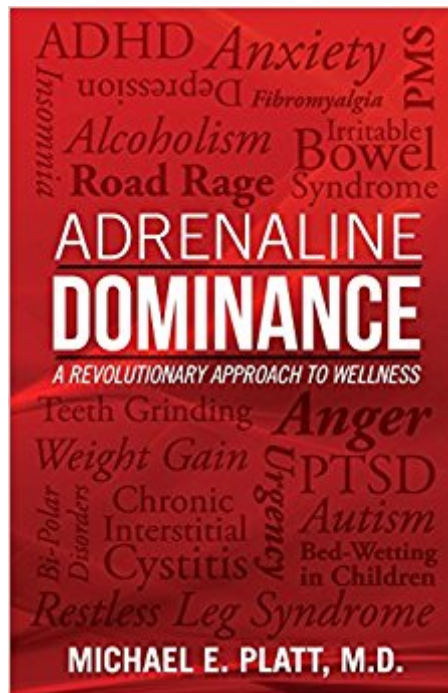


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# Adrenaline Dominance: A Revolutionary Approach To Wellness



## Synopsis

Adrenaline is a powerful hormone whose effects have been virtually ignored by the medical community. "Adrenaline Dominance" explains how this hormone might be a major underlying cause of many conditions currently considered incurable. This book explains why people produce this "fight-or-flight" hormone even when they are not facing danger. It presents a natural protocol for rapidly reducing excess adrenaline. In most cases, this protocol allows patients to reassess their need for taking prescription medications, which treat symptoms rather than address the root cause of their conditions.

## Book Information

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## Customer Reviews

**Synopsis:** Adrenaline is a powerful hormone whose effects have been virtually ignored by the medical community. "Adrenaline Dominance: A Revolutionary Approach to Wellness" explains how this hormone might be a major underlying cause of many conditions currently considered incurable. "Adrenaline Dominance: A Revolutionary Approach to Wellness" explains why people produce this "fight-or-flight" hormone even when they are not facing danger. It presents a natural protocol for rapidly reducing excess adrenaline. In most cases, this protocol allows patients to reassess their need for taking prescription medications, which treat symptoms rather than address the root cause of their conditions.  
**Critique:** In "Adrenaline Dominance: A Revolutionary Approach to Wellness", author Michael E. Platt, M.D. draws upon his many years of experience and expertise to write an informed and informative work that is ideal for the non-specialist general reader wanting to better understand the role of hormones in restoring and maintaining good health. Dr. Platt not only covers

just how adrenaline works in the human body, but how to reduce excess adrenaline. Very highly recommended for community library Health & Medicine collections, "Adrenaline Dominance: A Revolutionary Approach to Wellness" will prove to be of particular value and interest to anyone dealing with diabetes, depression, IBS, weight problems, headaches, addictions, urinary problems, and so much more.

Â THIS IS A BOOK DRUG COMPANIESÂ WON'T WANT YOU TO READ.Â Adrenaline is a powerful hormone whose effects have been virtually ignored by the medical community. Adrenaline Dominance explains how this hormone might be a major underlying cause of many conditions currently considered incurableÂ EXCESS ADRENALINE CAN RESULT IN THE FOLLOWING:Â ADHD, fibromyalgia, anger, depression, anxiety, interstitial cystitis, insomnia, RLS, bipolar disorders, PTSD, and severe PMS. Adrenaline is the reason why some women vomit through all nine months of pregnancy, and why many people turn to drugs and alcohol. During the night, it causes people to toss and turn, grind their teeth, get up to urinate, and even gain weight while they are sleeping. It is often the cause of bed-wetting in children.Â THIS BOOK EXPLAINS...why people produce this "fight-or-flight" hormone even when they are not facing danger. It describes how adrenaline works in the body and how high levels of it can cause serious medical problems. The book also presents a natural protocol for rapidly reducing excess adrenaline. In most cases, this protocol allows patients to reassess their need for taking prescription medications, which treat symptoms rather than address the root cause of their conditions.Â Â

This is an important book that covers a topic of great timeliness that gets little or no attention elsewhere. Modern society and modern diet have predisposed us to have chronic high adrenalin and unhealthy insulin activity that can lead to obesity and diabetes. Dr. Platt enumerates the many symptoms and effects of adrenalin dominance and describes in detail the the adrenalin-insulin cycle and how to break it. When I had a full hysterectomy 15 years ago, I was placed on estrogen therapy but told I did not need progesterone. I believe this has lead to adrenalin issues and weight gain. I have started adding progesterone back to my system via a topical cream and look forward to getting back in balance. I'll write another review when I have the results!! particularly recommend this book to highly creative people and those that love them. Dr. Platt suggests a compelling link between adrenaline dominance and the addiction problems of so many creative people, particularly musicians. I don't fall in this category but my loved one does and we are both eager to see what adding progesterone will do for him.

Dr. Platt explains the effective on adrenaline on metabolism and health in a very understandable manner. Best of all, he explains how to remedy it with very doable treatment. If you suffer from the effects of stress, please order this book. It's helped me immensely.

This book, *Adrenaline Dominance*, has helped so many people who take my medical classes. I teach researching the psychological patterns of disease but, over the years, I began including remedies contributed by students, audiences and other sources. I learned about this book from a magazine at Whole Foods. I now add this to my courses and lectures and so many people have told me that this has solved so many of their problems. I will also add that, several years ago, when I was lecturing in Chicago to a group of nurses, they told me about Seriphos "it more easily converts to Serotonin than 5-HTP (I do not find this works after 3 days). Following your suggestions, taking Seriphos, several of my students are now off anxiety meds! In the 1970s, doctors began diagnosing Hypoglycemia as a disease of the adrenal cortex. Now, doctors just see it as a pre-diabetic condition. At that time, I corresponded with Dr. Harry Salins in Florida who was the leading researcher at the time. We both observed that drinking lots of coffee was a factor in hypoglycemia yet today doctors say that it is a preventative against diabetes. I felt a lone soul teaching about hypoglycemia and the adrenals until I read this book. Caffeine stimulates adrenaline! This book is now a Must Read in my courses.

Brilliant work! This is the doctor we all wish we had. He does not care what his peers or the pharmaceutical industry thinks. He wants his patients to get well, and he is not afraid to think and act outside the box to get there. In his quest he has discovered healing for many disorders which allopathic medicine has declared incurable.

My younger daughter and I are experimenting with some of these suggestions in the book-- I have a lifetime of stress sublimated and she's always been an adrenaline junkie. We are seeing great initial results. She sailed through her last period when they are generally quite agonizing for her. I've had success with headache relief that I suspect might be caused by hormonal imbalances. While I could attribute mine to the placebo effect, I find it much more difficult to attribute DD's as she was several days into her period before realizing that she had no PMS or painful cramping. She truly just sailed right through it. While I cannot speak to long-term benefits or detriments, I think anything suggested to not have profoundly negative effects, and the positives are significant enough to stay the course.

and see what happens.

I highly recommend this book! It has helped me tremendously to understand the missing link to my anxiety and insomnia issues. I've had chronic insomnia for MANY years (2-3 hours of sleep per night, on average) and have tried everything to get any amount of sleep— with little to no success. Within DAYS of implementing Dr. Platt's protocol, I began feeling so much better and started sleeping ALL night again! ZZZzzzs after all these years!! Since I first read Adrenaline Dominance, I've recommended it to several friends and family who could benefit from this wealth of information— it's too beneficial not to tell them! Thank you, Dr. Platt, for sharing your knowledge and helping so many people!

Dr. Platt has done it again with a brilliant writing that makes perfect sense clinically. As a holistic doctor who treats women with mild to severe hormone imbalances I am constantly learning and reading about various ideas from other doctors and practitioners. Dr. Platt is certainly on to something here. How could the idea of adrenaline dominance been overlooked for so long? Thank you Dr. Platt for sharing your amazing knowledge on this topic.

As Dr. Platt mentions, it takes pioneers to create progress in the medical world. He gives a clear explanation of his theory of Adrenaline Dominance with practical solutions for remedy. This book is an easy read for the lay person. It struck a chord with me as I have been talking about it every day since I finished reading. I'm excited to see the medical community at large embrace this concept and provide scientific studies further promote the theory.

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