

# The Adrenal Glands:

## Life's Vital Force

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# THE ADRENAL GLANDS: LIFE'S VITAL FORCE

Back in the old days of Harvard, when Cannon was known as the "King of Physiology", it was announced that the adrenal glands were "emergency" glands. Also, that these glands were only used by the body for flight or fight; and that otherwise, they remained in a quiescent role. Quite the opposite!

The adrenal system, however, is much more complex; and indeed, is the most important system in the entire human body! Besides the glands themselves, they are literally "seeded" throughout the body's organs. One direct example would be: a body organ such as the kidneys, whose function depends upon oxygen supplied by the adrenals. The kidney is studded with tiny units of adrenal glands, referred to as cell nests. These minute units insure an adequate oxygen supply during functional strain. This same situation occurs in the liver, whose existence depends hugely on an ample oxygen supply.

Along with these "depots", we find the large nerve cells composing the solar-plexus rich in adrenalin, and innumerable sub-stations which can be used by the body. This tremendously important system, interlaces with other vital organs of the body; with the "abdominal" brain as its center.

Indirectly, or through the pituitary gland, the body is able to detect foreign elements which act as stimuli and this begins an increase in the body's dramatic defense reaction. It's a well-known fact, that as long as man has existed, he has enjoyed, and "sought out" the sensation of stimulation. There are a host of chemical elements, including the drug, alcohol. To prove this, note a person who has partaken a dose of alcohol. His cheeks will redden, vision changes, and he displays a "general feeling of happiness" and "relaxation". Generally speaking, this person views his previously "irritating world" with a new "softened" point of view, via his chemical stimulation. These symptoms follow adrenal oversecretion.

Along with major stimulations such as alcohol, let's observe "minor stimulants", which are derived from plants and animals. This group nearly includes the whole pharmacopoeia! Also, physical stimuli; heat, cold, electricity, insertion of needles (acupuncture and injections as prime examples), sudden changes of altitude, massage, and the various forms of body vibration. All make the body feel better, "temporarily".

It's an established fact, that almost every country in the world has its own favorite method of "whipping" the adrenal glands. There are methods of adrenal stimulation (injections included) which causes fever to disappear, and a general improvement of all symptoms. With a person displaying illness, this type of adrenal stimulation "raises" the resistance temporarily, and may help the patient over his "crisis". Meanwhile, severe adrenal depletion has occurred. Unfortunately, many of these stimuli are exceedingly dangerous and in the long run, possibly lethal!

There was a period of time in our history, when heavy metals were popular for whipping the adrenals. As a result of their wide-spread acceptance, it took over four hundred years for the medical profession to realize the "toxicity" of mercury. It's unbelievable, but true, that arsenic had a "run" of about thirty-five years. It was not until after the "golden age" of Professor Erlich of 606 fame that its true, "fatal nature" was detected. The other heavy metals, such as gold, silver, lead and iron, also proved unsuccessful. However, iron still is used in certain forms, even though it has always been a mild adrenal whip; but is the least lethal of the heavy metals.

These "medicinal toxins" were followed by a series of injections of various poisons, called "vaccines". The majority of these toxins, depended upon their ability to "rob" the tissues of oxygen. There are so many of these potions, that to name them would fill an entire textbook. To understand the seriousness of this oxygen-robbing process, remember that the body will react in one of two ways when this occurs; either death will result, or there will be a sudden out-pouring of "emergency adrenalin".

Unknowing M.D.'s, are delighted with the usual response of a patient who has responded to this emergency adrenalin. Meanwhile, the patient experiences a "false sense of health". Both parties are unaware that every time you rob the adrenal system you leave a deficit.

All is not lost however, as there is some possibility of increasing and normalizing the adrenal chemistry. By what method may this be accomplished? By gently adding the most specific chemical element needed; phosphorus, via foods rich in that source. Egg yolks, certain fruits and vegetables, to name but a few. Thus, the adrenal-depleted patient will gradually build up his adrenal reserves. A "good doctor", at this stage, would also be a "wise dietician".

If only we had listened to great medical men of past centuries, we may have saved ourselves much heartache and confusion. Many admonitions were given to humanity by the knowledgeable Hippocrates in his aphorisms, such as: "Thy food shall be thy remedy". Along with these words to fellow medical men: "Whatever you do, do not do the patient harm", and "The ill body can be made ill by feeding".

Healers, down through the ages, have been searching for the "secret spring" of health and this frantic effort continues. Ignoring obviously, not only Hippocrates, but the famed Osler, who so aptly said; "Tis far better to do nothing intelligently than to stuff the patient with drugs". But apparently, all of these wise "winds of cautions", have blown over barren ground. Great "cures" have come and gone through the ages. After practicing medicine for sixty years, I feel that remedies seem to follow the same wavering pattern that women's hats have in the fashion world.

Not more than thirty years ago, a new form of "adrenal whip" became popular, namely, the antibiotics. As the popularity of these drugs spread, it became commonplace for anyone to drop into their doctor's office and say, "Doc, I need a shot of Penicillin", and promptly get it! Strenuous efforts on the part of the Food and Drug Administration, in an attempt to curb the misuse of these drugs, have now brought them more or less under stricter control.

It was during this search for oxygen-absorbing compounds that mold was discovered. Now remember, mold has a terrific affinity for oxygen and can even develop in tightly closed containers of food. When this substance has even a minute supply of oxygen, it grows rapidly; and should the lid be removed from the "molding mixture", tremendous stalks can result, bearing fine spore pods overnight.

So, here then, was a new element which would supply the de-oxygenated background that would "rob" tissues of oxygen in a rapid way. Then scientists looked for different kinds of mold for medical potions. This search finally produced a mixture of dust, dirt, mouse dung and finely divided earth. It is available now in solutions for intravenous and intramuscular injections. Both of which are irritating to the body, although resulting in some *adrenal hyperfunction*. As the solution is gradually injected into the tissues, it comes in contact with arterioles, venules, lymph ducts and nerves. The "toxic antibiotic" interferes with the chemistry of the nerve by robbing it of its oxygen supply. This is registered by the sensory nerves as "pain" and the motor nerves register this "internal outrage" as partial paralysis. It has taken as long as three months for some patients that I have observed to regain the strength to walk again!

The "pill forms" of these antibiotics contains "toxic powder" and has a very irritating effect on the gastro-intestinal tissues leading to heartburn and often much gastric pain. This frequently develops into a nausea, resulting in night vomiting. It does cause a certain amount of activity and "false stimulation" to the adrenals. So much in some cases that one may experience irritating sex dreams from this over-stimulated state.

Many "agents", such as the ones mentioned that absorb oxygen, have been utilized. It is the "robbing" of oxygen from the tissues that create the adrenal stimulation which is more or less temporary. Stimulation and health are two vastly different states, not appreciated by the majority of M.D.'s and beyond the reasoning power of the average citizen!

An interesting fact recently discovered about the adrenals is that their secretion is not only rich in oxygen, but an obscure electric factor whose presence has been proven lately by Kirlian Photography. Thus, is this secretion doubly important, making the adrenal glands the storage batteries of the body.

By far the most serious part of all of the discovered factors regarding the adrenal glands is that the most damaging "after effects" occur usually after a period of convalescence from the deficit to the adrenal system. Without careful dietary adjustments, the patient has unfortunately, taken a step down towards poor health. His adrenals have been whipped unmercifully and are depleted.

The only logical solution would be an intelligent attempt through proper food selection and drug removal to restore the impoverished adrenal system with a diet supplying the most essential elements in usable food forms. This, and only this therapy, will renew those magnificent glands, the adrenals!