

Integration Online Program – Class 12

Adrenal Health, Stress Stages & Whole-Body Balancing

Opening: The Power of Putting It All Together

This class marked a milestone in the Integration Online Program — a culmination of the protocols taught across all previous sessions, with an upcoming hands-on intensive in Long Beach. Students were encouraged to review session grids and summaries beforehand, and to practice as much as possible before the live event.

"The more you watch, the more you practice, the better you are when you get there to really get it down."

Student Success Story: Pam's Recovery

Before diving into new material, Pam shared a remarkable case study from a recent personal session with the instructor.

Background: Pam had taken a serious fall four and a half years prior, landing with her full body weight on the right side of her hip. The impact compressed her ribs against her spine and triggered a cascade of compensations affecting her knee, neck, ribs, and even her vision.

"No matter how I would work — yoga, stretching, Pilates — nothing seemed to be able to reset that."

What happened in the session:

- Injury recall was used as the primary entry point
- Layers of compensation were systematically unwound
- Structural, emotional, and energy work were all integrated
- Pam stood an inch taller afterward, her right side came back into alignment, and her leg flexibility — previously locked — returned fully

"It's like the onion was unpeeling."

Key Takeaway: Always begin with **Injury Recall** when working with someone who has a known traumatic injury. It is often the most direct route into the compensatory pattern.

Warm-Up Protocol

Each session begins with brain-activating exercises to prepare the nervous system for learning and treatment.

Step-by-step warm-up sequence:

1. **Eye unrolling** — activates visual circuits
2. **Ear unrolling** — activates auditory circuits
3. **Eye lazy eights** — integrates left/right visual processing
4. **Deep breathing** — oxygenates the brain and calms the nervous system
5. **Cross crawl** — bring the knee up, look around; activates cross-lateral brain function
6. **Zip the central meridian** — energizes the central energy pathway
7. **Neurolymphatic switch-on** — rub the frontal neurolymphatic points
8. **Stretch up and back** — decompress the spine
9. **Kidney 27s** — the "switchboard operators" of the body; stimulate energy circuits
10. **Thymus thump** while touching **frontal eminences** — increases blood flow to the frontal cortex for new associations

The Three Stages of Stress: Hans Selye's General Adaptation Syndrome

The core content of this class was built on the work of **Hans Selye**, an Austrian researcher born in 1907 who first identified patterns of stress-related illness and developed the **General Adaptation Syndrome (GAS)**. Goodhart then applied his work to **kinesiology**.

"Almost all illnesses have stress related to them."

The three stages apply to physical, emotional, and even athletic stress — not just psychological pressure.

Stage 1: Alarm Phase

What it is: The initial "fight or flight" response to a stressor.

Hormonal profile:

- **Cortisol:** Elevated
- **DHEA:** Low or normal-low

Physical signs:

- Rapid heartbeat
- Sweating
- Blood flow rushes to the arms and legs
- Fast, shallow breathing

Muscle testing indicator:

- Adrenal indicator muscles (sartorius or gracilis) test **weak in the clear**

"That's like if you're driving down the road and behind you there's a car flashing blue and red lights — you get that 'oh my gosh' feeling."

Stage 2: Adaptation / Resistance Phase

What it is: The body tries to sustain itself after prolonged stress. People in this stage often say, *"I'm hanging in there."*

Hormonal profile:

- **Cortisol:** Dropping, borderline
- **DHEA:** Borderline or low

Muscle testing indicator:

- Adrenal muscles test **strong in the clear**
- When the client **touches both adrenal neurolymphatic points** (2 inches up, 1 inch out from the navel), the muscles then go **weak**
- This is called the **"hidden adrenal."**

Why it matters: Cortisol in this stage is a powerful anti-inflammatory and speeds tissue repair in small quantities — but depresses immune function in larger quantities.

"In a state of fear and anxiety, your immunity is lower."

Stage 3: Exhaustion / Burnout Phase

What it is: The most common stage. The body's reserves are depleted. Often called a "nervous breakdown."

Hormonal profile:

- **Cortisol:** Depressed
- **DHEA:** Low

Common symptoms:

- Waking up exhausted, difficulty getting out of bed
- Sensitivity to noise and bright lights
- Easily stressed or overwhelmed
- Lightheadedness when standing up
- Tenderness at the inside of the knee (sartorius/gracilis attachment on the tibia)
- Strong sugar cravings

Muscle testing indicator — the "Reverse Adrenal" pattern:

- Things that *should* weaken a muscle (e.g., white sugar) instead make it **go strong**
- Things that *should* strengthen (e.g., a nutritious apple) may cause **weakness**
- This reversal is because the exhausted body will grab anything to survive — including sugar

"Your body is so exhausted it'll grab anything it can to keep going."

How to confirm Stage 3:

1. Find a strong indicator muscle
2. Place **white sugar** on the body and retest — if it does **not** weaken, suspect Stage 3
3. Add **GSC (glandular supplement)** alongside the sugar and retest — if the muscle now **goes weak**, this confirms Stage 3 and indicates GSC will help correct it

Additional Stage 3 indicators:

- Ligament stretch test: tweak a finger in an unusual direction; if a strong muscle then tests weak, this indicates ligamentous laxity consistent with Stage 3
- **Category Two** sacroiliac patterns often co-occur due to weakened ligaments and weak sartorius/gracilis

Muscle Testing Procedures for Adrenal Assessment

Testing the Sartorius

- Bend the knee
- Place one hand on the back of the knee, the other on the shin
- Try to straighten the leg while resisting — note if the muscle holds or collapses
- Test both sides

Testing the Gracilis (seated version)

- With legs bent, turn one leg inward
- Use the foot of the other leg to push outward against it
- Note whether it holds or gives way
- Compare both sides

Testing the Neurolymphatic Points

- Touch 2 inches up and 1 inch out from the navel (bilaterally)
- Simultaneously test a strong indicator muscle
- If the muscle weakens, this suggests **Stage 2 (hidden adrenal)**

Testing the Triple Warmer 3 Acupressure Point

- Circuit locate Triple Warmer 3 (the tonification point for the adrenals)
- If this goes weak, it is consistent with adrenal stress

How to Balance: Using Finger Modes to Guide Treatment

Once a weak indicator muscle is found, **place it in circuit** (hold the area) and test each mode to identify what the body needs.

Modes to check:

- **Structural mode** — neurolymphatic points, aerobic exercise, massage, yoga
- **Nutritional mode** — dietary changes, supplements (see below)
- **Emotional mode** — emotional stress release, any emotional toolbox technique
- **Energy mode** — meridian tracing, Triple Warmer 3, chakra work, Reiki, Tibetan Eights, figure eights

Nutritional Support for the Adrenals

Supplement	Notes
GSC (Progressive Labs)	Glandular formula including adrenal, thymus, liver, spleen, stomach; B12 included. Available via Full Script.
Multiglandular (Biotics Research)	Broader access alternative; good for clients who cannot get practitioner-only products.
Vitamin C — Full Spectrum	Choose a source with rutin, hesperidin, and lemon bioflavonoids (e.g., Neolife Super C). Avoid synthetic coal-tar derived ascorbic acid.
Vitamin E	Supportive nutrient for adrenal health.
Standard Process Adrenal Formula	Another practitioner option.

"Vitamin C is the number one nutrient for the adrenals."

Dosing guidance: Use muscle testing to determine the correct amount — test whether the body responds to one, two, three, or more per day.

Lifestyle Balancing — The Often Overlooked Factor

Lifestyle corrections are frequently the most important piece of the adrenal puzzle. Test these verbally using indicator muscles and the lifestyle mode.

Key lifestyle factors to assess and address:

- **Sleep** — one of the most impactful factors; assess quality and duration
- **Aerobic movement** — even a 5-minute walk around the block counts
- **Time for fun** — what used to bring joy? Start small.
- **Recreation** — photography, gardening, woodworking, hunting, music, crafts
- **Prayer and meditation** — releases over 500 genetic expressions for health
- **Social contact** — particularly important post-COVID for isolated individuals
- **Doing your passion** — ask the client directly: *"What is your passion? When did you stop doing it?"*

"Les Paul's heart doctor told him in his 90s: you have to go out and perform every week. And it kept him going."

Tip for implementation: Use a daily checklist to anchor new habits. Small boxes to tick off create accountability and a dopamine reward loop. Start with habits that take **5 minutes or less**.

"Think about when you're taking off in a plane — they go through a checklist. Did we do this? Did we do this? Before that plane takes off."

The Balancing Sequence

Once the assessment is complete, work through corrections in this order:

1. **Rub the adrenal neurolymphatic points** (2 inches up, 1 inch out) bilaterally while the client verbalizes their intended changes
2. **Touch frontal eminences** simultaneously — this anchors new associations in the prefrontal cortex
3. **Trace the Triple Warmer meridian** — from the ring finger, up the arm, around the ear (both sides)
4. **Rub Triple Warmer 3** acupressure point
5. **Retest** all previously weak muscles to confirm resolution

Student Session Summaries

Serrena — Stage 3: Exhaustion

Serrena presented as a textbook Stage 3 adrenal case:

- Difficult to get out of bed in the morning
- Easily stressed
- Lightheaded when standing
- Bilateral weakness in the sartorius, gracilis, and at the neurolymphatic points
- Tenderness at the tibial attachment of the knee stabilizers
- Ligament stretch test confirmed weakness

"If you look up 'Adrenal Stage 3' in the dictionary, there's Serena's picture."

From her session, Serena appreciated having a clear system to know **exactly where a client is** in the stress continuum — not just that adrenals are involved, but *how depleted* they are and what to do from there.

Olga — Stage 2: Adaptation

Olga's individual muscles tested fine, but her neurolymphatic points went weak — indicating Stage 2 (hidden adrenal). She reported interrupted sleep over the past two months. She had experienced Stage 3 burnout before and recognized the distinction clearly. Her main takeaway was renewed motivation to take better care of herself to prevent returning to that state. She also asked about accessible alternatives to practitioner-only glandular supplements.

Pam — Stage 2: Adaptation

Serrena assessed Pam and confirmed Stage 2. Her finger modes pointed to structural and energetic corrections — consistent with what the instructor had found in a recent private session. Pam identified several areas for lifestyle improvement:

- No current social contact outside of clients (friends have passed or moved away)
- No time set aside for fun
- Has not played her **classical piano** in about two years — something she identified as deeply balancing for her

Commitment made: **Return to piano, beginning with 5 minutes per day.** She also intends to resume tap dance classes.

"Just playing those keys seemed to balance me in its own way. All those tones, the harmonics — it changes my life."

Gordana — Likely Stage 2/3

Gordana was managing a high-load period with multiple projects and an upcoming move. She had not had time to review the lesson material and acknowledged she was not taking adequate care of herself. She identified **gardening** as her primary grounding activity and passion — something that allows her to completely let go of her stress.

"When I go to my garden, it makes me happy. Then I forget about everything."

She recently lost her 18-year-old cat on Christmas Day and was not yet ready for another pet. She is looking forward to the in-person intensive in Long Beach.

Krystal — No Adrenal Stress Detected

Crystal tested clear across all adrenal indicators — strong in the clear, no neurolymphatic weakness. She credited her integrative kinesiology training with helping reorganize her nervous system and engage mirror neurons in new ways. She also offered a practical tip to the group: **Biotics Research Multiglandular** as a more accessible alternative to GSC for clients who cannot obtain practitioner-only products.

"My body has been able to reorganize its nervous structure to employ my mirror neurons so that I can see patterns that were hidden before."

Closing Reminders

- Review the technique grids for all 12 sessions before the Long Beach intensive
- Come prepared with questions to clarify and specific goals for balancing
- Further follow-up sessions will be held **after** the in-person class to celebrate progress and address new questions
- The in-person event will include hands-on practice of everything covered in the online program, including goal balancing, structural corrections, and full integration protocols