



Adrenal Restoration: Nutrition and Lifestyle Recommendations Checklist

<input checked="" type="checkbox"/>	Adrenal Supportive Diet and Lifestyle
	Adhere to an alkaline diet
	Avoid gluten
	Balance estrogen levels: High estrogen increases thyroid binding globulin
	Drink purified water: Avoid halides, fluoride, chlorine, bromine
	Eat coconut
	Eat garlic and onions
	Eat lots of fresh fruits and vegetables: Minerals, vitamins, and antioxidants improve thyroid function
	Eat lots of green leafy vegetables: For minerals and alkalizing effects
	Eat low-glycemic fruits
	Eat omega-3 rich foods: Hemp seeds, chia seeds, flax seeds, algae, and deep ocean fish
	Eat probiotic and prebiotic rich foods: Kefir, rejuvelac, sauerkraut, coconut yogurt, seed yogurt, Jerusalem artichoke, chicory -- improves T3 production
	Eat sea vegetables regularly: For minerals, especially iodine kelp, bladderwrack, dulse, nori, and more
	Eliminate dietary stressors: Caffeine, alcohol, sugar, refined foods
	Exercise: Rebounder, T-Tapp
	Grow your own vegetables: Fertilize with seaweeds or grow in sea water



Nutrients to Support Adrenal Function

<input checked="" type="checkbox"/>	Supplement	Function/Action
	Vitamin C	Necessary for cortisol and other adrenal hormone production and as an antioxidant that protects the adrenals from damage. Because cortisol is produced under stress, more vitamin C is used. Supplementation during recovery from adrenal fatigue is indicated. Dose: 2-6 g q.d.
	Vitamin E	Essential to enzymatic reactions in the adrenal gland that neutralize free radicals produced during the manufacture of adrenal hormones.
	Pantothenic Acid (Vitamin B5)	Part of the energy producing pathways, B-5 is necessary in high quantities in the adrenal glands because a great deal of energy is necessary in the production of adrenal hormones. Critical for conversion of glucose into energy. Dose: 1500 mg q.d.
	Pyridoxal-5-Phosphate (Vitamin B6)	A co-factor in the enzymatic production of adrenal hormones.
	Magnesium	Necessary for cellular energy production, adrenal function and restful sleep, and is often depleted on patients on diuretics or who suffer from frequent urination. Dose; 400-600 mg q.d. Best taken after 8 p.m. to promote sleep.
	Calcium	Both calcium and magnesium help to settle the nervous system and improve stress-handling capabilities. Helpful in preventing osteoporosis associated with a chronic resistance phase (high cortisol) lifestyle. Dose: 750-1000 mg q.d.
	Trace Minerals	Zinc, manganese, selenium, molybdenum, chromium, copper, and iodine are all trace minerals that are necessary for overall health and specifically to calm an overexcited nervous system that can lead to adrenal gland maladaptation.
	Essential Fatty Acids	Omega-3 and omega-6 fatty acids contribute to a balanced nervous system, increased focus, ability to handle stress, and adrenal gland health and recovery.



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	Potassium	Can be supplemented to counter the mineralocorticoid excess of the resistance phase and promote healthy blood pressure. Dose: 2-5 g q.d. intake from all sources
	Chromium	Helps to regulate blood sugar by improving tendency to insulin resistance and reduces cravings for simple carbohydrates.
	Phosphatidyl Serine	Promotes calming neurotransmitters and appears to lower excess cortisol in the resistance phase. Dose: 100 mg, 2-3 times q.d.
	Tyrosine	As a precursor to catecholamine neurotransmitters, it is helpful to treat depression and to promote healthy thyroid function. Dose: 500 mg, 2-3 times q.d.



Adaptogenic Herbs Used to Support Adrenals

☑	Name	Latin Name	Use in Adrenal Support & General Uses
	Ashwagandha	Withania somnifera	<p>Supports the hypothalamic-pituitary axis function (HPA). Helps adaptability to both physical and chemical stress. Can reduce vitamin c and cortisol depletion under times of stress. Can increase catecholamine production.</p> <p>Tonic for debility, exhaustion, emaciation, memory loss, muscle weakness, overwork, and insomnia.</p> <p>Capable of normalizing cortisol levels, whether they are too high or too low.</p> <p>Beneficial in both the “resistance” and “exhaustion” phases of adrenal fatigue.</p> <p>General & sexual debility, nervous exhaustion, convalescence, problems related to aging, emaciation (especially in children), loss of memory, muscle weakness, spermatorrhea, overwork, tissue deficiency, insomnia, paralysis, multiple sclerosis, tired eyes, rheumatism, skin afflictions, cough, dyspnea, anemia, fatigue, infertility, glandular swellings, AIDS, immune system problems, and lumbago.</p>
	Astragalus or Chinese Milk Vetch	Astragalus membranaceus	<p>Tones the adrenals, lungs and spleen.</p> <p>Classic Chinese energy tonic with considerable immune-enhancing properties.</p> <p>Antiviral, carminative, antispasmodic, supports hepatic function, improves glucose tolerance, vasodilator, diarrhea, fatigue, prolapsed uterus, fluid balance, supports immune function.</p> <p>Dose: 2-6 g q.d.</p>
	Borage	Borago officinalis	<p>Helps to restore the adrenal glands after internal stress of cortisone or steroid use.</p> <p>Often used after fevers as a diaphoretic and long term for convalescence. Stimulates the milk flow in nursing mothers.</p> <p>Useful in respiratory ailments due to expectorant, emollient and anti-inflammatory action.</p>



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	Dang Shen	Codonopsis pilosula	Used in Chinese medicine for fatigue, weakness, loss of appetite, and vertigo. Western research has demonstrated its strong antioxidant, anti-inflammatory, antispasmodic, and analgesic capabilities. Dose: 1-6 g q.d. or as tea
	Devil's Club Root	Oplopanax horridum	Hyperglycemia or unstable blood sugar. Has a balancing affected on the endocrine system, therefore used in the treatment of diabetes and for people whose energy levels vary considerably throughout the day. Diabetes, lung hemorrhage, tuberculosis, swollen glands, burns, wounds, chronic infections, stress headaches. Dose: 1 g q.d.
	Fo-ti, Ho Shou Wu	Polygonum multiflorum	Prime rejuvenating herb in Chinese medicine. Used to treat dizziness, weakness, and numbness and to support healthy function of the liver and kidneys. Dose: 1-4 g q.d.
	Ginseng: North American*	Panax quinquefolius	Extracts of ginseng containing eleutherosides were found to have specific binding affinity to adrenal receptor sites, including glucocorticoid, mineralocorticoid and progestin receptors. This preferential binding affinity may be part of the mechanism of the balancing adrenal effects of adaptogenic herbs. Nervous dyspepsia, mental and other forms of nervous exhaustion from overwork, heart and blood circulation, diabetes, depression, neurasthenia, neurosis and psychasthenia.



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	Ginseng: Korean*	Eleutherococcus senticosus	<p>Commonly used to treat adrenocortical hypofunction. 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. Particularly useful to treat adrenal exhaustion and to correct disruptions in the HPA after a period of exogenous steroid use.</p> <p>Supports immune function, improves visual acuity, promotes physical and mental endurance, supports faster healing postoperatively.</p> <p>Dose: 2-4 g t.i.d. or 100-200 mg of a 1:20 extract (1% eleutherosides)</p>
	Golden Root	Rhodiola rosea	<p>Increases the body's resistance against mental and physical stress.</p> <p>Depression, immune function, long-term memory, cardiac arrhythmias.</p>
	Licorice Root**	Glycyrrhiza glabra	<p>Increases cortisol levels and mitigates problems with low blood pressure. Improves the body's ability to retain sodium and magnesium, thereby reducing problems with frequent urination.</p> <p>Glucocorticoid potentiator that functions by inhibiting the key enzyme that inactivates steroid hormones in the liver and kidneys.</p> <p>Mineralocorticoid-like activity, thereby potentiating aldosterone.</p> <p>Useful adrenal tonic that helps with adrenal insufficiency (exhaustion), including Addison's disease.</p> <p>Anti-inflammatory, demulcent, expectorant, mild laxative, pancreatic tonic, immune stimulant with anti-viral properties.</p> <p>Soothes and tones GI tract. Used topically for herpes lesions, eczema, and psoriasis.</p> <p>Dose: 1-2 g root t.i.d. or 250-500 mg extract t.i.d.</p> <p>Should be used with caution in patients with high blood pressure.</p>



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	Sarsaparilla	Smilax officinalis	<p>The natural steroidal glycosides found in sarsaparilla root enhance glandular balance, boost hormone production, and aid muscle building. Testosterogenic, helps with muscle bulk and libido, and progesterogenic, useful in premenstrual syndrome and menopause.</p> <p>Eczema, psoriasis, general pruritis, rheumatism, gout, Lyme disease, herpes and other venereal complaints.</p>
	Schisandra	Schisandra chinensis	<p>Counteracts testosterone-induced atrophy of the adrenals in animal studies.</p> <p>Poor liver function, hepatitis, liver cancer, sexual stimulant, tones and strengthens kidney function, insomnia, mental illness, forgetfulness, irritability, immune function.</p>
	Shatavari	Asparagus racemosus	<p>See Korean Ginseng.</p> <p>Restores fluids and soothes inflamed membranes; useful in dysentery, diarrhea, stomach ulcers, cough, and dehydration. Topically for stiffness throughout the body.</p>
	Wild Yam	Dioscorea villosa	<p>Wild yams contain a sapogenin called diosgenin, which is a precursor to the hormone progesterone. The wild yams do not contain any hormones, but they are potential precursors.</p> <p>Anti-inflammatory, anti-spasmodic, antirheumatic, hepatic, and diaphoretic, nausea in pregnancy, dysmenorrheal, uterine and ovarian pain, diverticulosis.</p>

Cautions:

**Ginseng can sometimes cause insomnia.*

***Licorice in high doses can cause high blood pressure.*

Adapted from Restorative Formulas website: www.restorative.com