

THE
**GABRIEL
METHOD™**



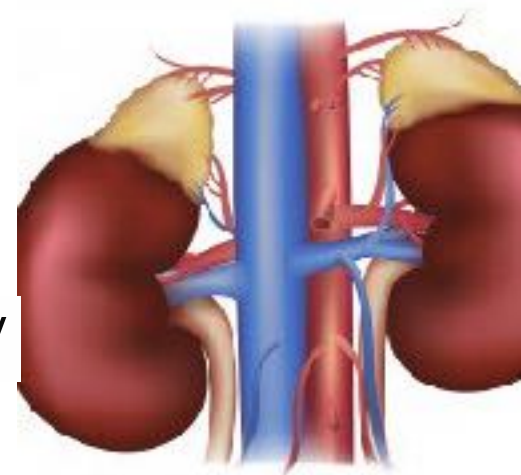
Adrenal Support -Gabriel Method Nutrition

with Heather Fleming, C.C.N. (Nutritionist & Gabriel Method Coach)

What Does it Do?

1. How your body responds to physical and emotional stress
2. Diving deeper into your sleep cycle
3. Foods and the best timing to support your organs to rejuvenate.

Your adrenal glands are two thumb-sized organs that sit above your kidneys and are part of the endocrine system. Also known as the suprarenal glands, they're involved in producing over 50 hormones that drive almost every bodily function, many of which are essential for life.

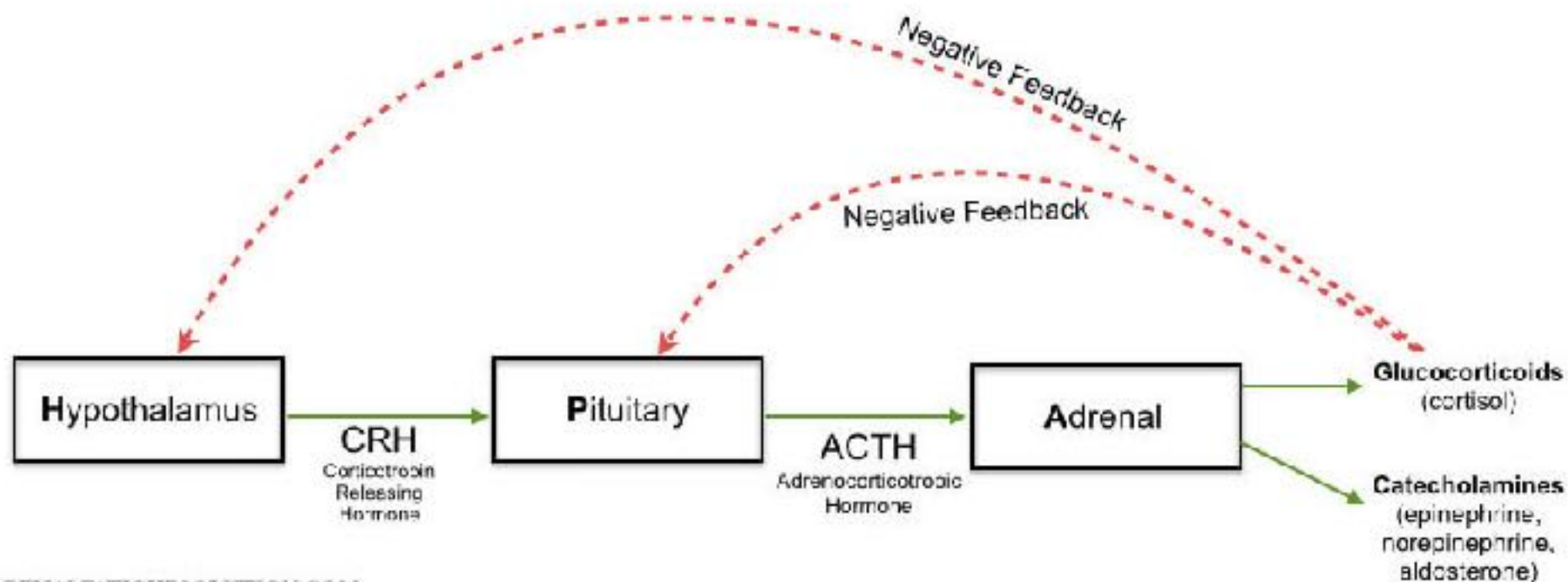


Hormones affect every function, organ and tissue in the body directly or indirectly. They react to each other as well as respond to conditions in the body in an intricate and highly sensitive balancing act.

The adrenal glands work closely with the hypothalamus and the pituitary gland in a system known as the hypothalamus-pituitary-adrenal axis (HPA axis).

Adrenal glands play a huge role in stress response. Your brain registers a threat — whether it's emotional, mental or physical. The adrenal medulla releases adrenaline hormones to help you react to the threat (the fight-or-flight response), rushing blood to your brain, heart and muscles. The adrenal cortex then releases corticosteroids to dampen processes like digestion, immune system response and other functions not necessary for immediate survival.

HPA Axis-hypothalamus-pituitary-adrenal axis



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1. We begin with the stressor! ANYthing you perceive as stress.
2. Your hypothalamus releases corticotrophin-releasing hormone, which sends a message to the pituitary. This stimulates the pituitary's ACTH (Adrenocorticotropic) production, which then prompts your adrenals to make cortisol.
3. Cortisol raises the sugar in your bloodstream and prepares your body for the high-energy 'fight-or-flight' response that it is anticipating.
4. Your adrenals also release adrenaline, which raises your heart rate and increases your blood pressure.
5. These interactions continue until your hormones reach the levels that your body needs, and then a series of chemical reactions begins to switch them off.
6. For example the cortisol released by the adrenals actually inhibits the hypothalamus and pituitary (so they stop sending signals to produce more cortisol!). This is just one of the automatic switches that we call negative feedback loops, and these loops are one reason why the HPA axis is so extraordinary

Hormones

Your adrenal glands are responsible for balancing hormones such as:

Glucocorticoids – hormones that balance your body's blood sugar, help with energy and food metabolism, help your body combat stress and manage your immune response (e.g., cortisol).

Mineralocorticoids – hormones that maintain healthy blood pressure manage your blood hydration level, and keep your blood healthy by keeping salt and water in balance (e.g., aldosterone).

Sex hormones – estrogen and testosterone.

Adrenaline – hormones that affect your heart health, make sure that all parts of the body are getting blood and convert glycogen into glucose in your liver.

Causes of Adrenal Fatigue

- Stressful experiences like death of loved one, divorce or surgery
- Exposure to environmental toxins and pollution
- Prolonged stress due to financial hardship, bad relationships or work environment, and other conditions that entail feelings of helplessness
- Negative thinking and emotional trauma
- Lack of Sleep
- Poor diet and lack of exercise

Symptoms of Adrenal Fatigue

- Morning fatigue or trouble waking up
- Decreased libido
- Depression
- Muscle weakness
- Poor focus
- Bone loss
- Inflammation
- Increased allergies
- Difficulty sleeping
- Irritability
- Fatigue
- Cravings for sugar
- Hair loss
- Weight gain
- Muscle tension
- Inability to tolerate high-carb/potassium foods unless paired with fat and protein

How to Support your Adrenals from Dr. Axe

1. Rest when you feel tired as much as possible.
2. Sleep 8–10 hours a night.
3. Avoid staying up late and stay on a regular sleep cycle — ideally, in bed before 10 p.m.
4. Laugh and do something fun every day.
5. Minimize work and relational stress.
6. Eat on a regular food cycle, and reduce your caffeine and sugar addiction.
7. Exercise (slow walk to interval training)
8. Avoid negative people and self-talk.
9. Take time for yourself (do something relaxing).
10. Seek counsel or support for any traumatic experiences.

Sleep!!!

- This can be a CURE.
- Find your rhythm and discover how to give yourself the quality of sleep you need.
- What has worked for you all?

Foods that Support Adrenal Fatigue

- Coconut
- Olives
- Avocado
- Cruciferous Vegetables (cauliflower, broccoli, Brussels sprouts, etc.)
- Fatty fish (e.g., wild-caught salmon)
- Chicken and turkey
- Nuts, such as walnuts and almonds
- Seeds, such as pumpkin, chia and flax
- Kelp and seaweed
- Celtic or Himalayan Sea Salt.

Supplement Support Support

Holy Basil

Ashwagandha

Fish oil (EPA/DHA)

Magnesium

Vitamin B5

Vitamin B12

Vitamin C

Vitamin D3

Zinc

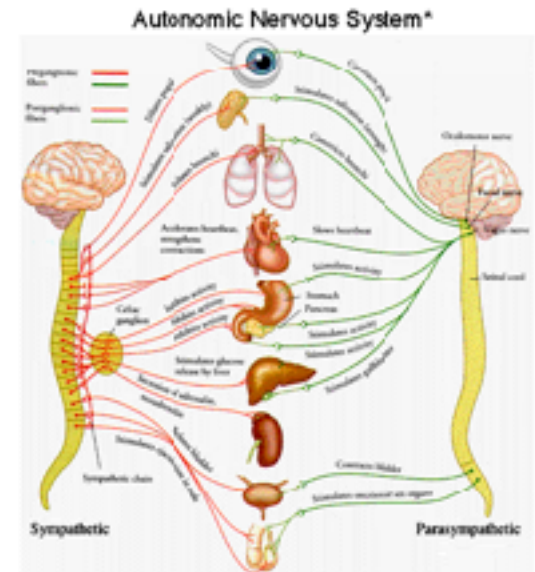
Adrenal Love Meals

- Cabbage & Broccoli Soup
- Salmon & Brussels Sprouts
- Mediterranean Olive Plate with Marcona Almonds
- Seaweed Hummus Avocado Wraps with a pinch of Sea Salt.

When is the Proper Timing

- If you are constantly in flight and flight you are functioning in your Sympathetic Nervous System vs. Parasympathetic.
- How do you think this affects your organs over time?
- Calming down your nervous system will support organs to function efficiently.

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Structure with Awareness

- **Mental & Emotional Well-Being:** Some days it feels like you can accomplish anything and some days you feel stuck. The goal is to always have self compassion for ourselves even if we miss the exercise class or have some regrets about the behavior we chose or did not choose.
- **Physical Well-Being:** Do you do body self assessments daily? Do you know when your body feels good and not good? Are your knees sore? Is that the perfect time to do squats?:)
- Our **Rebellious** Nature (Mine is HUGE): Talk compassionately to him or her. Allow her to feel safe and accepted without any judgement. My eating and watching TV story.
- **Our personality** (Olympic Athlete Mind Set vs Trying to Manage Life Mind Set) Knowing how we work helps set us up for success. Doing taxes at 9 pm on a Friday night:)

What the Rebel wants and desires the Critic judges and criticizes.

INTUITIVE BIG 3 MEAL PLANNING

Sunday or Best day with more YOU time for Reflection:

What is and isn't working for me this last week?

What meals did I enjoy and feel great from?

When did I have challenges? What could I have chosen differently for more self care to support me better for this upcoming week?

How to Eat intuitively?

1. Go grocery shopping more frequently so you can be connected and have fresher foods
2. Journal so you observe times of day when you feel less supported by the foods you chose
3. Journal so you know what meals made you feel great and you didn't crave sugar after

What doesn't work?

When I have my meals planned then everything is great (IS THAT REALISTIC?)

NO! You are not living in the present moment and tuning into your body. It is challenging to keep up with this mind set and it feeds more compulsive behaviors.

Instead, meal plan from this new mind set, but tuning into flavors, balance, creativity, intuition

Be compulsive by tuning into your body and feeling a new way to connect with yourself.

How do you know you are Eating Enough of the Big 3?

- Detoxification is happening: Quality Bowel Movements, Clear urine, Fat burning zone, Sugar is balanced, strong cravings are reduced, cells are oxygenated
- Nervous System is back to its **natural rhythm**. Sleeping through the night and waking up with energy. Noticing that your body is naturally hungry and you are not having blood sugar crashes.
- You should feel energetic, mental clarity, no bloating and calm, and NOT craving SUGAR, especially after meal times (this is success):)
- You are absorbing vitamins and minerals. If you do not break down your food properly in the stomach, it can ferment causing heartburn, gas, bloating, and other digestive issues.
- Your body is becoming less inflamed and your gut is healing.



Keep It Simple

- There's no such thing as "perfect"
- Don't overcomplicate your protein shake and meals.
- Do meal planning and grocery shopping when you're relaxed and have time—avoid adding stress to your life
- Ask yourself: Acceptance Mode: 5 deep breaths & "What do I need in the present moment to offer my body more balance & nourishment?"
How do I adjust to the inflammation and hormone state my body is in?
- Make shopping, cooking, and eating a stress-relieving experience, one of joy and creativity



Typical Day in the Life of you

- Upon waking: Drink water with lemon & Probiotics; Visualization
- Within an hour of waking: 5 Deep Breaths; Ask your questions; Have a Big 3 Breakfast
- Pack the snacks that help you feel safe
- Try to body check every 2-4 hours to assess what your body needs: **Oxygen. Hydration. Nutrition**
- Try eating the Big 3 every 3-5 hours to build a solid foundation.
- Recommended supplements throughout the day
- Night time Visualization & Quality Sleep (no electronics)



Typical Month in the Life of You

- Some WEEKS you crave more meat
- Some days you want small meals and snacks
- Some days you want larger meals
- Your body will fluctuate and everyone is different.
- If you are craving low energy foods; incorporate more of the Big 3
- **RELEASE** eating “perfect” Monday thru Friday then feeling fulfilled on the weekends
- Nourish First **BEFORE** you cleanse and experiment
- Experiment & Try Eliminating foods for minimum 3 days to 3 weeks, then bringing them back one by one for 48 hours at a time to see **HOW YOU FEEL.**