

## Mad for Rejuvenation

# Alfred E. Neuman Goes Mad For Rejuvenation



“Doctor, Doctor, can you help us? It’s Alfred. Something’s terribly wrong.” It was Alfreda, sister of Alfred E. Neuman, and she was obviously distraught. “His smirk is gone, his freckles are fading and even worse, he doesn’t care about satire at all any more.



We have to help him!”

Remaining anonymous was very important to Alfred — after all, he had a reputation to uphold. I told her to bring Alfred in as soon as possible, and that confidentiality would be top priority.

It was a sad day as I watched Alfred sitting across from me barely able to keep his eyes open; and as Alfreda had warned me, with no sign of a smirk anywhere. This icon of ornery joviality was indeed in need of help.

“How’s his diet?” I asked Alfreda.

“Well, if diet Coke and Twinkies is a diet, he has one. That’s pretty much all he’s eaten for the last twenty years.”

I began to understand why he was missing teeth, and getting some insight into the adrenal health of this tired soul sitting across from me. Alfred was displaying all the signs and symptoms of Adrenal Fatigue in its final stages. I sent the two of them home with a kit to test Alfred’s [Adrenal Stress Index \(ASI\)](#), a simple and effective saliva test that can be done in a day. A week later the tests came in by email. Both the primary adrenal hormones, cortisol and DHEA, were low. Alfred was indeed dealing with adrenal exhaustion.

“There is hope Alfred, if you want to turn this around. What do you think?” Alfred offered a weak nod. With his sister’s support, he began implementing the necessary lifestyle and dietary changes to get back to a state of vitality.

We sent Alfred home this time with a Vital Health Eating manual and nutritional supplements specific for his condition, two of which were Adaptocrine™ and Stress Resistance™, remedies with a high success rate for reversing adrenal burnout. We scheduled another ASI test a month later to see if there was a functional change for the better in Alfred’s adrenal condition.

Alfred’s follow up test and exam findings showed marked improvement. This time his test results indicated a Phase 2 stage of mal-adaptation, indicating that he was on the return road to normally functioning adrenal glands, and leaving adrenal exhaustion behind.

Not long after that I got an irate call from the editor in chief of Mad Magazine. “What have you done to him? He is back to his old self and driving us mad!” Well what could I say? It is all about madness, right?

Alfred recently called to check in. “You can be on the right track and still get hit by a train,” he told me. Obviously Alfred E. was back to work and full of himself.

My reply? “Alfred, don’t be on the track, get on the train, headed for True Vitality.”