



**INE** INSTITUTE OF NUTRITIONAL ENDOCRINOLOGY

## Practitioner's Adrenal Fatigue Training (PAFT) Part 2

Dr. Ritamarie Loscalzo

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**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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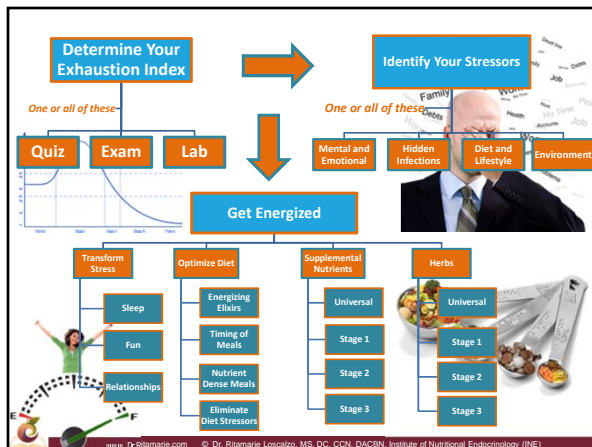
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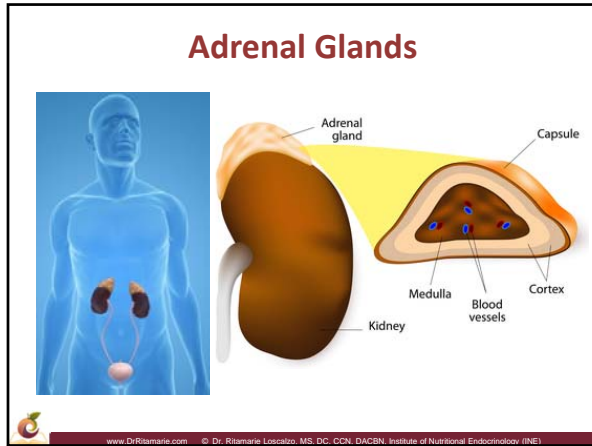
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### What Can (and Often Does) Go Wrong?

- ✓ Over production of cortisol
- ✓ Causes imbalance of other hormones
  - DHEA
  - Progesterone
  - Estrogen
  - Testosterone
  - Thyroid
  - Oxytocin
- ✓ Adrenal fatigue and exhaustion
- ✓ Immune system issues

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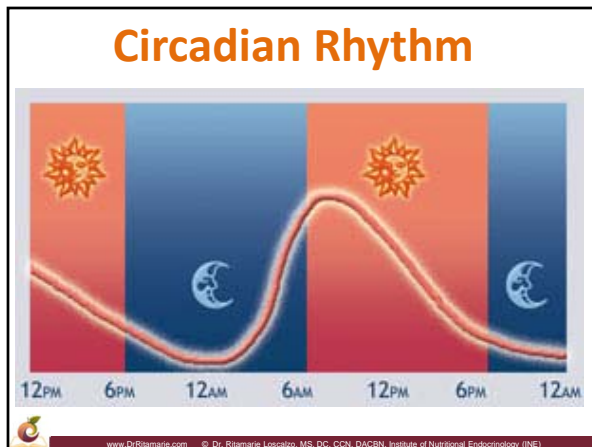
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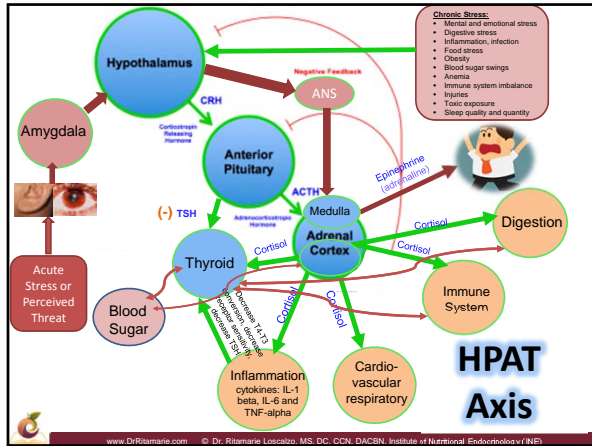
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# INE: (PAFT) Practitioner's Adrenal Fatigue Training - Part 2




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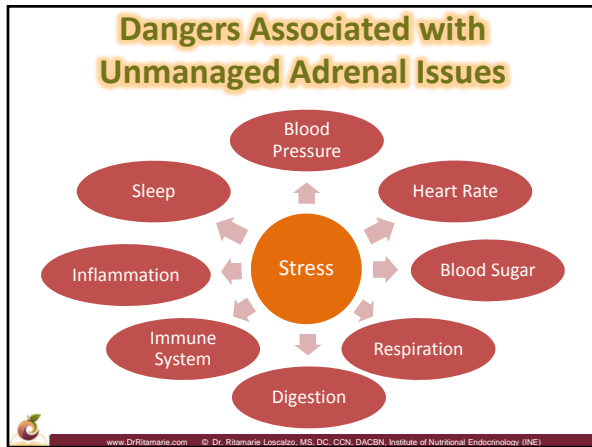
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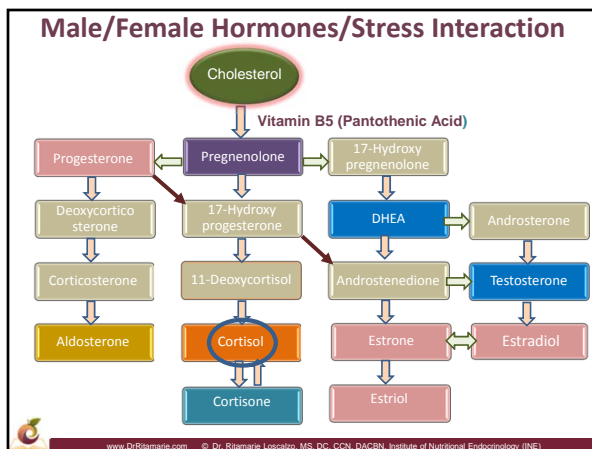
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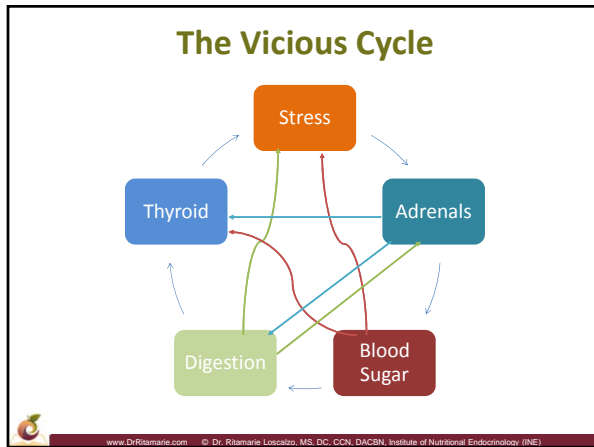
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### Breaking the Vicious Cycle

Manage Stress	Repair and Recharge Adrenal	Balance Blood Sugar	Heal and Optimize Digestion	Protect and Heal Thyroid
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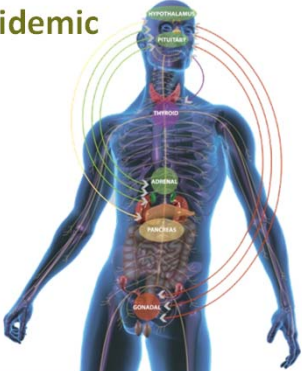
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### HPAT Axis Imbalance – The Modern Epidemic

- ✓ **H**ypothalamus
- ✓ **P**ituitary
- ✓ **A**drenal
- ✓ **T**hyroid



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### Exam Signs of Adrenal Problems

- ✓ **Blood pressure goes down** upon standing
- ✓ Pupils can't stay **constricted** with bright light
- ✓ **Rib margin tenderness**
- ✓ Brown or black **discoloration below eyelids**
- ✓ **Dark gray or reddish** back of tongue
- ✓ Ulcerations or **canker sores**
- ✓ **Bad breath**
- ✓ Rough, red, **flaky cuticles**
- ✓ Tongue signs



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### Adrenal vs. Thyroid Major Symptom Differentiations

Sign or Symptom	Hypothyroid Tendency	Hypoadrenal Tendency
Body temperature	Low and consistent	Low and fluctuates
Energy pattern	Generally sluggish	"Wired and tired"
Body type	Difficulty losing fat	Difficulty gaining muscle
Blood pressure	Normal to high	Low to normal
Total cholesterol	High	Low
Facial color	Reddish	Pale
Sweating	Scanty or none	Profuse
Bowels	Sluggish / constipated	Irritable or hyper functioning

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### Adrenal Rebalancing Protocols



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### Actions That Rebalance Adrenals

- ✓ Chill out - De-stress activities
- ✓ Balance blood sugar
- ✓ Heal gut
- ✓ Movement
- ✓ Sleep
- ✓ Diet
- ✓ Nutrients
- ✓ Herbs
- ✓ Bio-identical hormones



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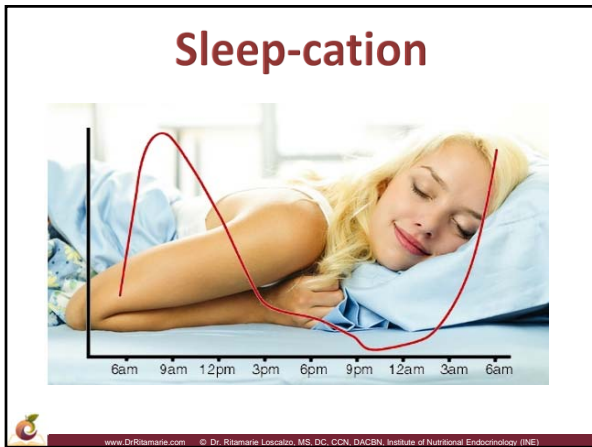
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### Foods That Support Adrenals

- ✓ Omega-3 fats
- ✓ Brassicas
- ✓ Sea vegetables
- ✓ Pumpkin seeds
- ✓ Turmeric
- ✓ Coconut oil
- ✓ Cumin
- ✓ Probiotic foods: yogurt, kimchi, kefir
- ✓ **Adaptogenic herbs:** ashwagandha, eleuthero, medicinal mushrooms

A collection of fresh vegetables including broccoli, cauliflower, cabbage, and onions. At the bottom left, there is a small logo and text: "www.DrRitamarie.com © Dr. Ritamarie Lozalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)".

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### Hormone Nourishing Meal Ideas

- ✓ **Large veggie salad** with omega-3 rich salad dressing and seed toppings
- ✓ Green blender soups
- ✓ **Wraps using green leaves** and nori sea vegetable, filled with greens, sprouts, and sauerkraut, and topped with an omega-3 rich dressing or spread
- ✓ Steamed 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



Photo by Annette Nolan  
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### Avoid Foods That Slow or Damage Adrenals



- ✓ Sugar
- ✓ Trans and heated fats
- ✓ Allergens, especially gluten
- ✓ Caffeine
- ✓ Alcohol

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### Most Important Nutrients For Adrenal Glands

- ✓ Vitamin C
- ✓ Vitamin B5
- ✓ Vitamin B6
- ✓ Omega-3 fats
- ✓ Zinc
- ✓ Vitamin D
- ✓ B-Complex
- ✓ Magnesium
- ✓ Chromium
- ✓ Potassium



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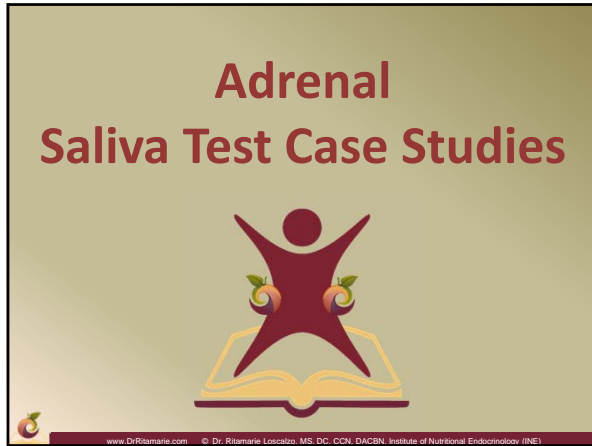
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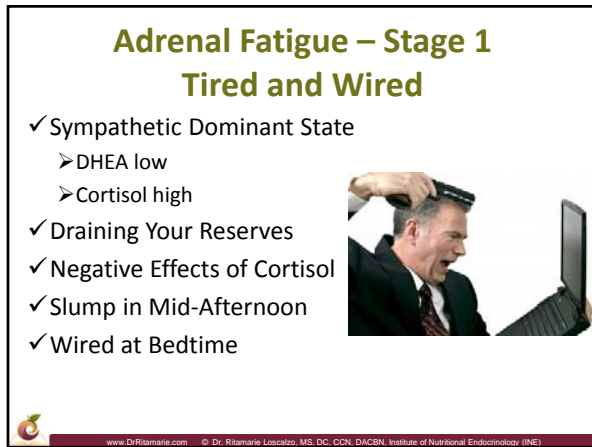
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### Adrenal Fatigue – Stage 3 Exhaustion

- ✓ Sympathetic Dominant State
  - DHEA low
  - Cortisol low
- ✓ Suffering From Negative Effects of Chronic Elevated Cortisol
- ✓ Low Libido
- ✓ Sex Hormone Imbalances
- ✓ Accelerated Aging
- ✓ Poor Memory



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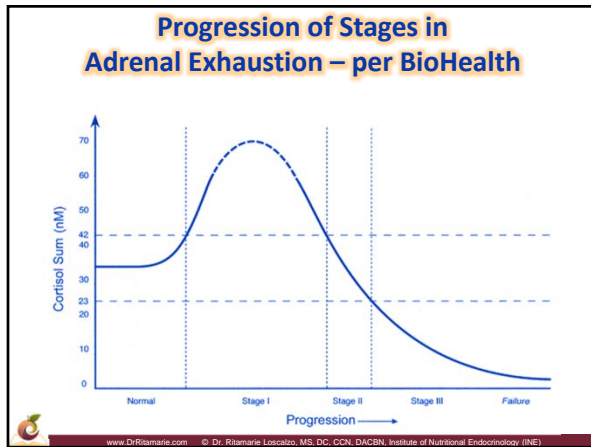
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### BioHealth Example – Stage 1

Functional Adrenal Stress Profile - 201			
Parameter	Result	Reference Range	Units
Cortisol - Morning (8 - 8 AM)	22.4	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	10.0*	5.0 - 9.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	13.4*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	7.3*	1.0 - 3.0	nM/L
Cortisol Sum	53.1*	23.0 - 42.0	nM/L
DHEA-S Average	2.00	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	26.6*	5.0 - 6.0	Ratio

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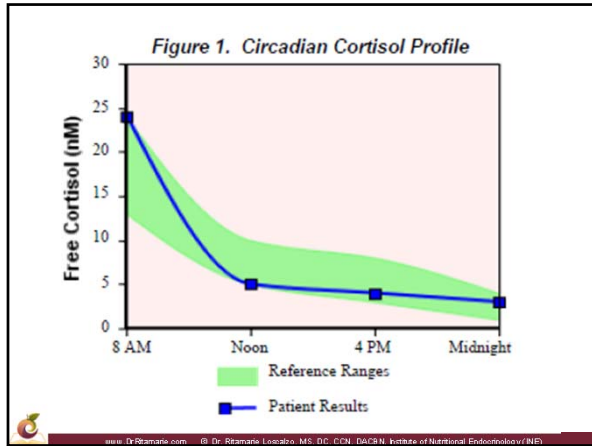
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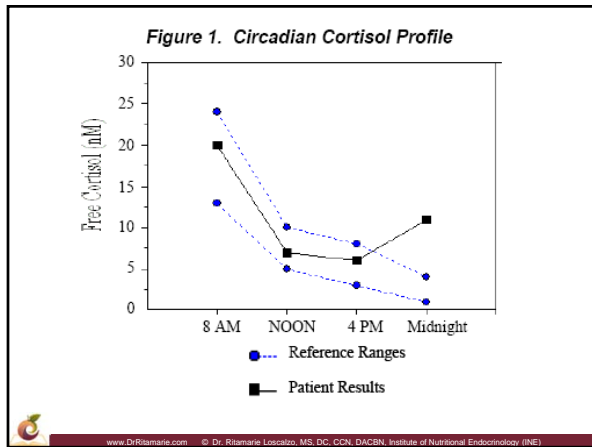
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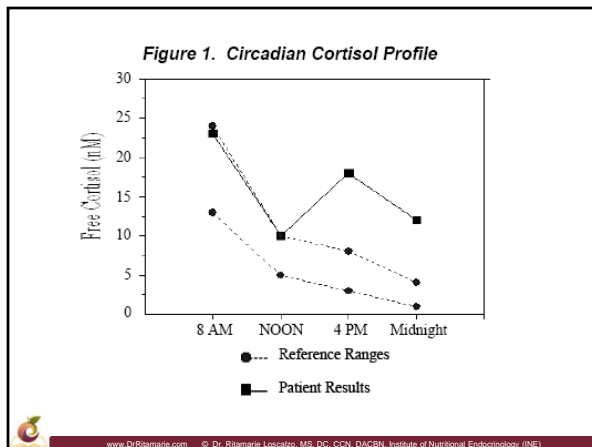
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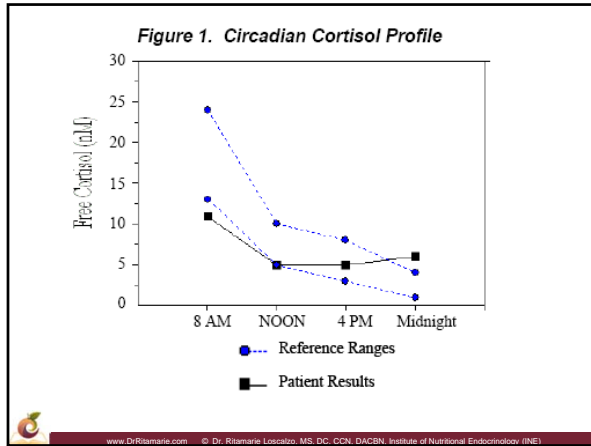
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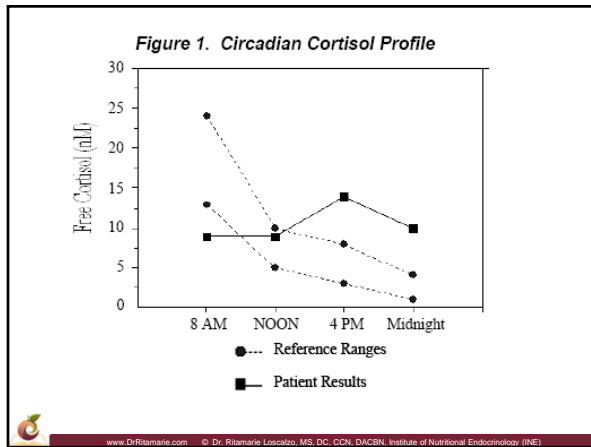
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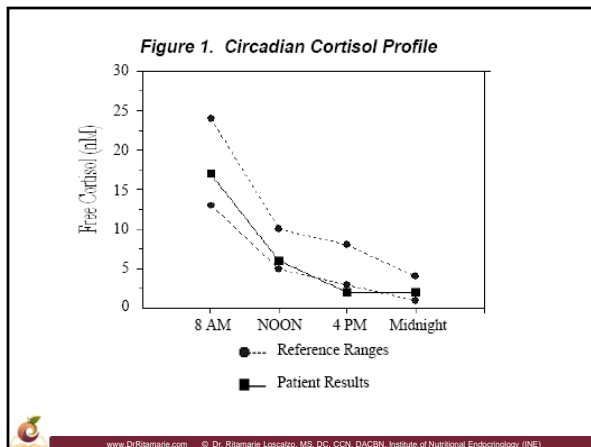
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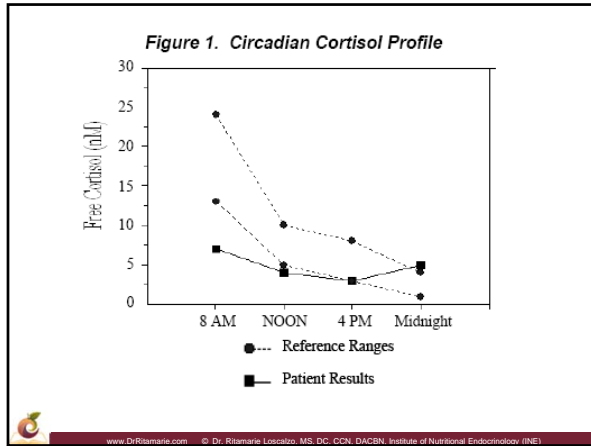
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