



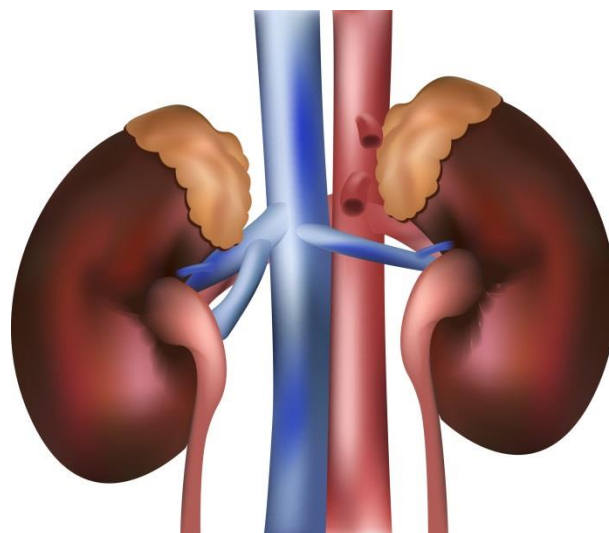
Adrenal Restoration Protocols – All Stages

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



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

Adaptogenic Herbs Suitable for All Stages of Adrenal Fatigue

Always start slowly, with one new herb at a time and only small amounts to give the 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 symptoms to determine the best match.

Adaptogenic Herbs for Adrenal Fatigue

<input checked="" type="checkbox"/>	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who needs it and what it can do
	Ashwaganda Powder: ½-1 teaspoon in elixir, 1-2x/day Tincture: 30-40 drops 2-3x/day Capsule: 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.



Adaptogenic Herbs for Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who needs it and what it can do
	Astragalus Powder: ½-1 teaspoon in elixir, 1-2x/day Tincture: 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.
	Chaga Tea – Decoct: 2-3 teaspoons in 24 ounces water, decoct 1-4 hours, drink 3-4 cups per day water Powder: 1 teaspoon in elixirs and other foods Tincture: 60-90 drops 4x/day Capsule: 3 per day or as directed	Bitter, warm	All stages	Powerful antioxidant, anti-tumor, immune system modulator, effective against all sorts of microbes. 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. It's rich in zinc and B vitamins and deeply nourishes and supports your adrenals.
	Cordyceps Powder: ½-1 teaspoon in elixir, 1-2x/day Tincture: 20-40 drops 2-3x/day Capsule: 400-500 mg, 2x/day	Sweet, warm, moist; good for cold, dry conditions	All stages	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. It's also been shown to help with dizziness, chronic bronchitis, ringing in the ears, night sweats and frequent urination.



Adaptogenic Herbs for Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who needs it and what it can do
	Dang Shen (Codonopsis) Decoction: 2-3 teaspoons in 16 oz. water, 8 oz. 2x/day Tincture: 40-80 drops 3-4x/day Capsule: 400-500 mg, 2x/day	Sweet, moist, slightly warm; good for cool and dry conditions	All stages	Used for fatigue, weakness, loss of appetite, vertigo, ulcers, digestive irritation, and as a strong antioxidant, anti-inflammatory, antispasmodic, and analgesic. Also used blood sugar balance, wheezing, dry mouth and to increase hemoglobin. Considered by some to be “poor man’s ginseng”.
	Devil’s Club Root Tea: 3 g powdered herb in tea 2-3x/day or 1-2 oz. root bark, decocted in 8-16 oz. water Tincture: 15-30 drops 3x/day	warming	All stages but best for stage 2 and stage 3	Used for hyperglycemia or unstable blood sugar. Also used for lung hemorrhage, tuberculosis, swollen glands, burns, wounds, chronic infections, stress headaches. Same family as ginseng, sometimes called Alaskan ginseng.
	Gynostemma Tea: 1-2 teaspoons in 8 oz. water, steep for 40 minutes. Take 1-2 cups /day (also available as tea bags – Spring Dragon Tea) Tincture: 80-120 drops 3x/day Capsule: 10 mg, 1-2 capsules 3x/day	Sweet, slightly bitter, neutral in heat	All stages	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. Caution if taking warfarin, excessive use can cause GI upset, rash, fatigue dizziness or palpitations.



Adaptogenic Herbs for Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who needs it and what it can do
	He Shou Wu Powder: ½-1 teaspoon in elixir, 1-2x/day Tincture: 30-40 drops 3x/day	Sweet, bitter, slightly warm	All Stages	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 and to support healthy function of the liver and kidneys. Also, antioxidant, cholagogue (helps move bile), cholesterol lowering, laxative and neuroprotective. Known also for sex hormone balance, including impotence and excess vaginal bleeding.
	Holy Basil (Tulsi) Tea: 1 teaspoon in 8 oz. water, steep for 5-10 minutes. 4 oz. up to 3x/day Tincture: 40-60 drops 3x/day Capsule: 2-3x/day	Pungent, sweet, warm	All stages	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.
	Lyceum (Goji) Food: 1-2 oz. berries per day Powder: 1 teaspoon to 1 tablespoon per day in elixirs or smoothies Tea – Decoct: 2 teaspoons in 12 ounces water, decoct 15-20 min, steep 40-50 min Tincture: 60-90 drops 4/day	Sweet, slightly warm	All stages	Tonic for liver, kidneys and blood, strengthener for weak muscles and ligaments, improves male sexual performance, 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. It moistens the lungs, strengthens blood vessels, protects liver, promotes good bowel flora, lowers LDL cholesterol and can mildly lower blood sugar.



Adaptogenic Herbs for Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who needs it and what it can do
	Maca Powder: 1 teaspoon in elixir, 1-2x/day Tincture: 30-50 drops 3-4x/day Capsule: 500-1500 mg, 2-3x/day	Bitter, warming	All stages	<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>
	Reishi Tea – Decoct: 1-2 oz. in 32 ounces water, decoct 2-4 hours, drink 3-4 cups per day water Berries/powder: 1-2 teaspoons in elixir Powder: 1 teaspoon in elixirs and other foods Tincture: 80-100 drops 4-6x/day Capsule: 3 500-1000mg capsules 3x/day	Bitter, warm	All stages	<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 over active 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, dizziness.</p>



Adaptogenic Herbs for Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who needs it and what it can do
	Rhodiola Rosea Decoction: 1-2 teaspoons in 8-10 oz. water 15 minutes - 1-3 cups daily Tincture: 40-60 drops 3x/day Capsule: 2-4 per day	Sweet, slightly bitter, spicy, cool, dry	All stages	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, non-stimulating, enhances alertness, balances blood sugar, assists in reproductive hormone imbalances, enhances memory.
	Sarsaparilla Tea – Decoct: 1-2 teaspoons to 8 oz. water, decoct 15 minutes, drink 2 cups per day water Powder: 1 teaspoon in elixirs and other foods Tincture: 60-90 drops 3-4x/day Capsule: 3 500- 1000mg capsules 3x/day	Slightly sweet, slightly bitter; neutral, cool, moist	All stages	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 useful in premenstrual syndrome and menopause. Used for psoriasis, eczema, fibromyalgia, arthritis, gout, bursitis and colitis, Lyme disease, herpes and other venereal complaints. .auto-immune conditions such as rheumatoid arthritis and inflammation of connective tissue like scleroderma and Ankylosing spondylitis.



Adaptogenic Herbs for Adrenal Fatigue

☑	Name and Dosage	Taste/ Energy	Stage of Adrenal Fatigue	Who needs it and what it can do
	Schisandra Tea – Decoct: 1-2 teaspoons dried berries in 8-10 oz. water Berries/powder: 1-2 teaspoons in elixir Powder: ½-1 teaspoon in elixir Tincture: 40-80 drops, 3-4x/day Capsule: 2 400-500 mg capsules 2-3x/day	Sour, sweet, salty, bitter, pungent, warm and dry	All stages	<p>Benefits yin organs: liver, kidney, heart, lung, 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>
	Shatavari Tea: 2 teaspoons in 8 oz. water, decoct 10-15 minutes, steep 40 minutes, 2 cups/day Powder: 1 teaspoon in elixirs and other foods Tincture: 40-80 drops 3x/day Capsule: 3 capsule 3x/day	Sweet, bitter, warm, moist	All stages	<p>Restores fluids and soothes inflamed membranes; useful in dysentery, diarrhea, stomach ulcers, cough, and dehydration. Topically for stiffness throughout the body.</p> <p>Enhances libido and fertility, helps vaginal dryness, fatigue, anemia, poor appetite, supports pituitary, which helps adrenal function, and is even useful for bladder infections.</p>
	Shilajit Powder: 1 teaspoon in elixirs or smoothies Capsules: 1-2 500mg, 2x/day	Bitter, slightly pungent, salty and warm	All stages	<p>Blood sugar lowering, better than the drug metformin, reduces blood lipids, increases dopamine, relieves anxiety and stress, prevents ulcers, decreases joint inflammation, deeply nourishing.</p>



Support for Adrenal Fatigue According to Stage

Once you've determined the stage of adrenal fatigue, use the following chart to help you decide the starting protocol. Retesting and monitoring symptoms and energy level is critical to success.

Substances for Adrenal Fatigue Based on Stage					
Substance	Dosages and Instructions	Alarm Stage	Fatigue Stage 1	Fatigue Stage 2	Fatigue Stage 3
Licorice Root	5-10 drops prior to low cortisol readings. Do not take later than 4:00 pm. Avoid if you have high blood pressure and monitor blood pressure to avoid overdose. An alternative for some is Bezwecken Isocort (not vegan)		1-2 hours before times of low cortisol, if any	1-2 hours before times of low cortisol, if any	✓
Phosphorylated Serine	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	
Pregnenolone	(each drop is 1.2 mg, from http://biomatrixone.com/)	N/A	6-8 drops 3x/day	9-12 drops 3x/day	12-15 drops 3x/day
DHEA	(each drop is 1.2 mg, from http://biomatrixone.com/)	N/A	4 drops 3x/day	3 drops 3x/day	2 drops 3x/day
Adaptogens	See Herb Chart to determine which ones for each stage.	✓	✓	✓	✓

Note: It's recommended to only use hormone drops if the Adrenal Saliva test or blood test indicates that DHEA is low, or the stage is really clear from symptoms. DHEA is contraindicated with high estrogen, high testosterone, or high DHEA. DHEA and Pregnenolone are both contraindicated with hyperthyroidism. Pregnenolone after 6:00 pm can be an antagonist to GABA and can affect sleep.



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.



Herbs for Adrenal Reboot According to Stage

Always start slowly, with one new herb at a time and only small amounts to give the 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 symptoms to determine the best match.

Herbs Suitable for Stage 1 Adrenal Fatigue

<input checked="" type="checkbox"/>	Name and Dosage	Taste/ Energy	Who needs it and what it can do
	Ashwaganda Powder: ½-1 teaspoon in elixir, 1-2x/day Tincture: 30-40 drops 2-3x/day Capsule: 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.
	Chamomile Tea: 1-2 teaspoons in 8 oz. water, steep 30-40 min, 3 cups/day Tincture: 60-90 drops 3-4x/day	Sweet, pleasant	Relaxing, calming. Good for ADHD, irritability, teething pain, gas, PMS anxiety, stress induced gut symptoms.
	Hops Tea: 1-2 teaspoons in 8 oz. water, steep 10-15 min, take 2-3 cups/day Tincture 80-100 drops 3-4x/day	Bitter, warm	A sedative and mild nervine, hops is good for nervousness, anxiety, nervous stomach, and insomnia and muscle spasms. It's also a digestive stimulant.



Herbs Suitable for Stage 1 Adrenal Fatigue

<input checked="" type="checkbox"/>	Name and Dosage	Taste/ Energy	Who needs it and what it can do
	Lemon Balm Tea: 1-2 teaspoons in 8 oz. water, steep 10-15 min, 2-3 cups/day Tincture: 80-100 drops 3-4x/day	Sweet, cooling	Mood elevating, calming, helpful for mild to moderate memory loss, insomnia, stress headaches. It's also helpful for ADHD, stomach upset. Large amounts can inhibit thyroid function.
	Magnolia Tincture: 12-20 drops 2-3x/day Capsule: 200-400 mg, 2-3x/day	Bitter, warm	<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 (Swanson) and as part of formulas – Integrative Therapeutics Cortisol Manager</p>
	Milky Oat Tincture: 80-100 drops 3-4x/day Glycerite: 120-140 drops, 3-4x/day	Sweet	Calms nerves, relieves emotional instability, helps restore peace and tranquility to overstressed, angry and chronically upset people. Good for anxiety, withdrawal from cigarettes and coffee, amphetamines and sleep medications. Best for people who are emotionally frazzled.



Herbs Suitable for Stage 1 Adrenal Fatigue

<input checked="" type="checkbox"/>	Name and Dosage	Taste/ Energy	Who needs it and what it can do
	Passionflower Tea: 1-2 teaspoons in 8 oz. water, steep 20-30 min, take 4 oz., 4x/day Tincture 60-80 drops 3-4x/day	N/A	Nervine, sedative, antispasmodic. It's good for anxiety, insomnia caused by a racing mind, stress induced headaches, teeth grinding, still neck, and withdrawal symptoms.
	Rhodiola Rosea Decoction: 1-2 teaspoons in 8-10 oz. water 15 minutes - 1-3 cups daily Tincture: 40-60 drops 3x/day Capsule: 2-4 per day	Sweet, slightly bitter, spicy, cool, dry	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, non-stimulating, enhances alertness, balances blood sugar, assists in reproductive hormone imbalances, enhances memory.



Herbs Suitable for Stage 2 Adrenal Fatigue

<input checked="" type="checkbox"/>	Name and Dosage (Take 1-3 hours before low cortisol measurements)	Taste/ Energy	Who needs it and what it can do
	American Ginseng (Panax) Powder: 1-2 teaspoons powdered root or extract in elixir or tea, 1-2x/day Tincture: 60-100 drops 3x/day Capsule: 1000 mg 2x/day	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 progestin 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, neurosis.</p>
	Eleuthero (Siberian Ginseng) Powder: 1-2 teaspoons powdered root or extract in elixir or tea, 1-2x/day Tincture: 60-100 drops 3-4x/day Capsule: 100-200 mg extract or 2-4 grams whole herb/day	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>



Herbs Suitable for Stage 2 Adrenal Fatigue

<input checked="" type="checkbox"/>	Name and Dosage (Take 1-3 hours before low cortisol measurements)	Taste/ Energy	Who needs it and what it can do
	Licorice Root*** Tea – Decoct: ½ teaspoon per 8 oz. water, 15 min, 1x/day Powder: ½ - 1 teaspoon per day in elixir Tincture: 10-20 drops, 3x/day Tablets: in the form of DGL used for gut healing, 200-300 mg before meals	Sweet, slightly bitter, moist, warm	Helps with adrenal insufficiency (exhaustion), including Addison's disease. It is anti-inflammatory, demulcent, expectorant, mild laxative, pancreatic tonic, immune stimulant with anti-viral properties. 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.
	Rehmannia Pieces: 1-2/ day eaten whole or in elixir or smoothie Tincture: 30-50 drops 3x/day Capsule: 400-500 mg 3x/day	Bitter, cooling	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.

***Caution in people with high blood pressure.



Herbs Suitable for Stage 3 Adrenal Fatigue

<input checked="" type="checkbox"/>	Name and Dosage (Take 1-3 hours before low cortisol measurements)	Taste/ Energy	Who needs it and what it can do
	American Ginseng (Panax) Powder: 1-2 teaspoons powdered root or extract in elixir or tea, 1-2x/day Tincture: 60-100 drops 3x/day Capsule: 1000 mg 2x/day	Sweet, bitter, slightly cool, moist	Extracts of ginseng containing eleutherosides were found to have specific binding affinity to adrenal receptor sites, including glucocorticoid, mineralocorticoid and progestin receptors, which may be part of the mechanism of the balancing adrenal effects. Effective for nervous indigestion, mental and other forms of nervous exhaustion from overwork, heart and blood circulation, diabetes, depression, neurasthenia, neurosis.
	Eleuthero (Siberian Ginseng) Powder: 1-2 teaspoons powdered root or extract in elixir or tea, 1-2x/day Tincture: 60-100 drops 3-4x/day Capsule: 100-200 mg extract or 2-4 grams whole herb/day	Sweet, slightly bitter, slightly warm	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. 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.



Herbs Suitable for Stage 3 Adrenal Fatigue

☑	Name and Dosage (Take 1-3 hours before low cortisol measurements)	Taste/ Energy	Who needs it and what it can do
	Licorice Root*** Tea – Decoct: ½ teaspoon per 8 oz. water, 15 min, 1x/day Powder: ½ - 1 teaspoon per day in elixir Tincture: 10-20 drops, 3x/day Tablets: in the form of DGL used for gut healing, 200-300 mg before meals	Sweet, slightly bitter, moist, warm	Helps with adrenal insufficiency (exhaustion), including Addison's disease. It is anti-inflammatory, demulcent, expectorant, mild laxative, pancreatic tonic, immune stimulant with anti-viral properties. 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.
	Rehmannia Pieces: 1-2/ day eaten whole or in elixir or smoothie Tincture: 30-50 drops 3x/day Capsule: 400-500 mg 3x/day	Bitter, cooling	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

***Caution in people with high blood pressure.



Adrenal Health: Nutrition and Lifestyle Recommendations Checklists

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