



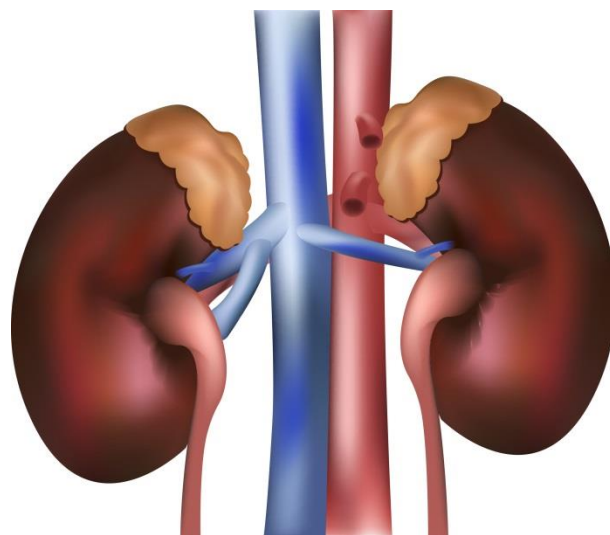
Adrenal Restoration: Protocols

The plan consists of adrenal rebuilding actions in 5 categories: **lifestyle activities, food, nutrients, herbs, and hormones**. Retest after 3-4 months and follow the same process for interpretation as outlined in the ***Adrenal Saliva Test Interpretation and Example*** document to determine stage again; modify regime accordingly.

If you have not done the ASI test and are not seeing significantly improvement after 30 days, consider testing and adjusting the plan according to the outcome of the test.

Lifestyle Activities for Adrenal Reboot, All Stages

- Stress management/transformation activities -- crucial!
- 5 minutes of sunshine first thing in the morning – even if it's a cloudy day to reset circadian rhythm.
- 30 minutes a day of self-care time and at least 5 minutes a day of FUN.
- Moderate physical activities to protect from the negative effects of stressful situations. Walking, running up and down stairs, squats at workstation, and T-Tapp Hoe Down exercises are easy to incorporate. (<http://www.drritamarie.com/go/TTappHoeDowns>)
- 8 or more hours of sleep each night helps restore the adrenals.
- Appreciation breaks throughout the day restores balance and keeps cortisol from spiking.





Food for Adrenal Reboot, All Stages

Adrenal Nourishing Breakfast Choices

Start the day with greens and omega-3 fats for a low-carb, moderate-protein, and moderate-fat breakfast that keeps 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 hormones and blood sugar off for the rest of the day and cause leptin levels to peak too early in the day, resulting in hunger and craving sugar after dinner.

Choose as many of the following breakfast selections as you need or will leave you feeling energized and satiated. Of course, avoid any selections that don't agree with your body.

- Chia porridge
- Green drink
 - Green smoothie
 - Green juice
 - Green powder
 - Green powder with protein powder
- Hemp milk shake
- Dehydrated grain-free bread containing omega-3 rich nuts and/or seeds with flax/coconut butter
- 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 to help you choose.
- Adrenal support herbal tea: licorice, ginseng, lemon balm -- No caffeine





Adrenal Nourishing Lunch and Dinner Choices

Choose as many as needed to keep satisfied for at least 4 hours until dinner:

- Large veggie salad with omega-3 rich salad dressing and seed toppings.
- Green blender soups
- Cut up vegetables with dips made with healthy fats – coconut, avocado, omega-3 rich seeds, raw nuts, soaked and sprouted.
- Wraps using green leaves and nori sea vegetable and filled with greens, sprouts, sauerkraut and topped with an omega-3 rich dressing or spread.
- Steamed or stir-fried vegetables
- “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.
- Adrenal support elixir, choosing herbs according to test results and/or 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.
- Add chia seeds to meals if needed to satiate you until dinner. The gel can be added to dips, dressings or spreads, drunk as a chia beverage or added elixirs.
- **Optional:** small serving of lean, clean animal protein if metabolism seems to need it. Be sure it’s from organically raised, pastured animals.



Goal is no food within 3 hour of bedtime. If craving something sweet after dinner, it’s likely that either the meal is too high in carbohydrates for blood sugar management hormones to handle or carbohydrates have been eaten too early in the day and leptin levels are not rising as they should at night to signal satiety.

If hunger is strong at bedtime, fortify your dinner with additional avocado, chia seeds, or other dinner foods to hold you over.

If bedtime snack can’t be avoided, choose low carbohydrate easy to digest food like raw or cooked vegetables, chia gel, seeds, nuts, avocado, or protein powder. See **Snack Attack Strategy** for ideas.



Adrenal Nourishing Snack Attack Strategy

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

For those times when snacking is inevitable, here's a strategy to teach clients to minimize the stress.

Step 1: Tune into the sensation.

Where is it coming from? Does it start in the stomach? The throat? The brain? Is it a physical sensation or emotional? If emotional, use an Emotional Eating Strategy to get back on track.

Step 2: Differentiate hunger from thirst.

If it's 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. Add essential oils, flavor extracts or lemon juice to flavor the water if desired. Wait 30 minutes after drinking to determine if the sensation of hunger goes away.

Step 3: Satisfy hunger.

If still feeling hungry and the sensation is now stronger, it's probably true hunger and there are ways to satisfy the need for fuel without stressing blood sugar handling mechanisms.

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

- Green water
- 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
- *Chia Energy Drink*
- Vegetable sticks by themselves or with a raw food dip (dairy-free, gluten-free, whole food, recipes are preferable)
- 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





Nutrient Support 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 depleted, it's helpful to support the body's recovery 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.

The dosages are provided as guidelines only and more or less might be indicated depending on weight, age, and degree of adrenal fatigue, as well as sensitivity 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.

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: 1000 mg 2x/day or to bowel tolerance
	Pantothenic Acid (Vitamin B-5)	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: 500 mg 3x/day
	Pyridoxal-5-Phosphate (Vitamin B-6)	A co-factor in the enzymatic production of adrenal hormones. Dose: 25-50 mg /day
	B-Complex	General support for stress and energy. Preferably liquid, i.e. Premier Research Labs Max B – ND: Dose: 1/2 teaspoon 2x/day or Pure Encapsulations 1 capsule 2x/day Note: <i>**Take B vitamins in morning and at lunch time. Never take later than 4:00 pm</i>



Nutrients to Support Adrenal Function

<input checked="" type="checkbox"/>	Supplement	Function/Action
	Vitamin D3 and K2	<p>Lab test needed to determine need. Ideal range on lab is 80-100 ng/ml. Mycelized Vitamin D is best absorbed.</p> <p>Dose (Vitamin D3): 500-20,000 IU/day, depending on lab test results Dose (Vitamin K2): 100-225 mg/day</p>
	Zinc	<p>An important nutrient for regulating cortisol levels and insulin levels.</p> <p>Dose: 30-60 mg/day, preferably liquid</p>
	Magnesium	<p>Necessary for cellular energy production, adrenal function, restful sleep, and is often depleted in patients on diuretics or who suffer from frequent urination.</p> <p>Dose: 400-600 mg/day; best taken after 8:00 pm to promote sleep</p>
	Calcium	<p>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.</p> <p>Dose: 750-1000 mg/day</p>
	Trace Minerals	<p>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.</p> <p>Trace Minerals Research, Body Bio, and Sun Warrior have high quality liquid minerals.</p> <p>Dose: Depends on brand and needs</p>
	Essential Fatty Acids	<p>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. EPA and DHA. Opti3 is an algae oil brand. Omnivores may choose Krill oil or a high quality fish oil, like Nordic Naturals.</p> <p>Dose (EPA): 200-1000 mg Dose (DHA): 300-600 mg</p>
	Potassium	<p>Can be supplemented to counter the mineralocorticoid excess of the resistance phase and promote healthy blood pressure.</p> <p>Dose: 2-5 g/day intake from all sources</p>
	Chromium	<p>Helps to regulate blood sugar by improving tendency to insulin resistance and reduces cravings for simple carbohydrates.</p> <p>Dose: 200 mcg 1-4x/day</p>



Nutrients to Support Adrenal Function

<input checked="" type="checkbox"/>	Supplement	Function/Action
	Vitamin E	Essential to enzymatic reactions in the adrenal gland that neutralize free radicals produced during the manufacture of adrenal hormones. Dose: 400-800 IU mixed tocopherols or tocotrienols
	Tyrosine	As a precursor to catecholamine neurotransmitters, it is helpful to treat depression and to promote healthy thyroid function. Dose: 500 mg 2-3x/day