

## Adrenaline Addiction

**Adrenaline**, is a hormone that acts as a neurotransmitter. It is the main cause of a stress reaction to a threat to the physical integrity of the body. The body is running on emergency reserves.

Excessive participation in aerobics, car racing, jogging, sky diving,... Participant's become addicted to a adrenaline rush from this activity. These Addicts become depressed when they cannot get their 'rush'.



When Adrenalin is released into the bloodstream. It acts to increase heart rate and blood pressure, dilates the pupils, raises the blood sugar level and diverts blood flow from skin and inner organs. People who are constantly angry, feel guilty, or worrisome arouse their adrenaline hormone even though they may sit around doing nothing else. **Angry, worried: meditate.**

A need for speed is an adrenaline affliction. Any racing gives an adrenaline rush. Winning gives an even bigger rush. The human body was not designed for speed. There is no need for speed. Winning is selfish.



Winners rush leads to wanting more. Losing leads to anxiety. This anxiety leads to desperation. **Wanting to win at any cost: cheating, substance abuse, kill to win,..**

Anti social behavior gives an adrenaline rush. The more obnoxious, outrages the bigger the rush. Ask any punk road terrorist (burnout, wheelies, cutting off, pushing of a road, tailgating, extra loud,..),



gang member (bullying, vandalism, violence), serial killer (inflicting fear, pain, death). **Anti social behavior is a threat to the community it**

is accountable **MS R1-7** It is a civil duty to report, road rage, dangerous driving, accidents, bullying, vandalism, violence.



Dangerous activities (stunts, thrill seeking..) give an adrenaline rush. People who otherwise cannot get a winners rush do dangerous activities. These activities encourage copycats who get injured, killed, endangering others. Dangerous activities (D.a.) end, **MS R2**. D.a. people have to pay for rescue and medical expenses.

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Being an Adrenaline junkie is an illness. Seek help! **NOW!**

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Elitism is the main cause of adrenaline junkies. Winning, being the best, fastest... Elitism ends! The community ends elitist education, entertainment (1 winner many losers)... Winners (selfish, anti 1 GOD, anti community) are not roll models! Volunteers (roll models) are the Soul of any community! Volunteers are unpaid!

Care > share > volunteer! Care for your community! Share your time for the community! Be a volunteer! Seniors need to stop caravanning, ocean cruising, flying around the world! Seniors not volunteering are a community, Shame!

Custodian Guardian replace the adrenaline rush with meditating and volunteering. C.G. believe it is better to live in calm and harmony. Rather then stressful and hyperactive, unhealthy.

Harmony is the essence of Custodian Guardian life. C.G. live in harmony with **1 GOD**, themselves, family, community, local habitat, greater environment and the physical Universe. Living in harmony is part of a Custodian Guardian daily routine.

For spiritual insights and inner harmony, meditate. Meditating is done without the use of chemical or plant supplements. Custodian Guardian only use the natural uncut unpolished Rose Quartz.

