



HPA Axis (Adrenal) Dysfunction

Stages & Considerations

Stages of HPA Axis (Adrenal) Dysfunction

Phase 0	Healthy response (Cortisol levels within range with desired rhythm)
Phase 1	Acute fight or flight (Increased HPA tone)
	HPA axis dysfunction (ZIG ZAG patterns)
	Early dysfunction (Elevated/high range AM with HPA blunting thereafter)
Phase 2	Evolving dysfunction (Suboptimal or low AM cortisol with HPA blunting thereafter)
Phase 3	Established dysfunction (Hypofunctioning HPA axis)

Considerations for HPA Axis (Adrenal) Dysfunction

Phase 0	<ul style="list-style-type: none"> • Multivitamin/Multimineral • Omega 3 EFAs • Consider vitamin D, iodine and probiotics
Phase 1	<ul style="list-style-type: none"> • Phosphorylated serine 100 mg TID or at times when elevated • Vitamins B5 (500 mg), C (1000 mg) TID, B6 (100 mg) BID, E (800 i.u.) QD • Melatonin (3 mg) qhs if cortisol levels elevated at night • Lifestyle modification: deep breathing, stress management, exercise, optimal diet, etc.
Phase 2	<ul style="list-style-type: none"> • Vitamins B5 (500 mg), C (1000 mg) TID, B6 (100 mg) BID, E (800 i.u.) QD • Adrenal glandular and herbal adaptogens in morning and at noon • Lifestyle modification: deep breathing, stress management, exercise, optimal diet, etc.
Phase 3	<ul style="list-style-type: none"> • Vitamins B5 (500 mg), C (1000 mg) TID, B6 (100 mg) BID, E (800 i.u.) QD • Adrenal glandular and/or herbal adaptogens in morning and at noon • Cortef or hydrocortisone supplementation 5-10 mg in AM and 5-10 mg at noon • Lifestyle modification: deep breathing, stress management, exercise, optimal diet etc.