



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Practitioner's Adrenal Fatigue Training (PAFT) Part 3

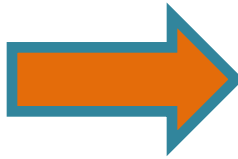
Dr. Ritamarie Loscalzo



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.



Determine Your Exhaustion Index



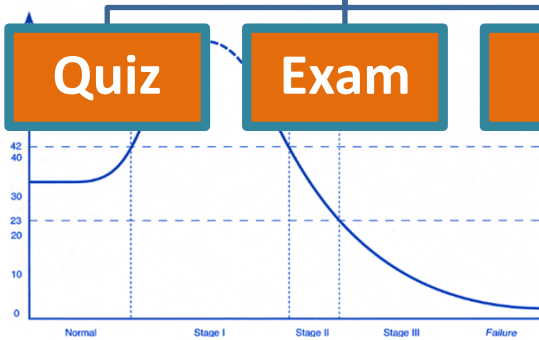
Identify Your Stressors

One or all of these

Quiz

Exam

Lab



One or all of these

Mental and Emotional

Hidden Infections

Diet and Lifestyle

Environment



Get Energized

Transform Stress

Sleep

Fun

Relationships



Optimize Diet

Energizing Elixirs

Timing of Meals

Nutrient Dense Meals

Eliminate Diet Stressors

Supplemental Nutrients

Universal

Stage 1

Stage 2

Stage 3

Herbs

Universal

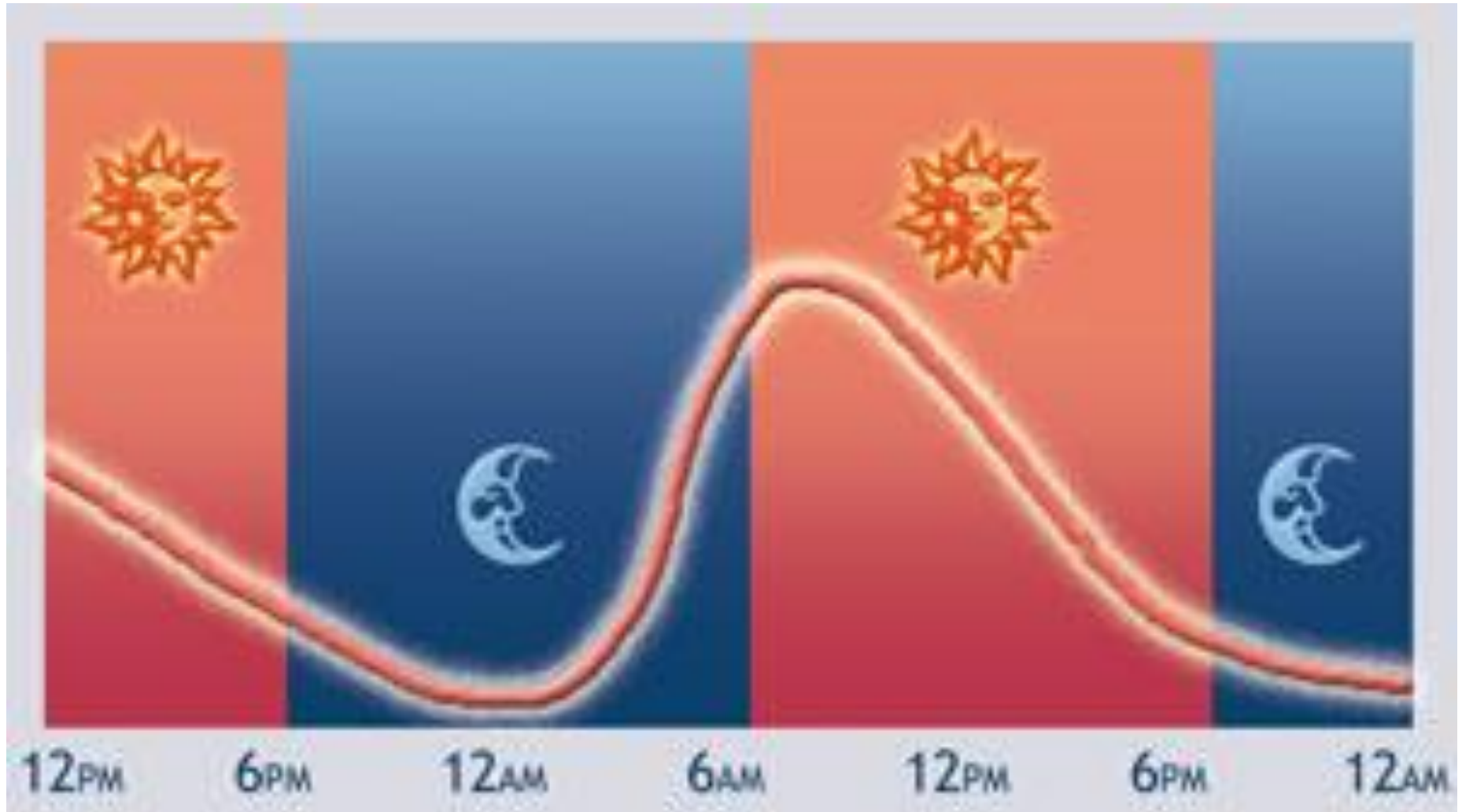
Stage 1

Stage 2

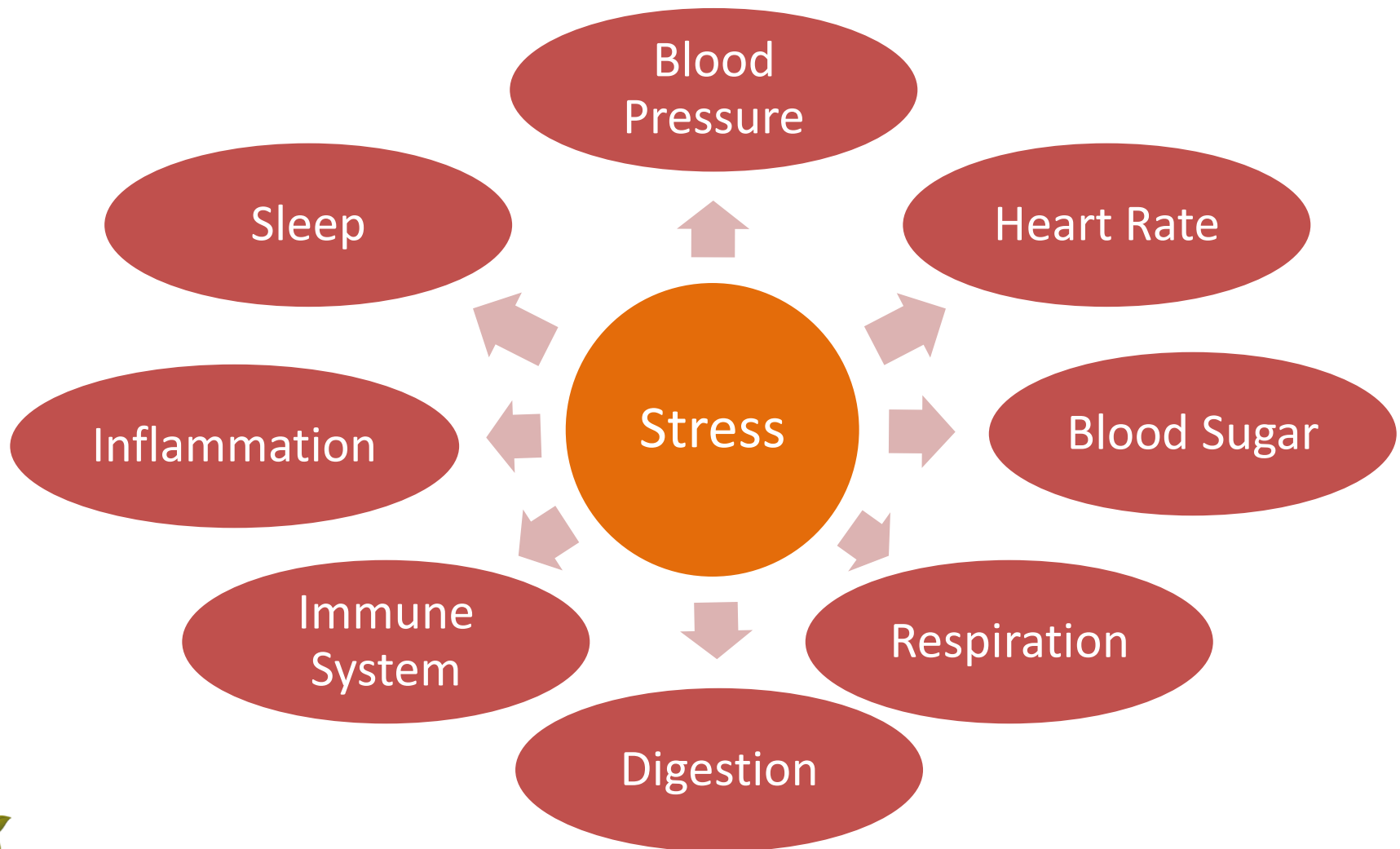
Stage 3



Circadian Rhythm



Dangers Associated with Unmanaged Adrenal Issues





Adrenal Saliva Test Case Studies



Adrenal Fatigue – Stage 1

Tired and Wired

- ✓ Sympathetic Dominant State
 - DHEA low
 - Cortisol high
- ✓ Draining Your Reserves
- ✓ Negative Effects of Cortisol
- ✓ Slump in Mid-Afternoon
- ✓ Wired at Bedtime



Adrenal Fatigue – Stage 2

Reserves Becoming Depleted

- ✓ Sympathetic Dominant State
 - DHEA low
 - Cortisol normal, with possible low dips
- ✓ Low Reserves
- ✓ Immune System Compromised

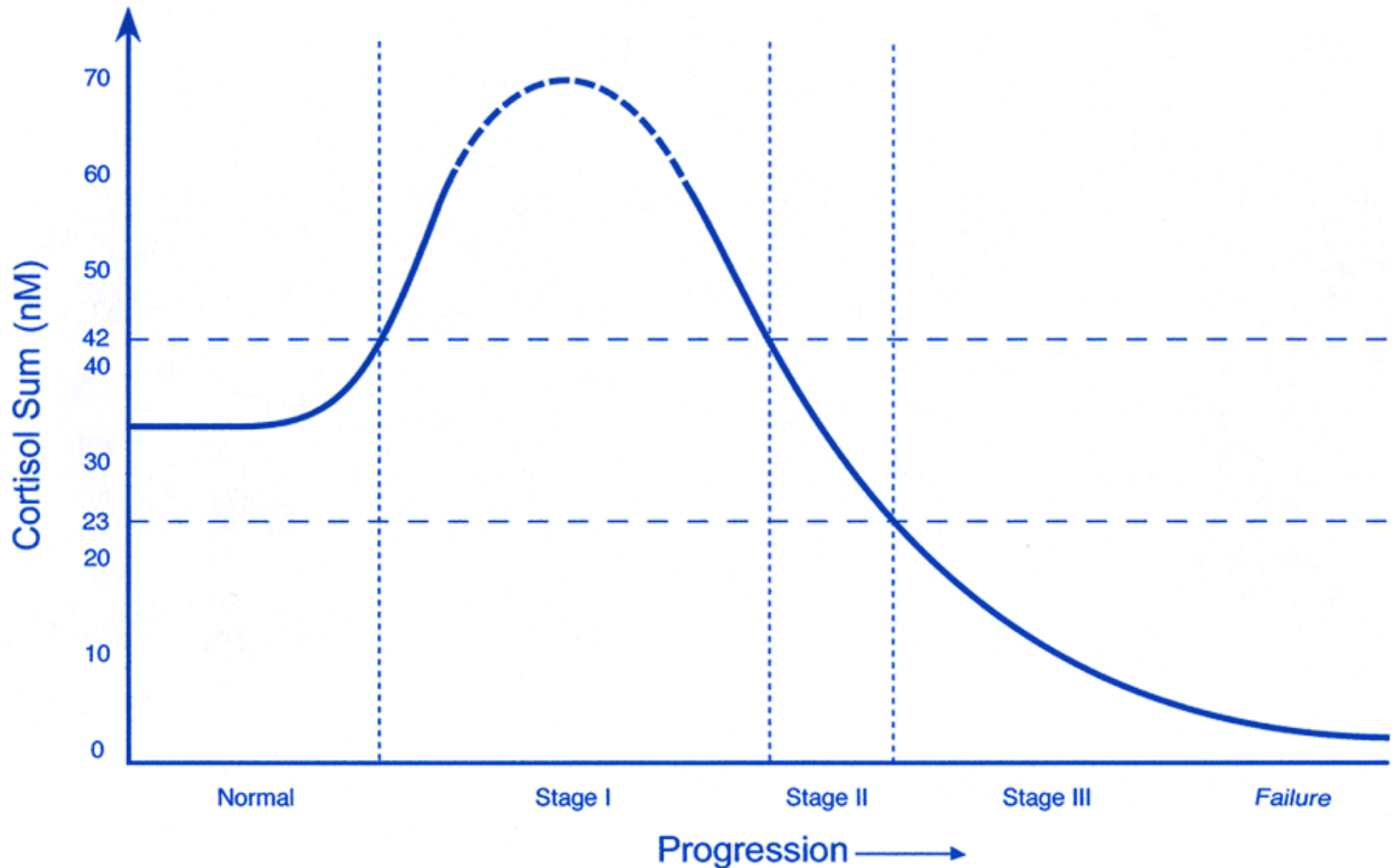


Adrenal Fatigue – Stage 3 Exhaustion

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



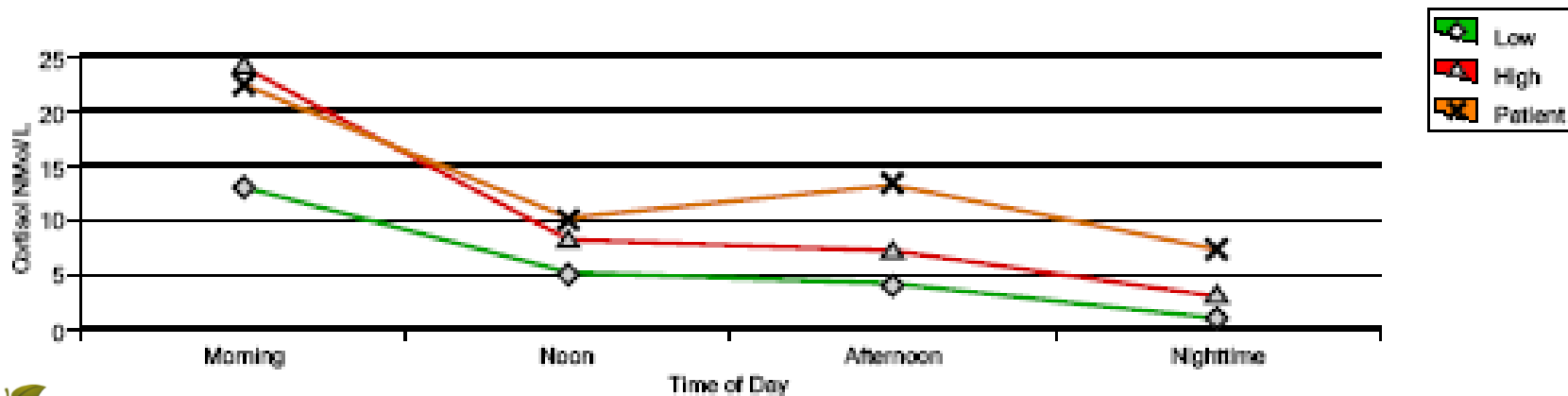
Progression of Stages in Adrenal Exhaustion – per BioHealth



BioHealth Example – Stage 1

Functional Adrenal Stress Profile - 201

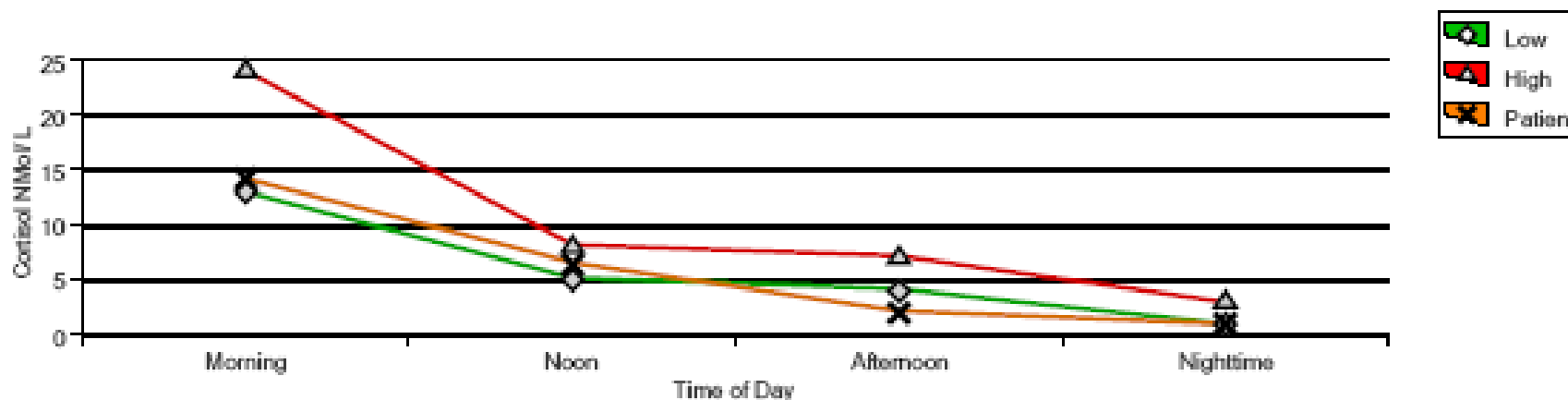
Parameter	Result	Reference Range	Units
Cortisol - Morning (8 - 8 AM)	22.4	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	10.0*	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	13.4*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	7.3*	1.0 - 3.0	nM/L
Cortisol Sum	53.1*	23.0 - 42.0	nM/L
DHEA-S Average	2.00	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	26.6*	5.0 - 6.0	Ratio



BioHealth – Stage 2

Functional Adrenal Stress Profile - 201

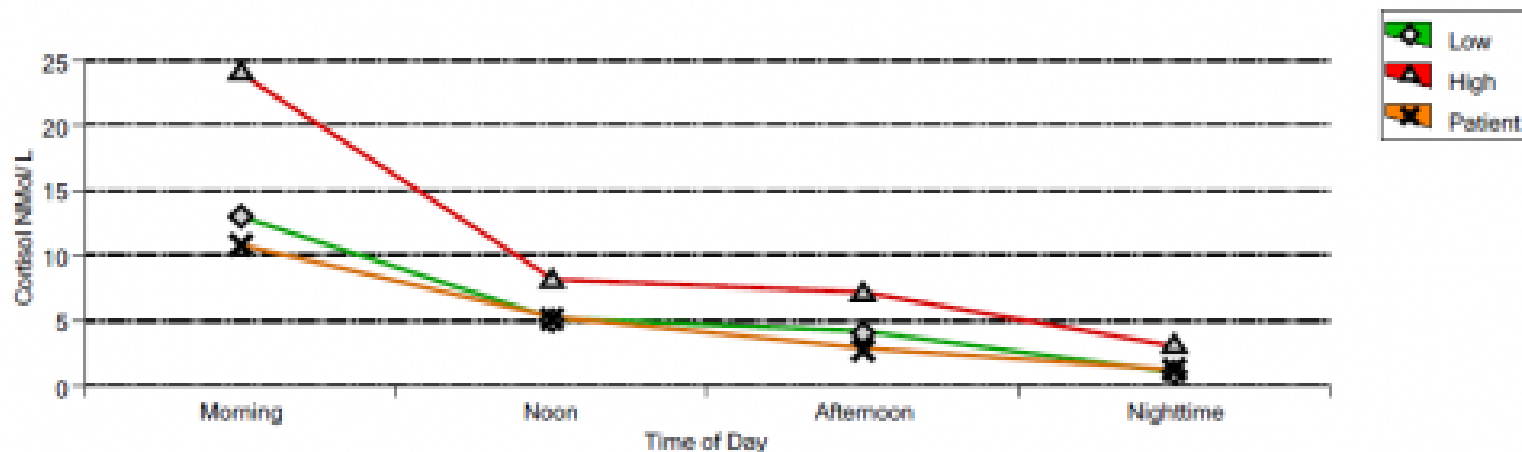
Parameter	Result	Reference Range	Units
Cortisol - Morning (6 - 8 AM)	14.2	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	6.4	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	2.0*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	1.0	1.0 - 3.0	nM/L
Cortisol Sum	23.6	23.0 - 42.0	nM/L
DHEA-S Average	2.60	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	9.1*	5.0 - 6.0	Ratio



BioHealth – Stage 3

Functional Adrenal Stress Profile plus V - 205

Parameter	Result	Reference Range	Units
Cortisol - Morning (6 - 8 AM)	10.8*	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	5.1	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	2.7*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	1.2	1.0 - 3.0	nM/L
Cortisol Sum	19.8*	23.0 - 42.0	nM/L
DHEA-S Average	2.22	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	8.9*	5.0 - 6.0	Ratio



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.	✓	✓	✓	✓



Figure 1. Circadian Cortisol Profile

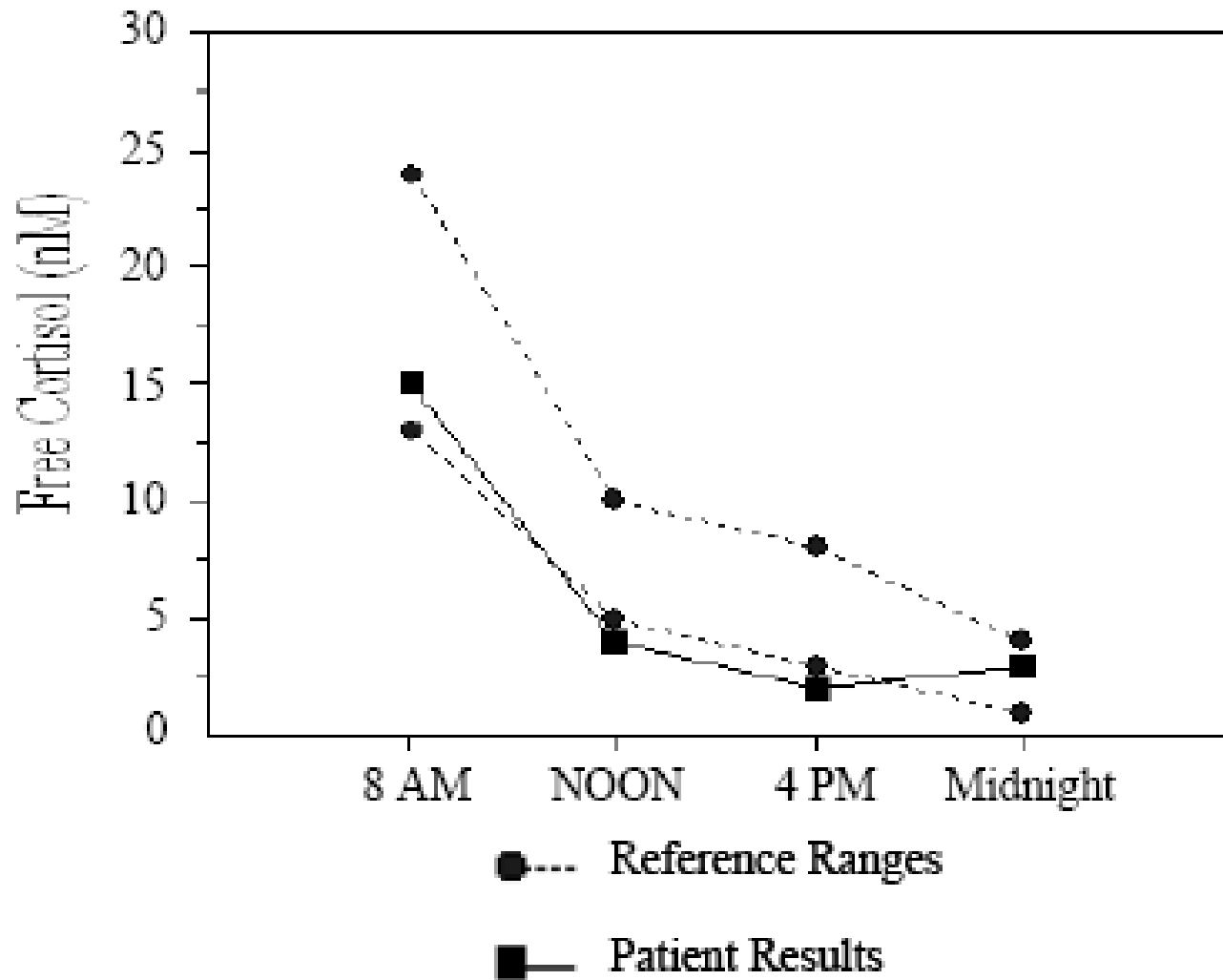


Figure 1. Circadian Cortisol Profile

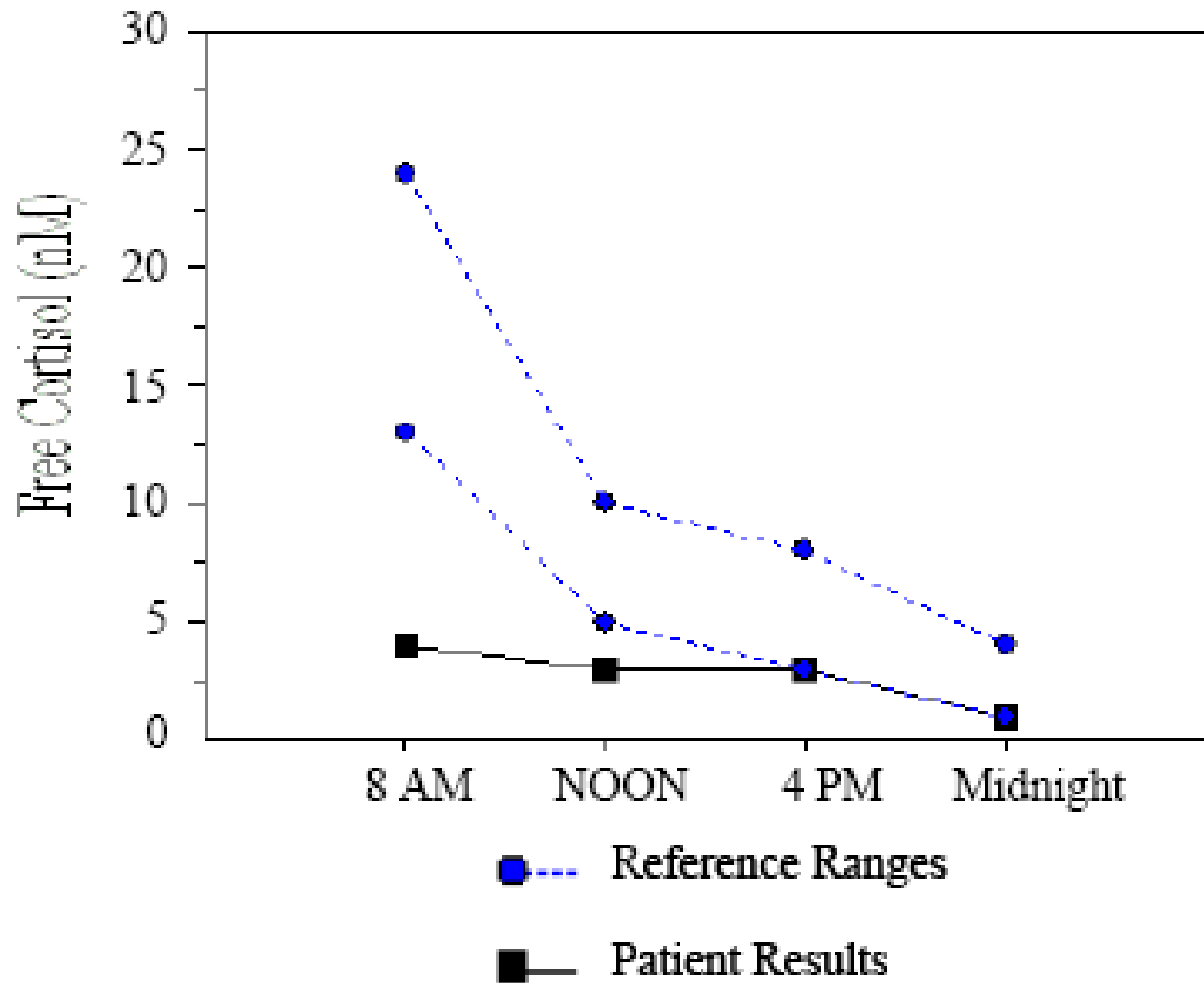
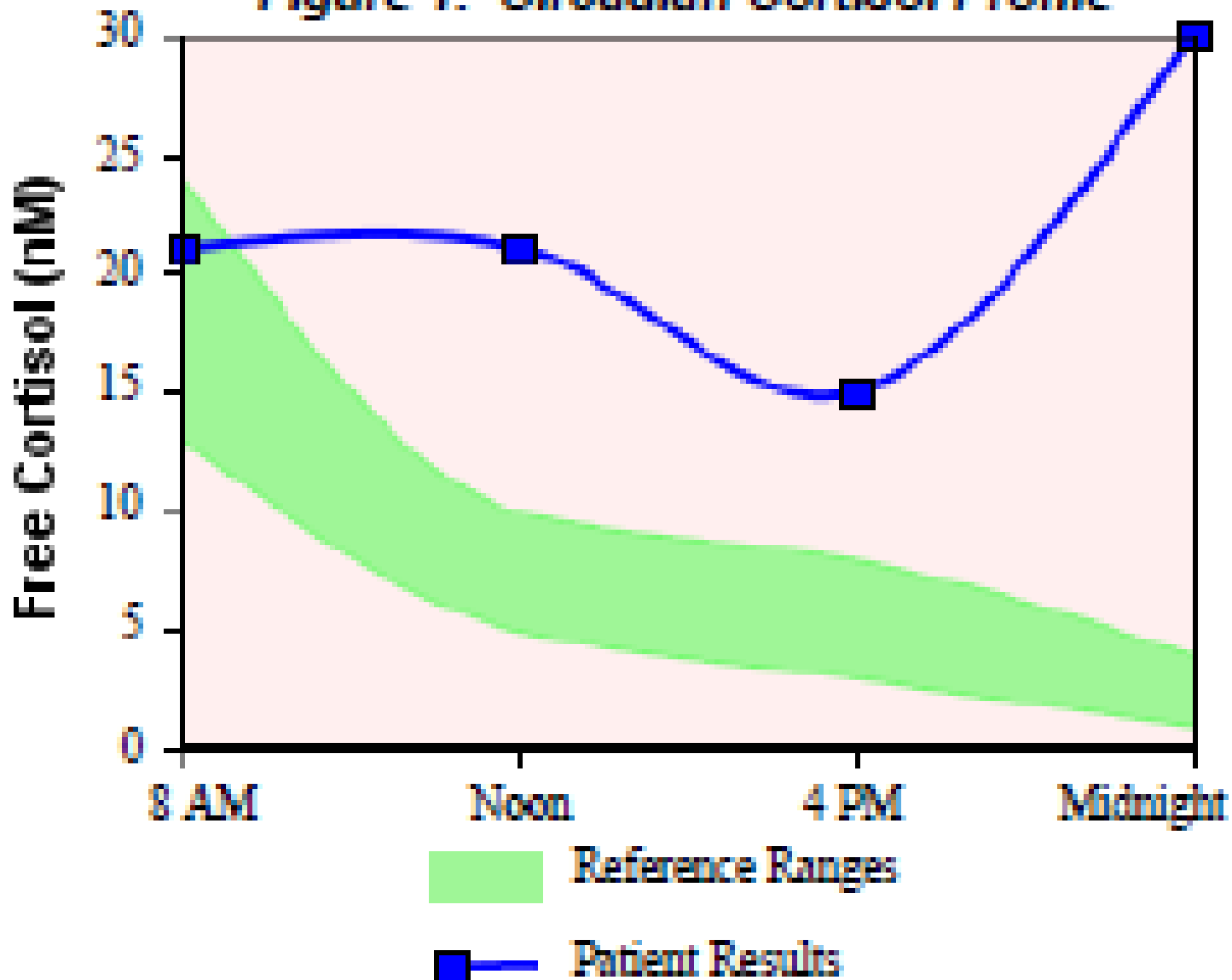
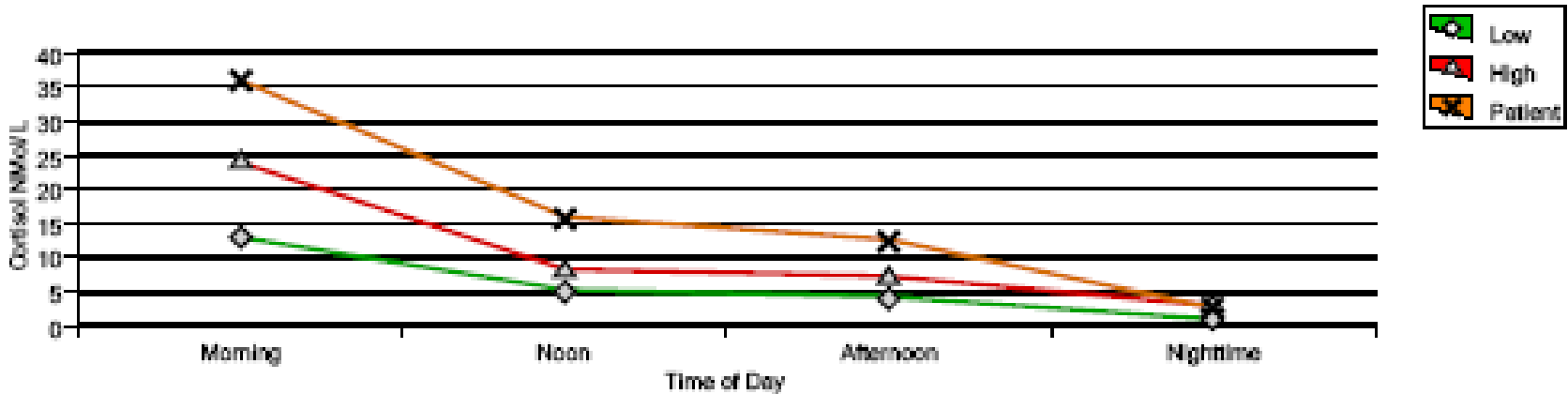


Figure 1. Circadian Cortisol Profile



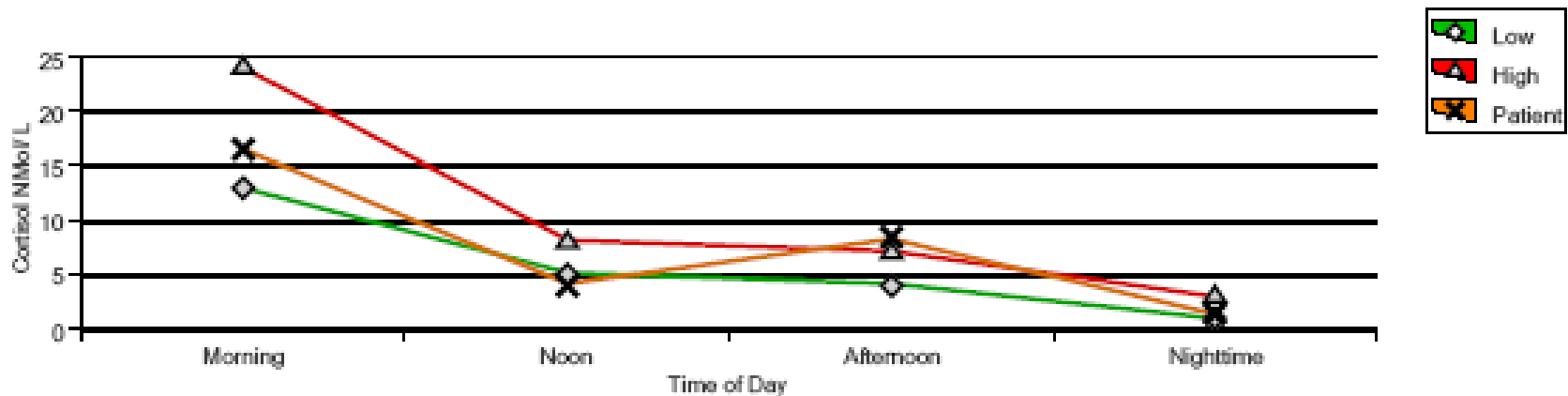
Functional Adrenal Stress Profile - 201

Parameter	Result	Reference Range	Units
Cortisol - Morning (8 - 8 AM)	36.0*	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	15.7*	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	12.4*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	2.7	1.0 - 3.0	nM/L
Cortisol Sum	66.8*	23.0 - 42.0	nM/L
DHEA-S Average	1.30*	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	51.4*	5.0 - 8.0	Ratio



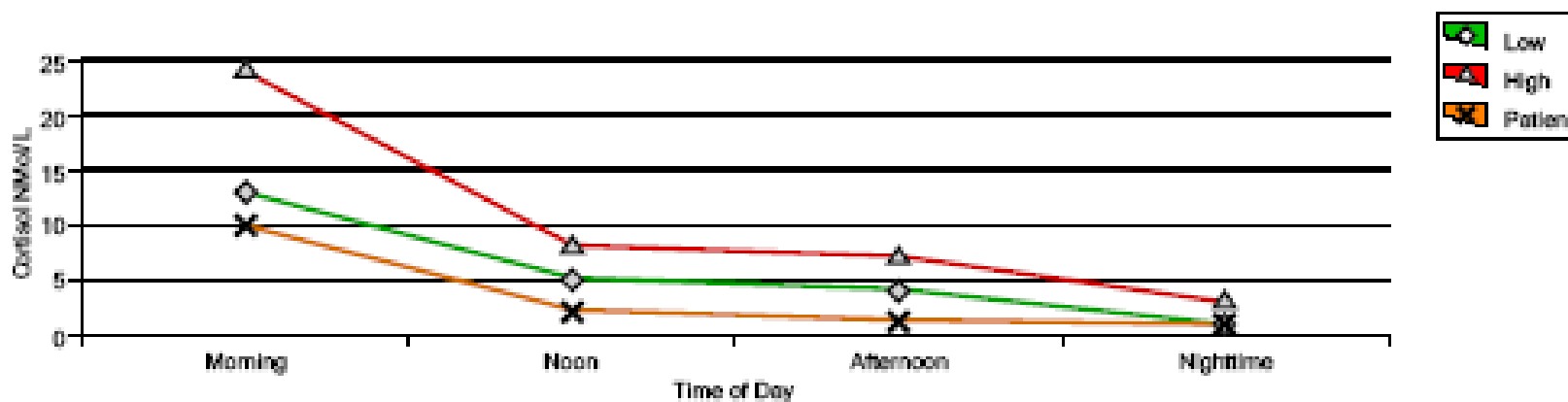
Functional Adrenal Stress Profile - 201

Parameter	Result	Reference Range	Units
Cortisol - Morning (6 - 8 AM)	16.5	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	4.0*	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	8.5*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	1.4	1.0 - 3.0	nM/L
Cortisol Sum	30.4	23.0 - 42.0	nM/L
DHEA-S Average	0.70*	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	43.4*	5.0 - 6.0	Ratio



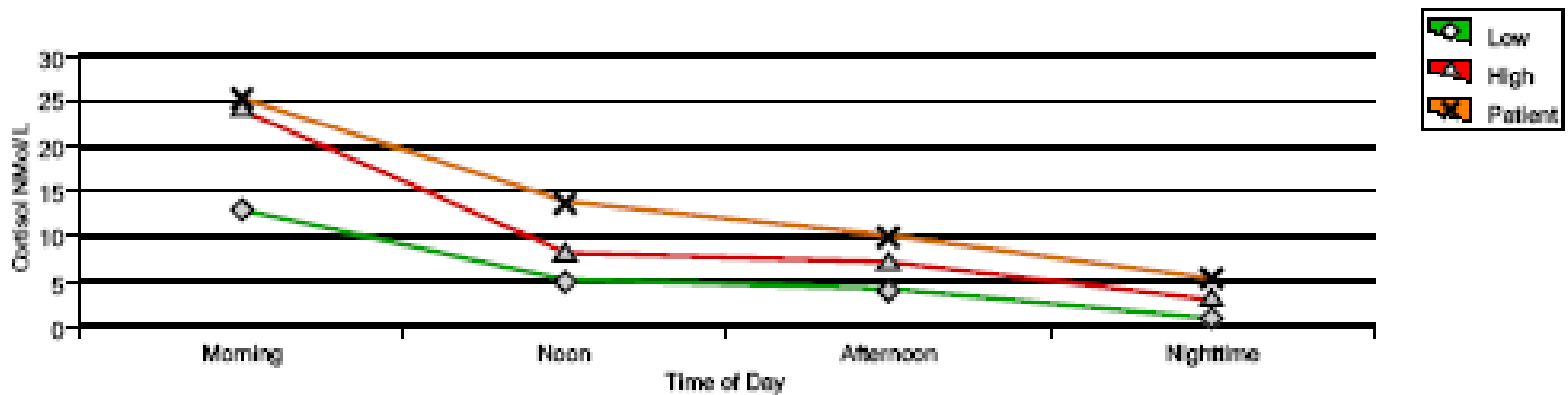
Functional Adrenal Stress Profile - 201

Parameter	Result	Reference Range	Units
Cortisol - Morning (8 - 8 AM)	10.0*	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	2.1*	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	1.2*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	1.0	1.0 - 3.0	nM/L
Cortisol Sum	14.3*	23.0 - 42.0	nM/L
DHEA-S Average	1.30*	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	11.0*	5.0 - 6.0	Ratio



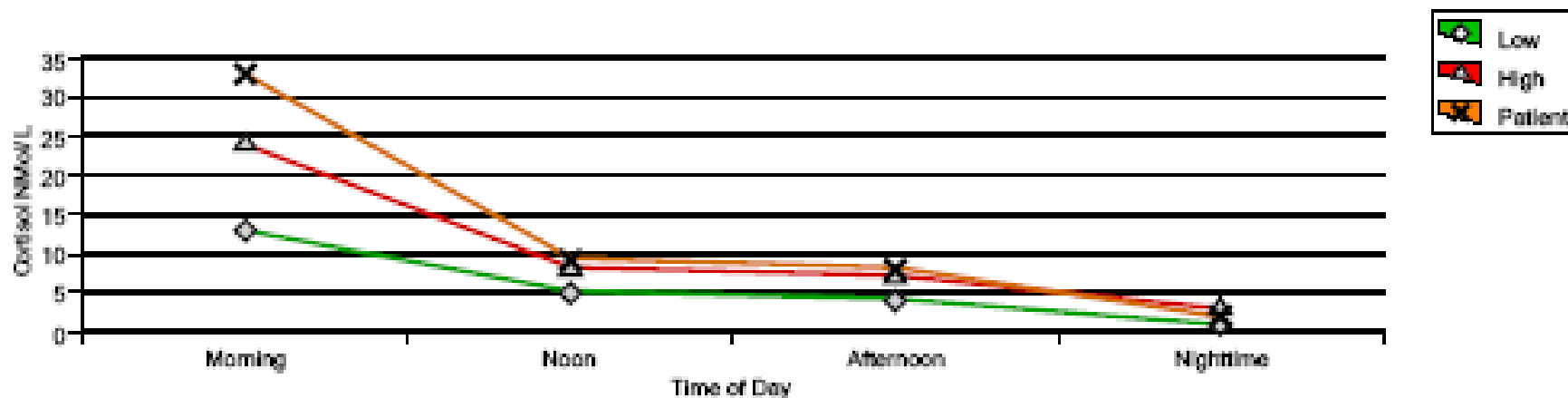
Functional Adrenal Stress Profile - 201

Parameter	Result	Reference Range	Units
Cortisol - Morning (6 - 8 AM)	25.3*	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	13.7*	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	9.9*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	5.4*	1.0 - 3.0	nM/L
Cortisol Sum	54.3*	23.0 - 42.0	nM/L
DHEA-S Average	4.30	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	12.6*	5.0 - 8.0	Ratio



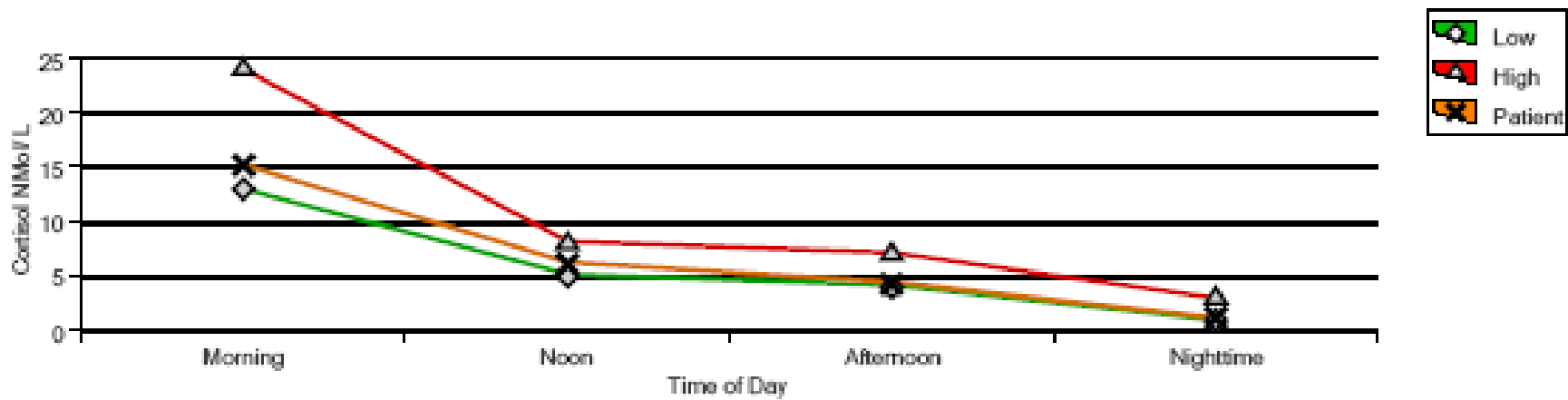
Functional Adrenal Stress Profile - 201

Parameter	Result	Reference Range	Units
Cortisol - Morning (8 - 8 AM)	33.0*	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	9.2*	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	8.0*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	2.0	1.0 - 3.0	nM/L
Cortisol Sum	52.2*	23.0 - 42.0	nM/L
DHEA-S Average	1.80*	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	29.0*	5.0 - 8.0	Ratio



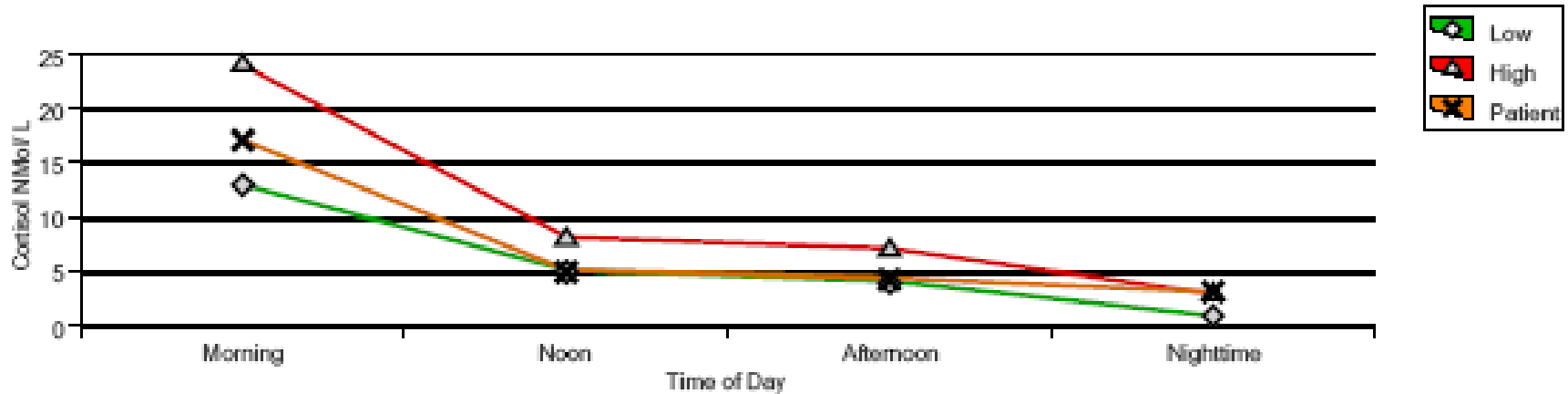
Functional Adrenal Stress Profile - 201

Parameter	Result	Reference Range	Units
Cortisol - Morning (6 - 8 AM)	15.2	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	6.1	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	4.3	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	1.2	1.0 - 3.0	nM/L
Cortisol Sum	26.8	23.0 - 42.0	nM/L
DHEA-S Average	1.20*	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	22.3*	5.0 - 6.0	Ratio



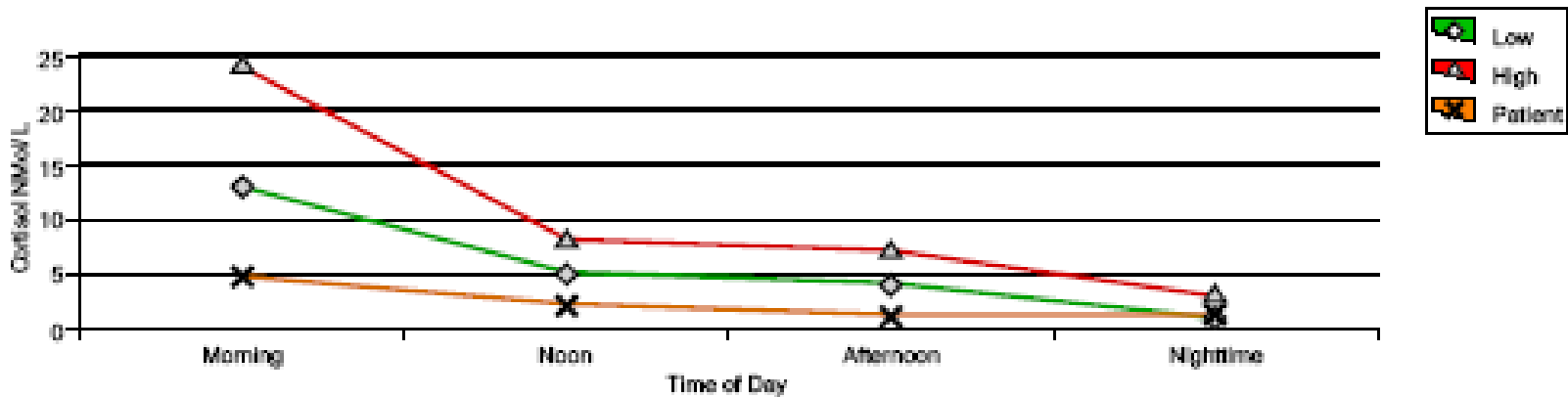
Functional Adrenal Stress Profile - 201

Parameter	Result	Reference Range	Units
Cortisol - Morning (6 - 8 AM)	17.1	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	5.0	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	4.3	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	3.2*	1.0 - 3.0	nM/L
Cortisol Sum	29.6	23.0 - 42.0	nM/L
DHEA-S Average	1.30*	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	22.8*	5.0 - 6.0	Ratio



Functional Adrenal Stress Profile - 201

Parameter	Result	Reference Range	Units
Cortisol - Morning (6 - 8 AM)	4.8*	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	2.1*	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	1.1*	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	1.3	1.0 - 3.0	nM/L
Cortisol Sum	9.3*	23.0 - 42.0	nM/L
DHEA-S Average	0.10*	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	93.0*	5.0 - 6.0	Ratio



Functional Adrenal Stress Profile - 201

Parameter	Result	Reference Range	Units
Cortisol - Morning (6 - 8 AM)	5.3*	13.0 - 24.0	nM/L
Cortisol - Noon (12 - 1 PM)	4.4*	5.0 - 8.0	nM/L
Cortisol - Afternoon (4 - 5 PM)	4.7	4.0 - 7.0	nM/L
Cortisol - Nighttime (10 PM - 12 AM)	0.9*	1.0 - 3.0	nM/L
Cortisol Sum	15.3*	23.0 - 42.0	nM/L
DHEA-S Average	3.10	2.00 - 10.00	ng/mL
Cortisol/DHEA-S Ratio	4.9*	5.0 - 6.0	Ratio

