

## **Moon Face**

**Description:** Moon Face is a symptom of fat build up in the face creating a rounded shape appearance. The main cause of this symptom usually named Cushing's disease is high levels of the hormone called cortisol. Other symptoms such as excessive thoracic kyphosis (rounded shoulders/ forward head tilt), excessive lumbar kyphosis (excessive forward curvature of the lumbar spine) large calve muscles all go with Cushing's disease or hypercortisolism

**Protocol/Dosage:** ADHS- 3 Tablets 3 x /day for 3 months.  
Rhodiola & Ginseng- 2 Tablets 3x /day for 3 months.

**Dietary Recommendation:** Avoid Cookies, Candies, Cakes, Pastries, Pasta.

**Recommendation:** Do not skip breakfast. Excessive use of steroids can cause Cushing's disease. Cortisol resistance is the cause which can be helped by reducing levels and sensitizing cortisol through this protocol.

