



# ADRENAL ENERGY REBOOT

DR. RITAMARIE LOSCALZO

# 30-Day Adrenal Reboot Protocols





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## Adrenal Energy Reboot 30-Day Adrenal Reboot Protocols

If you are suffering from adrenal fatigue or exhaustion, you probably didn't just wake up that way one day. There's a progression in the stages of adrenal exhaustion that are common to most who suffer from adrenal fatigue and burnout.

The stress can start **as early as your childhood** – abuse, bullying, family financial stress, fighting between your parents, divorce, feeling unsafe – all contribute. For a lot of people, adrenal burnout stems back from when they were very little.

Generally, you're born in the **"normal" stage**; although, not always depending on your mom's health and stress during pregnancy and how easy or difficult your birth was.

First stop along the way to adrenal fatigue is what's called the **Alarm Stage**, and that's where your adrenals are really overactive and cortisol levels are high, but the state isn't causing you damage...yet.

Next is **Stage 1** of adrenal exhaustion, hallmarked by very high cortisol levels, just like the alarm stage. The difference is that DHEA -- considered a growth, repair, and an anti-aging hormone -- is decreased in Stage 1 as a result of chronically elevated cortisol levels.

**Stage 2** is where the total cortisol starts to fall back into the normal range, because your adrenals are getting too tired to handle the load. It's easy to confuse this stage with a normal stage if you don't test DHEA, which decreases as a result of chronically high cortisol. An Adrenal Stress Index Salivary test done in Stage 2 will often show peaks and valleys of cortisol and lower than optimal DHEA.

In **Stage 3**, your total cortisol is low and your DHEA is low. You don't get to Stage 3 overnight. Long periods of stress precede it. Sometimes in Stage 3 you'll see a temporary rise in DHEA as your body makes one last heroic attempt to restore balance.

After Stage 3 is **Adrenal Failure**. At this point you are likely to find it hard to even get up off the couch and might have received the label "chronic fatigue syndrome".

It's best to determine what stage of adrenal health/fatigue you are experiencing to determine the most appropriate diet, herb, lifestyle, and supplement protocol for you.





## Restoring Adrenal Function

It generally takes at least 3-4 months to restore adrenal function with the right plan in place. It can take an even longer if you've been depleted for an extended period of time.

Generally, you will feel noticeably better within 30 days, thus the birth of **Dr. Ritamarie's 30-Day Adrenal Reboot Protocols!**

If you choose to do the Adrenal Salivary assessment (referred to as Adrenal Stress Index or **ASI** throughout this document) use the **Chart 1** interpretation below to assess your stage of adrenal fatigue.

If you choose not to test at this time, use **Chart 2** to approximate your stage of adrenal fatigue. Then use your stage to determine the best program for you.

**Medical Disclaimer:** The programs presented are not intended to replace a one-on-one relationship with a qualified health care professional and are not intended as medical advice. This document is intended as a means to share knowledge, information and guidelines from the research and clinical experience of Dr. Ritamarie Loscalzo. I encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

## The Adrenal Stress Index (ASI) Salivary Hormone Test

In order to be classified as being in one of the three stages of adrenal fatigue, the following guidelines apply when interpreting your **Adrenal Stress Index** Test:

**Stage 1:** Ideal **total cortisol** is 38, low normal DHEA is 6 or 7, and ideal is 8 or above. If total cortisol is high, at least one cortisol reading is elevated, and DHEA is borderline low or low, you are most likely in stage 1, the initial stage of adrenal fatigue.

**Stage 2:** If **total cortisol** is normal and morning, noon, and/or afternoon cortisols are low or borderline low, and DHEA is borderline low or low (below 7), you are likely in stage 2, the intermediate stage of adrenal fatigue.

**Stage 3:** If both **total cortisol** and DHEA are low, and most cortisols are low or borderline low, you are likely in stage 3, the advanced state of adrenal fatigue.



While it's really quite a bit more complicated than this, it's a great starting point and will give you good direction for beginning to correct the problem.



## Interpreting Your Adrenal Stress Index Salivary Hormone Test

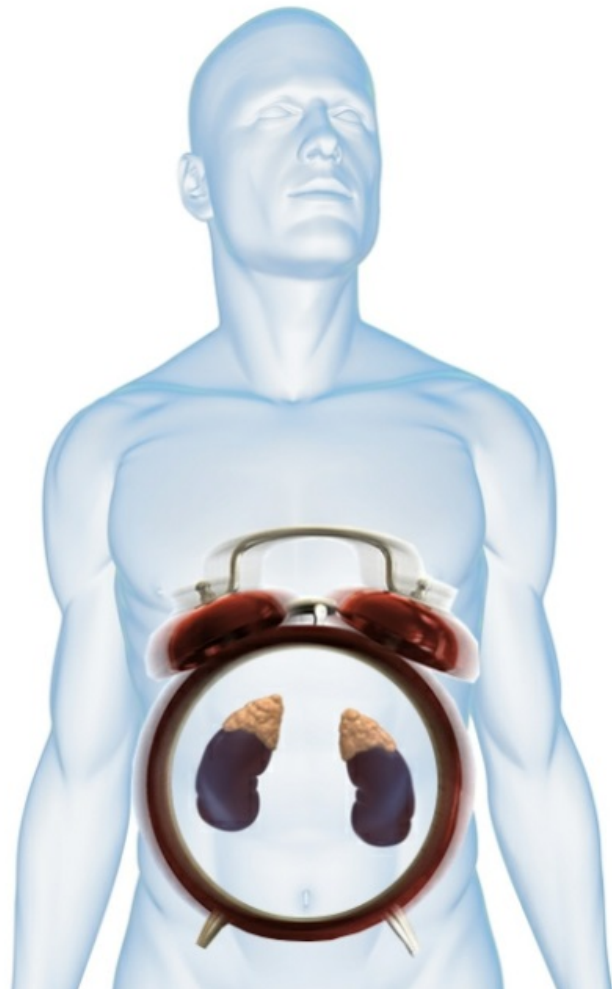
If your cortisol level is high and your DHEA is high normal, you are under a lot of stress, and are in what's called the “**alarm state**” in the model of Hans Selye, a Nobel Prize winning scientist who first classified adrenal fatigue.

If you're in this state, your adrenals will eventually burn out, resulting in lower cortisol and DHEA production. Now is the time to address the cause of your stress and put into practice habits and nutrients to support your adrenals and reduce the chronic workload.

Under times of stress, your body will divert to cortisol the hormone **pregnenolone**, the precursor, also called the “mother” (or “grandmother”) of all steroid hormones. When pregnenolone gets diverted to cortisol, it's at the expense of DHEA and your sex hormones.

One of DHEA's functions is to lower cortisol, so when cortisol is low, you need to be very careful about supplementing DHEA. It's better to supplement with more pregnenolone and only tiny amounts of DHEA, if any. Nutrient support via whole foods, herbs, and nutritional supplements is important in all stages.

If your DHEA is high normal or high and your cortisol is low, you might be at a very advanced stage of adrenal fatigue in which your body is making a last ditch attempt to recover. Usually, if this is the case, you will see low levels of SIgA and/or 17-OH progesterone.







## Step 1: Recording Your ASI Results

If you have the results of your Adrenal Stress Index test, use **Chart 1** to determine the best course of action for your adrenal health and watch the **Part 5 recording** on the membership site for additional instructions.

If you haven't done an Adrenal Stress Index Saliva test, use **Chart 2** to determine roughly which stage you are most likely in.

<b>Chart 1: ASI Results</b>						
Circle or highlight your ASI results						
		Normal	Alarm State	Stage 1	Stage 2	Stage 3
ASI Results	Total Cortisol	normal	high	high	normal	low
	DHEA	normal	normal	low	low	low
	SlgA	normal	normal	normal or low	normal or low	low
	17-OH-Progesterone	normal	normal	normal or low	normal or low	low



## Step 2: Identify Your Adrenal Fatigue Traits

<b>Chart 2: Adrenal Fatigue Traits</b>						
Highlight all traits that apply, especially if you haven't done an ASI test.						
		<b>Normal</b>	<b>Alarm State</b>	<b>Stage 1</b>	<b>Stage 2</b>	<b>Stage 3</b>
<b>Signs and Symptoms</b>	<b>Blood Pressure</b>	normal	high or normal	high or normal	normal or low	low
	<b>Energy</b>	normal	wired	wired and tired – mid-day slump and awake at bedtime	tired, possibly with spikes of energy	very tired
	<b>Immune system</b>	normal	normal	possibly impaired	probably impaired	Likely impaired
	<b>Libido</b>	normal	normal	possibly low	probably low	likely low
	<b>Salt Cravings</b>	no	no	no	yes	strong
	<b>Perspiration</b>	normal	normal	excessive	variable	minimal
	<b>Memory</b>	normal	normal	intermittent	failing	poor

## Step 3: Identify Your Stage of Adrenal Fatigue

Determine which stage you are most likely in based on **Charts 1 and 2** above. Where do most of the highlights fall?

## Step 4: Select Your Adrenal Support Nutrients and Herbs

Use **Chart 3** below to select your adrenal support protocol. This is meant as a guideline. It is not intended that you use all the supplements listed.



## Chart 3: Adrenal Support Nutrients and Herbs

Items marked (\*) are most important for nourishing adrenal glands for most people.

Nutrients	Dosages and Instructions	Alarm Stage	Fatigue Stage 1	Fatigue Stage 2	Fatigue Stage 3
<b>*Vitamin C</b>	1000 mg 3 times per day or to bowel tolerance	✓	✓	✓	✓
<b>*Vitamin B5 (pantothenic acid)</b>	500 mg 3 times per day	✓	✓	✓	✓
<b>*B-Complex</b>	Preferably liquid and activated forms; <i>Premier Research Labs</i> has liquid; <i>Pure Encapsulations</i> has a nice capsule	✓	✓	✓	✓
<b>*Zinc</b>	30 mg - 60 mg per day, preferably liquid	✓	✓	✓	✓
<b>Vitamin D plus Vitamin K2</b>	Lab test to determine if you need it; ideal range on lab is 80 ng/ml - 100 ng/ml	✓	✓	✓	✓
<b>Multi-Mineral Drops</b>	See Adrenal Energy Reboot Part 4 for details on minerals to determine which one you may need; <i>Trace Minerals Research</i> and <i>Body Bio</i> have high quality liquid minerals	✓	✓	✓	✓
<b>Essential Fats</b>	EPA and DHA	✓	✓	✓	✓
<b>Licorice Root</b>	5 - 10 drops prior to low cortisol readings; do not take later than 4:00 pm <b>Avoid if you have high blood pressure and monitor blood pressure to avoid overdose; an alternative for some is Bezwecken Isocort (not vegan)</b>		1-2 hours before times of low cortisol, if any	1-2 hours before times of low cortisol, if any	✓
<b>Phosphorylated Serine</b>	1 or 2 caps, 2 - 3 hours before high cortisol reading	✓	2-3 hours before times of high cortisol, if any	2-3 hours before times of high cortisol, if any	
<b>Adaptogens</b>	See Part 4 for details and determine which ones sound right for you; add to elixirs or purchase tinctures -- see document " <i>Adrenal Herbal Formulas and Supplements</i> " document for details on formulas and elixirs	✓	✓	✓	✓



## About Bioidentical Adrenal Hormones

(Over the counter, available from *Biomatrix*)

I recommend that you only use the hormone drops if you have done the Adrenal Stress Index test and determined that you are low in DHEA, or you are pretty clear from symptoms which stage you fall in.

### Chart: Bioidentical Adrenal Hormones

**Note:** DHEA is contraindicated if you have high estrogen, high testosterone, or high DHEA. DHEA and Pregnenolone are both contraindicated with hyperthyroidism. Do not take pregnenolone after 6:00 pm as it can be an antagonist to GABA and can affect sleep.

Hormone Drops	Dosages and Instructions	Alarm Stage	Fatigue Stage 1	Fatigue Stage 2	Fatigue Stage 3
<b>Pregnenolone</b>	(each drop is 1.2 mg, from <a href="http://biomatrixone.com/">http://biomatrixone.com/</a> )	N/A	6-8 drops 3x/day	9-12 drops 3x/day	12-15 drops 3x/day
<b>DHEA</b>	(each drop is 1.2 mg, from <a href="http://biomatrixone.com/">http://biomatrixone.com/</a> )	N/A	4 drops 3x/day	3 drops 3x/day	2 drops 3x/day

## Notes on Taking Bioidentical Adrenal Hormones

I use Biomatrix with excellent results in most people. Here are some notes and precautions, taken from their website clinician's document.

BioMatrix® sublingual hormone products contain alcohol, making them true sublinguals. A small amount of alcohol is required to keep the active ingredients suspended in solution.

Alcohol also rapidly transfers the ingredients into the bloodstream attaining 99% absorption.

This delivery method bypasses possible malabsorption in the digestive process and minimizes oxidative damage to the ingredients. The alcohol is NOT absorbed.



## Advantages of Sublingual Hormone Delivery

- Mimics body's own delivery system
- 99% absorption
- Accuracy of timing of delivery
- Avoidance of malabsorption due to GI problems
- Minimizes oxidative damage to ingredients

## Methods for decreasing burning sensation caused by alcohol (if applicable):

- Place a couple drops of vitamin A or E mycelized oil under your tongue just before taking sublingual hormones. This helps to decrease the irritation experienced by some people. If you are sensitive to the alcohol in sublinguals it's often as a result of mucosal tissue sensitivity, often due to vitamin A deficiency.
- Dilute the hormone drops with a teaspoon of water and hold the solution in your mouth for two minutes or longer before swallowing.
- Place the sublinguals on the top of your tongue. This also helps to decrease the sensitivity to alcohol. Hold in your mouth as long as possible before swallowing.
- Sublingual drops may be mixed with water and taken orally. Since this reduces the absorption, double the recommended number of drops, put them in water and drink the solution. Either with or without food is okay.
- Sublingual drops may be taken 10 to 15 minutes before or after meals (rinse away food particles in mouth first).
- Always shake bottle before use.
- Hold drops under your tongue for 2 minutes before swallowing.
- You can use a mirror to count drops if you are not sure.

For all follow-up salivary hormone testing while still on hormones, double the number of drops, mix them in a small glass of water and drink, starting 4-5 days before salivary hormone testing, or stop all sublinguals 4-5 days prior to testing. The first method tests how you are doing on the hormones, and the second tests how you're doing off the hormones.

See the document "***Adrenal Herbal Formulas and Supplements***" for a complete list of sources of adrenal support nutrients and herbs.





## 30-Day Adrenal Restoration Plan



The plan consists of adrenal rebuilding actions in 5 categories -- **lifestyle activities, food, nutrients, herbs, and hormones**. Start with the general plan (marked “All Stages”) and build upon it depending on the stage of adrenal fatigue you are likely in and the specific test results or timing of your low energy dips.

It will most likely take at least 90 days to fully recharge and probably longer if you are in stage 3 and have been depleted for a long time. I’m providing a 30-day plan because you should see major changes if you follow it carefully for at least 30 days. However, to get the most profound results, it’s a good idea to continue the 30 day plan for 90 -120 days then retest, either by saliva or by signs and symptoms (See Part 1 of Adrenal Energy Reboot for self-assessments and a link to the ASI order form).

When you retest, you follow the same process for interpretation as outlined above to determine your stage again. Based on the new results, modify your regime accordingly.

If you don’t see any improvement on the test or in your signs and symptoms – energy, mental clarity and bodily functions – then it’s a good idea to consult a functional medicine practitioner for additional guidance. If you don’t have someone locally that you trust, contact [HelpDesk@DrRitamarie.com](mailto:HelpDesk@DrRitamarie.com) for a referral to one of my personally trained Functional Nutrition Coaches.

If you have not done the ASI test and you are not significantly better after 30 days, consider testing and adjusting your plan according to the outcome of the test. If you are under the care of a doctor or on medication, please discuss this plan with your practitioner to determine the best approach for your specific situation.

The 30-day plan is presented in 4 parts.

The first consists of what to do for ALL stage. There is a separate page for customizations for stages. If you haven’t done the ASI and aren’t sure of your stage, stick with the general plan for ALL stages. Otherwise, follow the general plan and add the customizations for your stage. There is a separate document, an Excel sheet, that you can use as a checklist for the 30 days. You can print the pdf file or use the Excel sheet to track your progress.



## Lifestyle Activities for 30-Day Adrenal Reboot -- All Stages

- HeartMath™ breathing and appreciation, aka “mini vacations” or Quick Coherence upon awakening (see *Transforming Stress System* activities in Adrenal Energy Reboot Part 2).
- Set your intentions for the day. Before you get out of bed, make a mental note of what you would like the day to be like and how you plan to show up.
- 5 minutes of sunshine first thing in the morning – even if it’s a cloudy day (see Adrenal Energy Reboot Part 3 for details).
- HeartMath™ breathing and appreciation, aka “mini vacations” or Quick Coherence before each meal (see *Transforming Stress System* activities in Adrenal Energy Reboot Part 2).
- Carry reminders about your visions and goals or surround yourself with symbols that keep you focused on what matters most.
- Carry your “*Emotional Eating Strategy*” with you if you tend to turn to food in times of stress.
- Tell someone how much you appreciate them each and every day.
- Set aside 30 minutes a day of YOU time. Incorporate yoga, meditation, tapping (Emotional Freedom Technique), prayer, or other stress management activities – and set aside time for fun activities – at least 5 minutes a day.
- Use physical activities to protect yourself from the negative effects of stressful situations. Get up and walk, run up and down stairs, do squats at your desk, and take a look at ***T-Tapp Hoe Down*** exercise on YouTube:  
<http://www.drritamarie.com/go/TTappHoeDowns>
- HeartMath™ breathing and appreciation, aka “mini vacations” or Quick Coherence in bed at night to increase your likelihood of a sound and peaceful sleep (see *Transforming Stress System* activities in Adrenal Energy Reboot Part 2).





## Food for 30-Day Adrenal Reboot -- All Stages

Use the *Adrenal Energy Reboot Recipe Collection* to choose your breakfast, lunch, and dinner recipes.

### Adrenal Nourishing Breakfast Choices

Start your day with greens and omega-3 fats for a low carb, moderate protein, and moderate fat breakfast that keeps your hormones and energy steady throughout the day. It's important to get enough protein and fat for breakfast, and that doesn't mean bacon and eggs.

Starting the day with carbohydrates can throw your hormones and blood sugar off for the rest of the day, cause leptin levels to peak too early in the day, and leave you hungry and craving sugar after dinner. Choosing as many of the following breakfast selections as you need and/or will leave you feeling energized and satiated. Of course, avoid any selections that don't agree with your body.

- 1) Chia porridge
- 2) Green drink
  - a. Green smoothie
  - b. Green juice
  - c. Green powder
  - d. Green powder with protein powder
- 3) Hemp milk shake
- 4) Dehydrated grain-free bread containing omega-3 rich nuts and/or seeds with flax/coconut butter
- 5) Adrenal support elixir, choosing herbs according to your test results and/or your energy pattern. Relaxing herbs are used to calm over-production of cortisol and nourishing and energizing herbs for low cortisol (low energy) pattern. See the herb chart later in this document, the Adrenal Energy Reboot Part 4 document *Diet, Lifestyle, Nutrition, and Herbs - Recommendations Checklist*, and the Adrenal Energy Reboot Part 4 transcript and video for information to help you choose.
- 6) Adrenal support herbal tea: licorice, ginseng, lemon balm -- No caffeine





## Adrenal Nourishing Lunch Choices

Choose as many as you need to keep you feeling nourished and satisfied for at least 4 hours until dinner. If you feel you must snack between meals, choose something from my *Snack Attack Strategy* later in this document and consider joining [B4 Be Gone](http://www.B4BeGone.com) ([www.B4BeGone.com](http://www.B4BeGone.com)) for help with getting blood sugar under control.

Consult the *Adrenal Energy Reboot Recipe Collection* for recipes and ideas for the suggestions below.

- 1) Large veggie salad with omega-3 rich salad dressing and seed toppings
- 2) Green blender soup
- 3) Cut up vegetables with dips made with healthy fats – coconut, avocado, omega-3 rich seeds, raw nuts, soaked and sprouted
- 4) Wraps using green leaves and nori sea vegetable and filled with greens, sprouts, sauerkraut and topped with an omega-3 rich dressing or spread
- 5) Adrenal support elixir choosing herbs according to your test results and/or your energy pattern -- relaxing herbs are used to calm over-production of cortisol and nourishing and energizing herbs for low cortisol (low energy) pattern. See the herb chart later in this document, the Adrenal Energy Reboot part 4 *Diet, Lifestyle, Nutrition, and Herbs - Recommendations Checklist* document, and the Adrenal Energy Reboot Part 4 transcript and video for information to help you choose herbs appropriate to you.
- 6) Add chia seeds to your meal if you have difficulty eating enough at lunch to satiate you until dinner. *Chia Gel* can be added to dips, dressings, or spreads or you can drink a chia beverage or add them to an elixir if you have one.
- 7) **Optional** – Eat a small serving of lean, clean animal protein if your metabolism seems to need it. Be sure it's from organically raised, pastured animals.





## Adrenal Nourishing Dinner

Choose as many as you need to keep yourself feeling nourished and satisfied until bedtime and through the next morning. If you feel you need a snack before bed, fortify your dinner with additional avocado, chia seeds, or other dinner foods to hold you over. If you're craving something sweet after dinner, it's likely that either the meal is too high in carbohydrates for your blood sugar management hormones to handle or you've eaten carbohydrates too early in the day and your leptin levels are not rising as they should at night to signal that you are full.

Observe and make appropriate adjustments. If you can't fall asleep without eating something, choose from my *Snack Attack Strategy* later in this document and consider joining [B4 Be Gone](http://www.B4BeGone.com) ([www.B4BeGone.com](http://www.B4BeGone.com)) for help with getting blood sugar under control. Make adjustments to your dinner meal the next night so that you are satiated at bed time.

- 1) Veggie salad with omega-3 rich salad dressing and seed toppings
- 2) Green blender soups
- 3) Wraps using green leaves and nori sea vegetable and filled with greens, sprouts, sauerkraut, and topped with an omega-3 rich dressing or spread
- 4) Steamed vegetables
- 5) "Big Bowl" – filled with steamed and/or raw veggies and a blended vegetable sauce, made from the steam water, vegetables, and a fat to thicken: chia seed, avocado, tahini, nut butter, coconut or raw nuts or seeds
- 6) Adrenal support elixir choosing herbs according to your test results and/or your energy pattern -- relaxing herbs are used to calm over-production of cortisol and nourishing and energizing herbs for low cortisol (low energy) pattern. See the herb chart later in this document, the Adrenal Energy Reboot part 4 *Diet, Lifestyle, Nutrition, and Herbs - Recommendations Checklist* document, and the Adrenal Energy Reboot Part 4 transcript and video for information to help you choose herbs appropriate to you.
- 7) Add chia seeds to your meal if you have difficulty eating enough at lunch to satiate you until dinner. *Chia Gel* can be added to dips, dressings, or spreads or you can drink a chia beverage or add them to an elixir if you have one.
- 8) **Optional** – Eat a small serving of lean, clean animal protein if your metabolism seems to need it. Be sure it's from organically raised, pastured animals.







## Adrenal Nourishing Snack Attack Strategy

It's best not to snack between meals. It keeps your insulin levels high, your growth hormone low, and your digestive tract working overtime. All of these unwanted results increase the stress on your body and make your adrenals work overtime.

However, for those times when snacking is inevitable because you are caught off guard, didn't eat enough at a previous meal, and/or you find yourself hungry before your next meal is ready to consume, here's a strategy to follow to minimize the stress.

### Step 1: Tune into the sensation.

Where is it coming from? Does it start in your stomach? Your throat? Your brain? Is it a physical sensation or emotional? If emotional, use your "*Emotional Eating Strategy*" to get yourself back on track.

### Step 2: Differentiate hunger from thirst.

If you've determined that what you're experiencing is a physical sensation, it's time to differentiate hunger from thirst. The best way to do that is to drink one or two 16 ounce glasses of water. You can add essential oils, flavor extracts or lemon juice to flavor your water. Drink a big glass of water and wait 30 minutes.



### Step 3: Satisfy your hunger.

If you're still feeling hungry and the sensation is now stronger, you're really hungry and here are the steps you can take to satisfy your body's need for fuel without stressing your blood sugar handling mechanisms and adding inches to your waistline.

Below is a list of foods you can eat to hold you off until your next meal. They are listed **in order from most to least favorable**.



**Snack Attack Foods, in preferred order hormone and blood sugar balance:**

- *Green Water* (recipe from *Adrenal Energy Reboot Recipe Collection*)
- Green juice without fruit (lemon or lime are okay)
- Water with 1 tablespoon green powder (plain or flavored with any combination of your choice of herbs, spices, flavor extracts, essential oils, and stevia)
- Water with 1 tablespoon green powder and 1 serving protein powder
- *AM Energy Uplifter Shake* (recipe from *Adrenal Energy Reboot Recipe Collection*)
- Vegetable sticks by themselves or with a raw food dip (dairy-free, gluten-free, whole food)
- An ounce of raw nuts or seeds
- Snacks that are blood sugar friendly - i.e. raw crackers made from vegetables along with nuts and seeds





## Nutrients for 30-Day Adrenal Reboot -- All Stages

While I am a big fan of getting as many nutrients as possible from food, I recognize that when you are depleted, it's helpful to support your body by providing the nutrients it's lacking, at least temporarily, while at the same time providing nutrient-dense foods to replenish and rebuild. The following supplements are important for most people with adrenal fatigue, regardless of stage. There's a resource list to help you determine the best brands for each nutrient in the document *Adrenal Herbal Formulas and Supplements*.

The dosages are provided as **guidelines only**. You may need more or less depending on your weight, age, and degree of adrenal fatigue, as well as how sensitive you are to supplementation.

It's a good idea to **start only one** supplement or herb on any given day and gradually increase from a low dose to a higher dose over the course of several days, to tolerance, then introduce the next product. This allows you to identify a problem with any one product and back off the dosage, while continuing on those that are well tolerated.

Chart: Adrenal Nutrient Dosage Guidelines	
Nutrient	Typical Dosage
Vitamin C	1000 mg 3 times per day or to bowel tolerance
Vitamin B5 (pantothenic acid)	500 mg 3 times per day
B-Complex	Premier Research Labs liquid Max B – ND: ½ teaspoon twice a day or Pure Encapsulations 1 capsule twice a day <i>** Take B vitamins in morning and at lunch time. Never take later than 4 PM</i>
Zinc	30 mg -60 mg per day, preferably liquid.
Vitamin D plus Vitamin K2	Lab test to determine if you need it. Ideal range on lab is 80 ng/ml -100 ng/ml. Mycelized Vitamin D is best absorbed. 500 IU - 20,000 IU per day, depending on lab test results.
Multi Mineral Drops	See Adrenal Energy Reboot Part 4 for details on minerals to determine which one you may need. Trace Minerals Research, Body Bio and Sun Warrior have high quality liquid minerals.
Essential Fats	EPA and DHA. Opti 3 is an algae oil brand I use. Non vegetarians may choose Krill oil or a high quality fish oil, like Nordic Naturals.



## Herbs for 30-Day Adrenal Reboot -- All Stages

The herbs you choose depend on the stage of adrenal fatigue in which you find yourself.

There are many herbs that are useful for all stages. Read the descriptions to choose the ones that seem to be most suited for you. Experiment by adding one at a time to elixirs or using them in the recipes from the *Adrenal Energy Reboot Recipe Collection*. You may choose to use them as tinctures or capsules. See the document *Adrenal Herbal Formulas and Supplements* for information about where to get herbal tinctures, powders, and formulas.

Always start slowly, **with one new herb at a time and only small amounts** to give your body a chance to adapt. I've included the Chinese medicine properties of taste and energy to help you choose. Some herbs are cooling and may not work well for a cold person, whereas some are heating and would overheat a hot person. Read the descriptions and compare to your symptoms to determine the best match for you. Check off the ones you would like to try and turn to the *Adrenal Herbal Formulas and Supplements* pdf for information about where to order.

### Chart: Adaptogenic Herbs Suitable for All Stages of Adrenal Fatigue

<input checked="" type="checkbox"/>	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who Needs It and What It Can Do
	<b>Ashwaganda</b> <b>Powder:</b> ½-1 teaspoon in elixir, 1-2x/day <b>Tincture:</b> 30-40 drops, 2-3x/day <b>Capsule:</b> 400-500 mg, 2x/day	Bitter, warm and dry; good for cold, damp conditions	All stages	For weakness, exhaustion, emaciation, memory loss, muscle weakness, over-work, anxiety and insomnia. May also be helpful for tired eyes, joint pain, skin breakouts, cough, anemia, infertility, immune system problems, blood sugar imbalance, and low thyroid function. Can reduce vitamin C loss and normalize cortisol levels.
	<b>Astragalus</b> <b>Powder:</b> ½-1 teaspoon in elixir, 1-2x/day <b>Tincture:</b> 40-80 drops, 2-3x/day	Sweet, warm, moist; good for cold, dry conditions	All stages	Tones the adrenals, strengthens the lungs, calms digestion, improves glucose tolerance, enhances the immune system, protects kidneys and liver, and improves blood flow to the heart.



## Chart: Adaptogenic Herbs Suitable for All Stages of Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who Needs It and What It Can Do
	<p><b>Chaga</b>  <b>Tea – Decoct:</b> 2-3 teaspoons in 24 ounces water, decoct 1-4 hours, drink 3-4 cups per day water  <b>Powder:</b> 1 teaspoon in elixirs and other foods  <b>Tincture:</b> 60-90 drops 4x/day  <b>Capsule:</b> 3/day or as directed</p>	<p>Bitter, warm</p>	<p>All stages</p>	<p>Powerful antioxidant, anti-tumor, immune system modulator, and effective against all sorts of microbes.</p> <p>It has the highest level of the powerful antioxidant, superoxide dismutase (SOD) detected in any food or herb in the world. It's a powerful adaptogen that modulates response to stress, increasing energy, improving sleep, and providing an abundance of adrenal supportive nutrients.</p> <p>It's rich in zinc and B vitamins and deeply nourishes and supports your adrenals.</p>
	<p><b>Cordyceps</b>  <b>Powder:</b> ½-1 teaspoon in elixir, 1-2x/day  <b>Tincture:</b> 20-40 drops, 2-3x/day  <b>Capsule:</b> 400-500 mg, 2x/day</p>	<p>Sweet, warm, moist; good for cold, dry conditions</p>	<p>All stages</p>	<p>Supports lungs, liver, and blood; lowers cholesterol; supports immune system; protects kidneys; strengthens heart; improves infertility; and enhances aerobic capacity and thus increases stamina and endurance.</p> <p>It's also been shown to help with dizziness, chronic bronchitis, ringing in the ears, night sweats, and frequent urination.</p>
	<p><b>Dang Shen</b>  <b>(Codonopsis)</b>  <b>Decoction:</b> 2-3 teaspoons in 16 oz. water, 8 oz. 2x/day  <b>Tincture:</b> 40-80 drops, 3-4x/day  <b>Capsule:</b> 400-500 mg, 2x/day</p>	<p>Sweet, moist, slightly warm; good for cool and dry conditions</p>	<p>All stages</p>	<p>Used for fatigue, weakness, loss of appetite, vertigo, ulcers, digestive irritation, and as a strong antioxidant, anti-inflammatory, antispasmodic, and analgesic.</p> <p>Also used blood sugar balance, wheezing, dry mouth, and to increase hemoglobin.</p> <p>Considered by some to be “poor man’s ginseng”.</p>





## Chart: Adaptogenic Herbs Suitable for All Stages of Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who Needs It and What It Can Do
	<p><b>Devil's Club Root</b>  <b>Tea:</b> 3 grams powdered herb in tea, 2-3x/day or 1-2 oz. root bark, decocted in 8-16 oz. water  <b>Tincture:</b> 15-30 drops, 3x/day</p>	Warming	All stages but best for stage 2 and stage 3	<p>Used for hyperglycemia or unstable blood sugar. Also used for lung hemorrhage, tuberculosis, swollen glands, burns, wounds, chronic infections, stress headaches.</p> <p>Same family as ginseng -- sometimes called Alaskan ginseng.</p>
	<p><b>Gynostemma</b>  <b>Tea:</b> 1-2 teaspoons in 8 oz. water, steep for 40 minutes. Take 1-2 cups /day (also available as tea bags – Spring Dragon Tea)  <b>Tincture:</b> 80-120 drops, 3x/day  <b>Capsule:</b> 10 mg, 1-2 capsules 3x/day</p>	Sweet, slightly bitter, neutral in heat	All stages	<p>Enhances immune system, inhibits tumor growth, and as an antioxidant enhances superoxide dismutase (SOD). Can also help with heart circulation, blood sugar regulation, lowering lipids, and lowering blood pressure. Also used for stress headaches, insomnia, and anxiety.</p> <p>Caution if taking warfarin; excessive use can cause GI upset, rash, fatigue dizziness or palpitations.</p>
	<p><b>He Shou Wu</b>  <b>Powder:</b> ½-1 teaspoon in elixir, 1-2x/day  <b>Tincture:</b> 30-40 drops, 3x/day</p>	Sweet, bitter, slightly warm	All Stages	<p>Prime rejuvenating herb in Chinese medicine. Used to treat dizziness, ringing in ears, anemia, poor vision, low back pain, premature graying of hair, weakness, and numbness. Also used to support healthy function of the liver and kidneys.</p> <p>Also used as an antioxidant, cholagogue (helps move bile), cholesterol lowering, laxative, and neuroprotective. Known also for sex hormone balance, including impotence and excess vaginal bleeding.</p>



## Chart: Adaptogenic Herbs Suitable for All Stages of Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who Needs It and What It Can Do
	<p><b>Holy Basil (Tulsi)</b>  <b>Tea:</b> 1 teaspoon in 8 oz. water, steep for 5-10 minutes. 4 oz. up to 3x/day  <b>Tincture:</b> 40-60 drops, 3x/day  <b>Capsule:</b> 2-3x/day</p>	<p>Pungent, sweet, warm</p>	<p>All stages</p>	<p>Antioxidant; neuroprotective; stress reducing; protects against radiation; good for brain fog, poor memory, and ADD; liver protective; blood sugar lowering; inhibits allergies; reduces asthma; and prevents gastric ulcers. Possibly speeds up liver detoxification of certain medications.</p>
	<p><b>Lyceum (Goji)</b>  <b>Food:</b> 1-2 oz. berries per day  <b>Powder:</b> 1 teaspoon to 1 tablespoon per day in elixirs or smoothies  <b>Tea – Decoct:</b> 2 teaspoons in 12 ounces water, decoct 15-20 min, steep 40-50 min  <b>Tincture:</b> 60-90 drops, 4/day</p>	<p>Sweet, slightly warm</p>	<p>All stages</p>	<p>Tonic for liver, kidneys and blood, strengthener for weak muscles and ligaments, improves male sexual performance, and relieves night sweats. It's good for eyes, like poor night vision and macular degeneration, dry red or painful eyes, and to prevent cataracts and glaucoma.</p> <p>It moistens the lungs, strengthens blood vessels, protects liver, promotes good bowel flora, lowers LDL cholesterol, and can mildly lower blood sugar.</p>
	<p><b>Maca</b>  <b>Powder:</b> 1 teaspoon in elixir, 1-2x/day  <b>Tincture:</b> 30-50 drops, 3-4x/day  <b>Capsule:</b> 500-1500 mg, 2-3x/day</p>	<p>Bitter, warming</p>	<p>All stages</p>	<p>A true adaptogen, Maca contains high amounts of minerals including calcium and magnesium, B-vitamins, enzymes, and all of the essential amino acids. It's energizing in a non-stimulating way and is said to be a great substitute for coffee.</p> <p>Research suggests that the alkaloids in maca act on the hypothalamus and the pituitary gland, which together help regulate the endocrine glands including the adrenals, the thyroid, the ovaries, and the testes by releasing higher levels of precursor hormones.</p>



## Chart: Adaptogenic Herbs Suitable for All Stages of Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who Needs It and What It Can Do
	<p><b>Reishi</b>  <b>Tea – Decoct:</b> 1-2 oz. in 32 ounces water, decoct 2-4 hours, drink 3-4 cups per day water  <b>Berries/powder:</b> 1-2 teaspoons in elixir  <b>Powder:</b> 1 teaspoon in elixirs and other foods  <b>Tincture:</b> 80-100 drops 4-6x/day  <b>Capsule:</b> 3 500-1000 mg capsules, 3x/day</p>	<p>Bitter, warm</p>	<p>All stages</p>	<p>Mild and cumulative effects on adrenals. It improves adrenal function and alleviates stress. It can help with altitude sickness if taken 4 weeks before trip.</p> <p>It's considered an immunomodulator, which means it can strengthen an underactive immune system and calm an overactive immune system, as in allergies and autoimmunity. It's been shown to be effective as a cancer fighter and also for improving cardiovascular function. Used for anxiety, insomnia, bad dreams, moodiness, poor memory, fatigue, weakness, shortness of breath, and dizziness.</p>
	<p><b>Rhodiola Rosea</b>  <b>Decoction:</b> 1-2 teaspoons in 8-10 oz. water, decoct 15 minutes, 1-3 cups daily  <b>Tincture:</b> 40-60 drops 3x/day  <b>Capsule:</b> 2-4 per day</p>	<p>Sweet, slightly bitter, spicy, cool, dry</p>	<p>All stages</p>	<p>Increases the body's resistance against mental and physical stress. Enhances energy, good for depression, frequently good for anxiety, supports immune function, enhances long-term memory, keeps heart rhythms steady, enhances lung function, is non-stimulating, enhances alertness, balances blood sugar, assists in reproductive hormone imbalances, and enhances memory.</p>
	<p><b>Sarsaparilla</b>  <b>Tea – Decoct:</b> 1-2 teaspoons to 8 oz. water, decoct 15 minutes, drink 2 cups per day water  <b>Powder:</b> 1 teaspoon in elixirs and other foods  <b>Tincture:</b> 60-90 drops 3-4x/day  <b>Capsule:</b> 3 500-1000 mg capsules, 3x/day</p>	<p>Slightly sweet, slightly bitter; neutral, cool, moist</p>	<p>All stages</p>	<p>Mild adaptogen containing anti-inflammatory sterols which enhance glandular balance, boost hormone production, and aid muscle building. Increases testosterone so helps with muscle bulk and libido and increases progesterone, so it's useful in premenstrual syndrome and menopause.</p> <p>Used for psoriasis, eczema, fibromyalgia, arthritis, gout, bursitis, colitis, Lyme disease, herpes, and other venereal complaints. Used for auto-immune conditions such as rheumatoid arthritis and inflammation of connective tissue like scleroderma and Ankylosing spondylitis.</p>



## Chart: Adaptogenic Herbs Suitable for All Stages of Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who Needs It and What It Can Do
	<p><b>Schisandra</b>  <b>Tea – Decoct:</b> 1-2 teaspoons dried berries in 8-10 oz. water  <b>Berries/powder:</b> 1-2 teaspoons in elixir  <b>Powder:</b> ½-1 teaspoon in elixir  <b>Tincture:</b> 40-80 drops, 3-4x/day  <b>Capsule:</b> 2 400-500 mg capsules, 2-3x/day.</p>	<p>Sour, sweet, salty, bitter, pungent, warm and dry</p>	<p>All stages</p>	<p>Benefits yin organs: liver, kidney, heart, lung, and spleen. Helps control diarrhea, frequent urination, vaginal discharge, premature ejaculation, and night sweats. Also good for asthma, inflammation, palpitations, anxiety, and insomnia.</p> <p>Protects liver, enhances mental acuity, normalized blood pressure, increases nitric oxide, and often helps with adult ADHD. Used to aid with poor liver function, hepatitis, liver cancer, loss of libido, diminished kidney function, and forgetfulness.</p>
	<p><b>Shatavari</b>  <b>Tea:</b> 2 teaspoons in 8 oz. water, decoct 10-15 minutes, steep 40 minutes, 2 cups/day  <b>Powder:</b> 1 teaspoon in elixirs and other foods  <b>Tincture:</b> 40-80 drops, 3x/day  <b>Capsule:</b> 3 capsule 3x/day</p>	<p>Sweet, bitter, warm, moist</p>	<p>All stages</p>	<p>Restores fluids and soothes inflamed membranes; useful in dysentery, diarrhea, stomach ulcers, cough, and dehydration. Used topically for stiffness throughout the body.</p> <p>Enhances libido and fertility, helps vaginal dryness, fatigue, anemia, and poor appetite. Supports pituitary, which helps adrenal function, and is even useful for bladder infections.</p>
	<p><b>Shilajit</b>  <b>Powder:</b> 1 teaspoon in elixirs or smoothies  <b>Capsules:</b> 1-2 500 mg, 2x/day</p>	<p>Bitter, slightly pungent, salty and warm</p>	<p>All stages</p>	<p>Blood sugar lowering (better than the drug Metformin), reduces blood lipids, increases dopamine, relieves anxiety and stress, prevents ulcers, decreases joint inflammation, and is deeply nourishing.</p>



## Bioidentical Hormones for 30-Day Adrenal Reboot -- - All Stages

I recommend that you only use the hormone drops if you have done the Adrenal Stress Index test and determined that you are low in DHEA, or you are very clear from symptoms which stage you fall in.

I prefer you don't supplement DHEA unless you've tested, either in blood, saliva, or urine, and you are found to be low.

You can safely supplement pregnenolone if you are not sure what stage you are in, **but don't go above 6 drops three times per day unless you're being monitored by a functional medicine practitioner and have been tested.** Low dose pregnenolone supplementation can support your adrenal hormone pathways while you bring them back using the lifestyle, food, nutrient, and herbal protocols outlined in this document.

**Note:** DHEA is contraindicated if you have high estrogen, high testosterone, or high DHEA. DHEA and Pregnenolone are both contraindicated with hyperthyroidism. Do not take pregnenolone after 6:00 pm as it can be an antagonist to GABA and can affect sleep.



## 30-Day Adrenal Reboot Protocols – Customization for Stage 1

Lifestyle and diet are the same as All Stages.

### Chart: Additional Supplements for Stage 1

Nutrient	Dosages and Instructions
<b>Phosphorylated Serine</b>	100 mg - 200 mg 2-3 hours before each high cortisol reading and at bedtime. This helps to bring down cortisol. If you have difficulty sleeping and awaken in the middle of the night, take another 100 mg - 200 mg. Max dose per 24 hours is 800 mg. See <i>Adrenal Herbal Formulas and Supplements</i> pdf for information about forms available and where to order.

### Chart: Herbs to Focus on for Stage 1

<input checked="" type="checkbox"/>	Name and Dosage	Taste/ Energy	Who Needs It and What It Can Do
	<b>Ashwaganda</b> <b>Powder:</b> ½-1 teaspoon in elixir, 1-2x/day <b>Tincture:</b> 30-40 drops, 2-3x/day <b>Capsule:</b> 400-500 mg, 2x/day	Bitter, warm and dry; good for cold, damp conditions	For weakness, exhaustion, emaciation, memory loss, muscle weakness, overwork, anxiety, and insomnia. May also be helpful for tired eyes, joint pain, skin breakouts, cough, anemia, infertility, immune system problems, blood sugar imbalance, and low thyroid function.  Can reduce vitamin C loss and normalize cortisol levels.
	<b>Chamomile</b> <b>Tea:</b> 1-2 teaspoons in 8 oz. water, steep 30-40 min, 3 cups/day <b>Tincture:</b> 60-90 drops, 3-4x/day	Sweet, pleasant	Relaxing, calming. Good for ADHD, irritability, teething pain, gas, PMS anxiety, and stress induced gut symptoms.





## Chart: Herbs to Focus on for Stage 1

☑	Name and Dosage	Taste/ Energy	Who Needs It and What It Can Do
	<p><b>Hops</b>  <b>Tea:</b> 1-2 teaspoons in 8 oz. water, steep 10-15 min, take 2-3 cups/day  <b>Tincture:</b> 80-100 drops, 3-4x/day</p>	<p>Bitter, warm</p>	<p>A sedative and mild nervine, hops is good for nervousness, anxiety, nervous stomach, and insomnia and muscle spasms. It's also a digestive stimulant.</p>
	<p><b>Lemon Balm</b>  <b>Tea:</b> 1-2 teaspoons in 8 oz. water, steep 10-15 min, 2-3 cups/day  <b>Tincture:</b> 80-100 drops, 3-4x/day</p>	<p>Sweet, cooling</p>	<p>Mood elevating; calming; and helpful for mild to moderate memory loss, insomnia, and stress headaches. It's also helpful for ADHD and stomach upset.</p> <p>Large amounts can inhibit thyroid function.</p>
	<p><b>Magnolia</b>  <b>Tincture:</b> 12-20 drops, 2-3x/day  <b>Capsule:</b> 200-400 mg, 2-3x/day</p>	<p>Bitter, warm</p>	<p>Lowers cortisol, decreases anxiety 5 times more powerfully than Valium, and improves acetylcholine levels in the brain, which means it's helpful for short-term memory and may decrease risk of Alzheimer's. Magnolia bark has been used to treat menstrual cramps, abdominal pain, abdominal bloating and gas, nausea, indigestion, coughs, and asthma.</p> <p>Research shows that "honokiol" and "magnolol", two chemicals found in magnolia bark, are up to 1000 times more potent than vitamin E in antioxidant activity.</p> <p>Found as a capsule (<i>Swanson</i>) and as part of formulas – <i>Integrative Therapeutics Cortisol Manager</i>.</p>
	<p><b>Milky Oat</b>  <b>Tincture:</b> 80-100 drops, 3-4x/day  <b>Glycerite:</b> 120-140 drops, 3-4x/day</p>	<p>Sweet</p>	<p>Calms nerves; relieves anxiety and emotional instability; and helps restore peace and tranquility to overstressed, angry, and chronically upset people. Good for withdrawal from cigarettes and coffee, amphetamines, and sleep medications. Best for people who are emotionally frazzled.</p>



## Chart: Herbs to Focus on for Stage 1

<input checked="" type="checkbox"/>	Name and Dosage	Taste/ Energy	Who Needs It and What It Can Do
	<p><b>Passionflower</b>  <b>Tea:</b> 1-2 teaspoons in 8 oz. water, steep 20-30 min, take 4 oz., 4x/day  <b>Tincture:</b> 60-80 drops, 3-4x/day</p>	N/A	Nervine, sedative, and antispasmodic. It's good for anxiety, insomnia caused by a racing mind, stress-induced headaches, teeth grinding, still neck, and withdrawal symptoms.
	<p><b>Rhodiola Rosea</b>  <b>Decoction:</b> 1-2 teaspoons in 8-10 oz. water, decoct 15 minutes, 1-3 cups daily  <b>Tincture:</b> 40-60 drops 3x/day  <b>Capsule:</b> 2-4 per day</p>	Sweet, slightly bitter, spicy, cool, dry	Increases the body's resistance against mental and physical stress. Enhances energy and is good for depression. Frequently good for anxiety, supports immune function, enhances long-term memory, keeps heart rhythms steady, enhances lung function, is non-stimulating, enhances alertness, balances blood sugar, assists in reproductive hormone imbalances, and enhances memory.

## Chart: Bioidentical Adrenal Hormones for Stage 1

Bioidentical Adrenal Hormones	Dosages and Instructions <a href="http://biomatrixone.com/">(http://biomatrixone.com/)</a>
<b>Pregnenolone</b>	6-8 drops, 3x/day; each drop is 1.2 mg
<b>DHEA</b>	4 drops, 3x/day; each drop is 1.2 mg
<p><b>Note:</b> DHEA is <b>contraindicated</b> if you have high estrogen, high testosterone, or high DHEA. DHEA and Pregnenolone are both contraindicated with <b>hyper</b>thyroidism. Do not take pregnenolone after 6:00 pm as it can be an antagonist to GABA and can affect sleep.</p>	



## 30-Day Adrenal Reboot Plan – Customization for Stage 2

Lifestyle, diet, and supplements are the same as All Stages.

### Chart: Herbs to Focus on for Stage 2

☑	Name and Dosage (Take 1-3 hours before low cortisol measurements)	Taste/ Energy	Who Needs It and What It Can Do
	<p><b>Ginseng - American (Panax)***</b>  <b>Powder:</b> 1-2 teaspoons powdered root or extract in elixir or tea, 1-2x/day  <b>Tincture:</b> 60-100 drops, 3x/day  <b>Capsule:</b> 1000 mg, 2x/day</p>	Sweet, bitter, slightly cool, moist	<p>Extracts of ginseng containing eleutherosides were found to have specific binding affinity to adrenal receptor sites including glucocorticoid, mineralocorticoid, and progesterin receptors, which may be part of the mechanism of the balancing adrenal effects.</p> <p>Effective for nervous indigestion; mental, and other forms of nervous exhaustion from overwork; heart and blood circulation; diabetes; depression; neurasthenia; and neurosis.</p> <p><b>*** Ginseng can sometimes cause insomnia.</b></p>
	<p><b>Ginseng – Siberian (Eleuthero)***</b>  <b>Powder:</b> 1-2 teaspoons powdered root or extract in elixir or tea, 1-2x/day  <b>Tincture:</b> 60-100 drops 3-4x/day  <b>Capsule:</b> 100-200 mg extract or 2-4 grams whole herb/day</p>	Sweet, slightly bitter, slightly warm	<p>Particularly useful to treat adrenal exhaustion. Acts on the pituitary to stimulate the adrenal gland, thus increasing the ability for people to handle stress and to improve mental fatigue and physical endurance.</p> <p>Also supports immune function, improves visual acuity, promotes physical and mental endurance, and supports faster healing after surgery. Also good for athletes who have high demand for physical strength and endurance.</p> <p><b>*** Ginseng can sometimes cause insomnia.</b></p>
	<p><b>Licorice Root***</b></p>	Sweet, slightly bitter,	<p>Helps with adrenal insufficiency (exhaustion), including Addison’s disease. It is anti-inflammatory, demulcent,</p>



## Chart: Herbs to Focus on for Stage 2

☑	Name and Dosage (Take 1-3 hours before low cortisol measurements)	Taste/ Energy	Who Needs It and What It Can Do
	<p><b>Tea – Decoct:</b> ½ teaspoon per 8 oz. water, decoct 15 min, 1x/day</p> <p><b>Powder:</b> ½-1 teaspoon per day in elixir</p> <p><b>Tincture:</b> 10-20 drops, 3x/day</p> <p><b>Tablets:</b> in the form of DGL used for gut healing, 200-300 mg before meals</p>	moist, warm	<p>expectorant, mild laxative, pancreatic tonic, and an immune stimulant with anti-viral properties.</p> <p>It increases cortisol levels and raises blood pressure. Improves the body’s ability to retain sodium and magnesium, thus helps with frequent urination. It helps heal the gastrointestinal mucous membrane, heals ulcers, soothes lungs, and helps dry coughs. Used topically for herpes lesions, eczema, and psoriasis.</p> <p><b>***Caution in people with high blood pressure.</b></p>
	<p><b>Rehmannia</b></p> <p><b>Pieces:</b> 1-2/day eaten whole or in elixir or smoothie</p> <p><b>Tincture:</b> 30-50 drops, 3x/day</p> <p><b>Capsule:</b> 400-500 mg, 3x/day</p>	Bitter, cooling	<p>Studies have shown it to support the cells of the pituitary gland and adrenal cortex during times of stress. Studies have also shown its potential to help autoimmune conditions of the thyroid and adrenal glands.</p>

## Chart: Bioidentical Adrenal Hormones for Stage 2

Bioidentical Adrenal Hormones	Dosages and Instructions <a href="http://biomatrixone.com/">(http://biomatrixone.com/)</a>
<b>Pregnenolone</b>	9-12 drops, 3x/day; each drop is 1.2 mg
<b>DHEA</b>	3 drops, 3x/day; each drop is 1.2 mg
<p><b>Note:</b> DHEA is <b>contraindicated</b> if you have high estrogen, high testosterone, or high DHEA. DHEA and Pregnenolone are both contraindicated with <b>hyperthyroidism</b>. Do not take pregnenolone after 6:00 pm as it can be an antagonist to GABA and can affect sleep.</p>	



## 30-Day Adrenal Reboot Plan – Customization for Stage 3

Lifestyle, diet, and supplements are the same as All Stages.

### Chart: Herbs to Focus on for Stage 3

☑	Name and Dosage <small>(Take 1-3 hours before low cortisol measurements)</small>	Taste/ Energy	Who Needs It and What It Can Do
	<p><b>Ginseng - American (Panax)***</b>  <b>Powder:</b> 1-2 teaspoons powdered root or extract in elixir or tea, 1-2x/day  <b>Tincture:</b> 60-100 drops, 3x/day  <b>Capsule:</b> 1000 mg, 2x/day</p>	<p>Sweet, bitter, slightly cool, moist</p>	<p>Extracts of ginseng containing eleutherosides were found to have specific binding affinity to adrenal receptor sites including glucocorticoid, mineralocorticoid, and progesterin receptors, which may be part of the mechanism of the balancing adrenal effects.</p> <p>Effective for nervous indigestion; mental, and other forms of nervous exhaustion from overwork; heart and blood circulation; diabetes; depression; neurasthenia; and neurosis.</p> <p><b>*** Ginseng can sometimes cause insomnia.</b></p>
	<p><b>Ginseng – Siberian (Eleuthero)***</b>  <b>Powder:</b> 1-2 teaspoons powdered root or extract in elixir or tea, 1-2x/day  <b>Tincture:</b> 60-100 drops 3-4x/day  <b>Capsule:</b> 100-200 mg extract or 2-4 grams whole herb/day</p>	<p>Sweet, slightly bitter, slightly warm</p>	<p>Particularly useful to treat adrenal exhaustion. Acts on the pituitary to stimulate the adrenal gland, thus increasing the ability for people to handle stress and to improve mental fatigue and physical endurance.</p> <p>Also supports immune function, improves visual acuity, promotes physical and mental endurance, and supports faster healing after surgery. Also good for athletes who have high demand for physical strength and endurance.</p> <p><b>*** Ginseng can sometimes cause insomnia.</b></p>
	<p><b>Licorice Root***</b>  <b>Tea – Decoct:</b> ½ teaspoon per 8 oz. water, decoct 15 min, 1x/day</p>	<p>Sweet, slightly</p>	<p>Helps with adrenal insufficiency (exhaustion), including Addison’s disease. It is anti-inflammatory, demulcent,</p>



## Chart: Herbs to Focus on for Stage 3

☑	Name and Dosage (Take 1-3 hours before low cortisol measurements)	Taste/ Energy	Who Needs It and What It Can Do
	<p><b>Powder:</b> ½-1 teaspoon per day in elixir</p> <p><b>Tincture:</b> 10-20 drops, 3x/day</p> <p><b>Tablets:</b> in the form of DGL used for gut healing, 200-300 mg before meals</p>	bitter, moist, warm	<p>expectorant, mild laxative, pancreatic tonic, and an immune stimulant with anti-viral properties.</p> <p>It increases cortisol levels and raises blood pressure. Improves the body's ability to retain sodium and magnesium, thus helps with frequent urination. It helps heal the gastrointestinal mucous membrane, heals ulcers, soothes lungs, and helps dry coughs. Used topically for herpes lesions, eczema, and psoriasis.</p> <p><b>***Caution in people with high blood pressure.</b></p>
	<p><b>Rehmannia</b></p> <p><b>Pieces:</b> 1-2/day eaten whole or in elixir or smoothie</p> <p><b>Tincture:</b> 30-50 drops, 3x/day</p> <p><b>Capsule:</b> 400-500 mg, 3x/day</p>	Bitter, cooling	<p>Studies have shown it to support the cells of the pituitary gland and adrenal cortex during times of stress. Studies have also shown its potential to help autoimmune conditions of the thyroid and adrenal glands.</p>

## Chart: Bioidentical Adrenal Hormones for Stage 3

Bioidentical Adrenal Hormones	Dosages and Instructions <a href="http://biomatrixone.com/">(http://biomatrixone.com/)</a>
<b>Pregnenolone</b>	12-15 drops, 3x/day; each drop is 1.2 mg
<b>DHEA</b>	2 drops, 3x/day; each drop is 1.2 mg
<p><b>Note:</b> DHEA is <b>contraindicated</b> if you have high estrogen, high testosterone, or high DHEA. DHEA and Pregnenolone are both contraindicated with <b>hyper</b>thyroidism. Do not take pregnenolone after 6:00 pm as it can be an antagonist to GABA and can affect sleep.</p>	





## What To Do Next: Choosing Your 30-Day Implementation Period

Once you've determined your plan and highlighted and checked what you intend to do and take to support and nourish your adrenals, you can use the tools and checklist I created to help you do this day by day.

There's a **Microsoft Excel spreadsheet** where you can check things off day by day and use it to guide you to remember what to do and what to take when.

There's a **PDF version** that can be printed. It will print in 10-day segments so you can add your own specific supplements and herbs and check off things as you do them.

It's helpful to have an accountability system in place.

**So now's the time to get started.**

Order whatever supplies you need, pick a date, and just do it.

You'll soon be feeling more energized and alive than you have in a really long time.

Once you decide when you're starting, post to the Adrenal Energy Reboot Facebook group and be open to getting and giving support.

In a community, we thrive and commit and make things happen faster and more effectively than going it alone.





## About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the ***Institute of Nutritional Endocrinology***, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.



## Dr. Ritamarie's Health and Nutrition Books and Programs

**Sweet Spot Solution Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. [www.TheSweetSpotSolution.com](http://www.TheSweetSpotSolution.com)

**Empowered Self-Care Lab:** Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! [www.EmpoweredSelfCare.com](http://www.EmpoweredSelfCare.com)

**Body FREEDOM Nutrition Lab:** Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. [www.BodyFREEDOMNutritionLab.com](http://www.BodyFREEDOMNutritionLab.com)

**Energy Recharge Coaching Inner Circle:** Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams. <http://www.EnergyRechargeCoaching.com>

**Find all the Resources You Need for Natural Healing  
Based on Leading-Edge Science**  
<http://www.DrRitamarie.com>