a little bit of heaven in a world far to busy." Christina Pollack, Denver CO*

## Attendees will learn how to identify:

- Overview of Stress Adaptation Syndrome
- Signs & Symptoms of Adrenal Weakness
- Assessment of Adrenal Function
- Adrenal Stress Index and Testing
- The Sleep Connection
- The Blood Sugar Connection
- Herbal Medicine and Nutritional Therapies
- Cell Salts for Fatigue
- Creative ideas for stress reduction
- Lifestyle Index
- Mind Calming Techniques
- Breathing lighter and feeling calmer

Stress is a normal part of our everyday lives. Most of us experience some sort of stress daily.

Stress is not necessarily bad because we can learn from it, but uncontrollable stress reactions can have affects on our health. If stress gets out of hand, it can aggravate many conditions relating to various organ systems.

Aggravations can include allergies, arthritis, atherosclerosis, asthma, cancer, colitis, diabetes, emphysema, gastritis, hypertension, low back syndrome, neurosis, neuromuscular syndromes, speech problems and ulcers.

Some people are able to cope with stress in their daily life more than others. Learning the techniques to reduce and control stress allow us to walk in life more balanced.

Balancing our nutritional, emotional and structural systems can will dramatically help elevate the stress symptoms of everyday life, as well as for the prevention and treatment of chronic disease.

### About Dr. Keri Brown, ND

Dr. Keri Brown, ND has practiced naturopathic medicine since 1998 starting a large scale, non-profit health care clinic Vermont and currently directs a private practice and wellness education company in Colorado.

She speaks widely on naturopathic medicine, healing through nature, disease prevention, and detoxication in the 21<sup>st</sup> century.

Dr. Brown received a B.S. in Environmental Biology and Chemistry from Fort Louis College in Durango, CO and her Doctorate of Naturopathic Medicine from Bastyr University in Seattle, Washington.

Dr. Brown is an integrative naturopathic doctor, speaker, entrepreneur, and a specialist regarding the environment, energy, and our health.

She has over 30 of experienced in sustainable approaches to healing at home and in the clinic.



**Speaking inquires and to host a program in your community Contact at Dr. Keri Brown**  
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