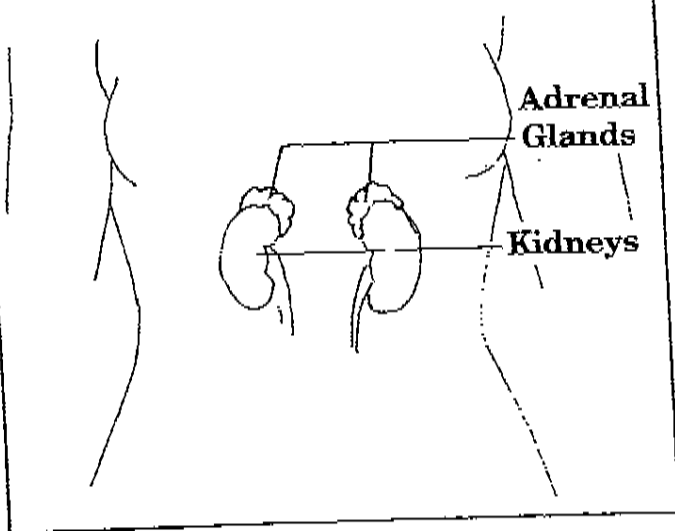


The location of the Adrenal Glands



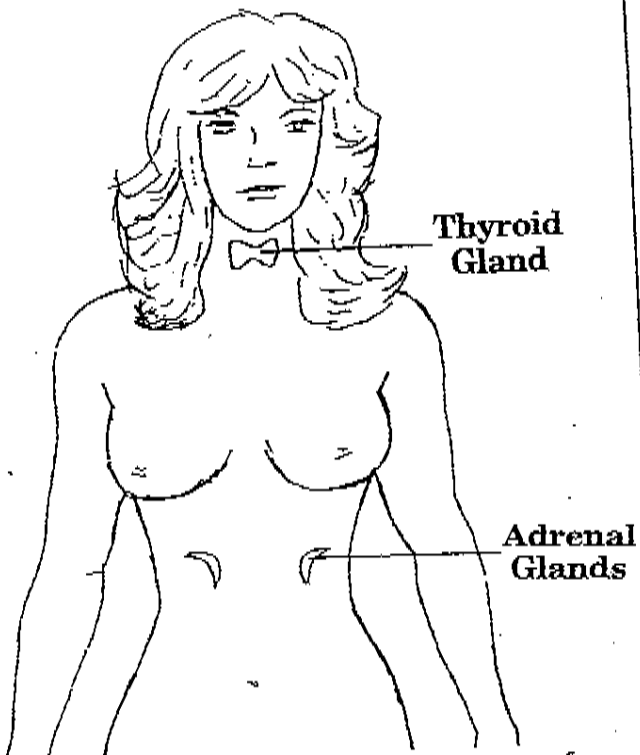
steady stream of fuel (sugar) all day. This enables a person to function at a normal pace.

The adrenal medulla is strictly an emergency gland. This is the portion of the gland which secretes the adrenalin. When you hear stories about a woman lifting a two-ton car to save her baby, it is the adrenalin from the adrenal medulla which is responsible for her being able to accomplish this feat.

A good analogy of the adrenal medulla would be like a turbo-charger on an automobile. It helps to give the engine an incredible thrust of energy (fuel)—far more than a normal engine would be capable of supplying.

[Editor's Note: Paul Eck told us that the adrenal glands function to convert glycogen in the liver (stored sugar) into glucose, which is an active fuel.]

A Person's Vitality Comes Mainly from Two Glands—The Thyroid Gland and the Adrenal Gland



A woman (and man's) source of energy comes from both the thyroid gland and the adrenal glands. The healthier these glands are, the *better* a woman's energy levels will be. The weaker these glands are, the *poorer* a woman's energy level will be. It is difficult for a woman to be a vivacious and passionate person when either of these glands is exhausted.

How the Body Produces Energy

FUEL → ENGINE = ENERGY

