

ADRENAL HEALTH PROTOCOL

STEP 1: FOOD GUIDELINES

Support yourself nutritionally. Eat regular meals, especially breakfast, which include high-quality protein, whole grains and good fats. Supporting your body's natural rhythms by properly timing meals to prevent dramatic dips in blood sugar has lots of benefits: it minimizes cortisol output and frees up your adrenals to perform their secondary functions, and also gives you more sustained energy throughout the day. Properly timed, adequate nutrition will make you much more resilient to your daily stressors.

1. **Low Glycemic Love** - Cortisol raises insulin and insulin raises cortisol. The best way to address high cortisol is to incorporate low-glycemic foods. Please refer to my "**Balance Blood Sugar Protocol**". Note: On a scale of 1-100, any food below 55 is acceptable. Example: a bowl of cornflakes has a glycemic index of 93 while an apple is 39.
2. **Sugar baby** - I know it's irresistible to many of us but it increases insulin which increases cortisol. Please refer to my "**Conquer Sugar Addiction**" hand-out for addressing your sweet tooth.
3. **Avoid alcohol, caffeine & tobacco** - They are all highly toxic to the adrenal glands. Wean yourself off of caffeine. Caffeine just artificially stimulates your adrenals and stresses them out even more. Try Yerba Mate or Dandy Blend as substitutes.
4. **Omega-3's please** - Omega 3's have been proven to lower cortisol. Incorporate 4oz of wild-caught salmon 2-3 times a week, and add in walnuts, chia seeds, sardines and avocados. Refer to the food choices on my "Balance Blood Sugar Protocol".
5. **Dark-colored foods** - Foods like blueberries, blackberries, black beans, kidney beans, black sesame seeds, sea vegetables, sardines, are great for healing the adrenals.
6. **Include foods like** - Sprouted grains like quinoa, millet and brown rice. Also celery, escarole, asparagus and bitter dark leafy greens are deeply nourishing to the kidneys and adrenals.

STEP 2: SUPPLEMENTS

High & Low cortisol

Vitamin D - I recommend supplementing with 2000IU/day for maintenance.

Fish Oil - I recommend 1000-3000mg of fish oil a day. The supplement I use and recommend is Rosita Real Foods Cod Liver Oil. I also like Nordic Naturals ProOmega which is high in EPA/DHA.

B Complex - On a whole they are responsible for maintaining normal blood sugar levels, fat metabolism, hormonal balance and proper absorption of zinc. A number of the B vitamins have been shown to restore proper adrenal function. I recommend Thorne Research Stress B Complex because it has extra B5.

L-Tyrosine - An amino acid that improves your response to stress and can even improve memory. Take 1000mg/day to start.

Optimal Adrenal - a well rounded supplement that supports the adrenal glands and nervous system with a combination of vitamins, minerals and herbs. This will work for any kind of adrenal imbalance.

Low Cortisol

Licorice - a root commonly used in Chinese medicine. It strengthens the adrenals and hypothalamus and raises cortisol levels. CAUTION: do not use if you have diabetes, high blood pressure, liver disorders or severe kidney insufficiency. It is not to be used for a long period of time or in high doses. Dose: Deglycyrrhizinated licorice - 600mg standardized to 25 percent (150mg) glycyrrhizic acid for 30 days. Best if used under supervision of qualified practitioner.

Grapefruit Juice - You should also consider drinking grapefruit juice daily as it has been shown to raise cortisol levels as well. I suggest about 6 oz of fresh squeezed grapefruit juice twice a day. to raise cortisol. Be careful if you have blood sugar issues.

STEP 3: SELF-CARE PRACTICES (MOST IMPORTANT!)

There are a number of practices you can integrate into your life to restore healthy adrenal function. Instead of working harder you need to be working smarter. My suggestions below are the perfect place to start.

1. Practice saying "probably not or no". Women are programmed to over-commit, overprovide and people please, often at the expense of our own health and our stress response and adrenal function. This week when someone asks you to do something that you know will stress you and your adrenals, practice saying "Probably not...(pause), but let me think about it." No guilt allowed! You can take it further by creating a "yes and no list" for yourself. What are your absolute yes's and no's for this week?

2. Prioritize your commitments. I want you to clear the decks. Make a list of all your activities, commitments and to-do's and identify what you can stop doing. Before adding a new task or commitment, ask yourself this question: "Will doing this recharge my batteries or deplete them?" If the activity will deplete them, then either don't do it or find a smarter way of doing it.

3. Let go of your addiction to struggle. We've been taught that we have to struggle to be good at something or to be successful in life but all it does is burn out our adrenal glands. We are unable to be resourceful when we are struggling. This week start paying attention to what you're struggling with and see how it shows up for you. What is one thing you could do this week to reduce struggle in your life?

4. Laptop curfew. Reduce your light at night. Too much light at night actually stimulates your adrenals to produce more cortisol to keep you awake and energized. This prevents you from being able to wind down properly and actually get proper sleep. Here's what to do: After 9pm turn off as many lights in your house as possible. Do light candles, they make everyone look pretty and they're kinda sexy too. Give yourself a laptop curfew, this means no laptops past 9pm or in bed. That bright screen is keeping you up at night.

5. Sleep! You must rest if you are going to help your adrenals get stronger and getting enough sleep is the most effective modality. That means making an effort to go to bed every night by 10pm and sleeping for at least seven hours. I highly recommend the Zeo Sleep Manager if you have sleep issues.

*. ?YYd nci f []f`Zf]YbXg`cb`gdYYX`X]U" I believe that we should all have at least one woman we can call when the going gets tough. In fact, women respond to stressful situations by seeking out the support and protection of other women. This is known as the "tend and befriend" stress response and it is unique to the ladies! It raises oxytocin (the love and bonding hormone) and lowers cortisol. This is part of the reason why women have better health than men and live longer than them by an average of six years.

+. **Handle your stress response.** Just as there are many ways to get stressed out, there are myriad ways to help your body relax. Deep breathing exercises, a yoga class, massage, qi gong, meditation practice, prayer, taking a walk, reading a book, a grounding morning routine, time with girlfriends, dance breaks, journaling, taking a bath. All of these exercises have an incredible impact on your stress response.

, . **Walk barefoot on the earth.** This may sound a little woo woo but there is actually scientific evidence that walking barefoot on the earth, grass or beach can help reset your adrenal function and improve chronic fatigue. This is because the earth has a negative electrical potential and when we're in contact with it, the earth's electrons balance our bodies' electrons. Most of the time we're all frazzled out by the harmful electromagnetic fields emitted by man-made products – computers, phones, hair dryers, home appliances etc.

- . **Ask for help!** Get comfortable with asking for help and letting go of this perfectionist ideal. You won't look weak! People are willing to help you with the things you need. Ask your partner to make dinner, ask someone to do a car pool with you, delegate things in your business. Don't spend your valuable bandwidth of energy doing things you don't want to do if you can get help with them.

%\$. **Consider this analogy** - At the end of the day, you plug your cellphone into the wall to recharge it, but what do you plug into? Where are you getting your energy from and what is sucking your energy stores? Think about ways you can start to recharge your batteries (adrenals) - burn your to-do list, take a personal day, let go of some of the control you feel you need to have to get through each day, think of one fun thing you haven't done in ages and do it! AND, surrender to the idea that "what is meant to be will be" and release the idea of control.

Healing your adrenals will provide you with the energy you need to execute on the vision you have created for your life.