



# Adrenal Fatigue

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### Your Adrenals Affect Your Everyday Life

#### Symptoms of Adrenal Stress

- Fatigue
- Weight gain
- Depression
- Insomnia
- Salt/sugar cravings
- Bone loss
- Frequent urination
- Mood swings
- Low sex drive
- Ulcers
- Shaky/light headed
- Hemorrhoids
- Poor immune function
- Hypothyroid symptoms
- Cold hands/feet
- Constipation
- Weight loss resistance
- Dry skin, dry brittle hair, nails
- Hot flashes
- Dizziness
- Low blood pressure
- Allergies
- Blurry vision
- Varicose veins
- Slow morning starter

The purpose of the adrenal glands is to help the body cope with stress and survive. In fact, the adrenals are known as the “the glands of stress.” It is their job to enable the body to deal with stress from every possible source, ranging from injury and disease to work and relationship problems. The body’s resiliency, energy, endurance and very life, all depend on the proper functioning of the adrenal gland.

**Metabolism of Foods** The adrenals are part of the communication of hormones that keep us feeling like we can conquer our day. The hormones secreted by the adrenals influence all of the major processes in the body. They closely affect the breakdown and metabolism of carbohydrates and fats, converting proteins and fats into energy and the distribution of stored fat – especially around the waist line and sides of the face.

**Anti-inflammation** The adrenals are so diverse in their role in our health that they even have a protective activity of anti-inflammation and anti-oxidant hormones secreted by the adrenals reduce the negative and allergic reactions to alcohol, drugs, foods and environmental allergens.

**Hormones** After mid-life, menopause in women, the adrenals become the major source of the sex hormones circulating through the body in both men and women. These hormones have a whole host of physical, emotional and psychological effects; from the level of sex drive to the tendency to gain weight.



## ADRENAL FATIGUE

**Muscles** Every athlete knows that muscular strength and stamina are acutely affected by the adrenal hormones, more commonly known as steroids.

**Disease & Chronic Illness** The propensity to develop certain kinds of diseases and the ability to respond to chronic illness is influenced significantly by the adrenal glands. The more chronic the illness, the more critical the adrenal response becomes.

**LIVE WELL** You cannot live well or at all without the health of your adrenal glands.

**How well you live depends greatly on how well your adrenal glands function.**

## FOOD is Primary for the Health Advantage

### What to Eat

Listed here are food suggestions to correct Adrenal problems such as Adrenal Fatigue.

Gas, bloating and heaviness in your stomach after eating a meal containing protein foods – needs enzymes or apple cider to help with HCL acid to break down proteins.

Some people have trouble having grains in the morning. Occasional bowl of oatmeal seems to be all right.

Add 6-8 servings of vegetables – high colors – bright green, red, orange, yellow, purple.

Vitamin c is diminished when cooked, carotinoids are increased when lightly cooked.

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Fruits to avoid – bananas, raisins, dates, figs, oranges, grapefruit

### Fats – Oils, Seed Oils, Fish Oils

Mix flax seed oil with safflower or sunflower seed oils. Consume 1-2 tablespoons per day, sprinkled on meats, vegetables, or grains.

Use fresh raw, cold pressed unrefined oils

Buy only organically grown oils stored in lightproof containers

Keep all oils in refrigerator

Squeeze one capsule 400 IU E into every ¼ cup oil

Eat cold water ocean fish

Eat fresh seeds and nuts – except peanuts

Avoid hydrogenated and partially hydrogenated

Use lower temp cooking methods

Eat fried foods occasionally

Avoid all deep fried foods

Avoid restaurant foods cooked with oils

**High sodium vegetables:** Adrenal fatigue is typically a sign of low sodium. These naturally high sodium foods will bring balance to the adrenals. Add 6-8 servings of vegetables – high colors – bright green, red, orange, yellow, and purple. These colors are a sign of carotenoids – a highly effective



## ADRENAL FATIGUE

nutrient that helps bring healing. Vitamin c is diminished when cooked; carotenoids are increased when lightly cooked.

Kelp	Papaya
Green olives	Mango
Black olives	Plums
Red peppers	Pears
Swiss chard	Kiwi
Beet greens	Apples
Celery	Grapes
Zucchini	Cherries
Best fruits	

**Condiment:** Mix flax oil, sunflower oil and Braggs liquid amino.

**Fruits** – go lightly in the morning. Exercise allows more fruits in the diet.  
Preferred fruits – papaya, mango, plums, pears, kiwi, apples, grapes, cherries

Fruits to avoid – bananas, raisins, dates, figs, oranges, grapefruit

### Seeds & Nuts (raw):

If you prefer cooked – dry roast them. Bake on cookie sheet in oven preheated to 200°F for approximately 20 minutes. Can sprinkle Braggs Liquid Aminos just before or just after roasting.

Sesame seeds	Filberts	Coconuts
Pumpkin	Cashews	Pecans
Sunflower	Almonds	Walnuts
Flax	Brazil nuts	Chestnuts

### Problems Eating

Gas, bloating and heaviness in your stomach after eating a meal containing protein foods is a sign for necessary enzymes or apple cider to help with HCL acid to break down proteins.

Some people have trouble having grains in the morning. Occasional bowl of oatmeal seems to be all right.

Avoid hot chocolate – too much stimulants – sugar and caffeine at the same time

If you wake up with a mild hangover from eating the wrong foods – start your day immediately with a glass of water with ½ teaspoon salt. If after 20-30 minutes you feel yourself starting to come around and the hangover symptom are going away this is a further indication that what you consumed yesterday is probably affecting you. This hangover is not fatigue.



## ADRENAL FATIGUE

Pulse test – take your pulse before you eat – then 15-30 minutes after you eat. Record the date time and your pulse rate. Food allergies can cause increase in pulse. Some adrenal fatigue people have too overtaxed adrenals and will not generate increased pulse.

Juice in the morning is a tragic start to the day.

Perfumes – not a food but still a problem. Perfumes – polluted air, airborne chemicals can affect taste buds and brain to make you eat in a bizarre way. They can also increase adrenal fatigue

### Elimination Diet

Remove a food for three weeks. Start with a small amount – 1-2 bites. Without anything else. But water approx. 1 hour before and 2 hours after. Take your pulse sitting quietly before eating and every 15 minutes after for an hour. Keep a notebook handy. Record in a journal any emotional swings, mood changes or alterations in mental clarity. Note if energy level is up or down. Some reactions are almost giddy 30-45 minutes after you ingest the test item and then to fall into a real low.

Repeat again the next day – record same notes.

Repeat the third day ONLY if no reaction occurs. If still no changes then it is possible this is not a food sensitivities. If there are changes then this is probably a food sensitivities and this food should be removed from your diet.

Elimination diets are very accurate and inexpensive and can confirm suspicions about food sensitivities and allergies.

### Stress Reduction Soup

- 2 cups fresh green beans
- 1 cup chopped celery
- 1 zucchini, sliced
- 1 med onion, chopped
- 1 cup organic tomato juice
- 1 cup filtered water
- 1 teaspoon paprika
- 1 cup organic chicken broth
- Pepper to taste

Combine ingredients and simmer for one hour until vegetables are tender.

Enjoy this soup any day – any time. Your body will metabolize this recipe and bring balance to the hormone functions within the adrenal glands.



## ADRENAL FATIGUE

### Nut Milks

- 1 cup favorite raw nuts and seeds
- 4 cups warm spring water
- 1 tablespoons honey diluted with ¼ cup warm water ¼ teaspoon sea salt
- 3 capsules 400 IU vitamin E open and squeeze oil into mixture, discard capsule

Blend 2-3 minutes on medium high speed strain through 3 layers of cheesecloth into a sterile container. Store in refrigerator. The residue can be mixed with cooked rice or other ingredients like dried fruit to make bars, cookies and desserts.

### How to Eat

- Blessing – open your PNS for digestion to happen
- Peaceful location = pleasant surroundings
- Play music
- Think of enjoyable things
- Eat sitting down
- Take a deep breath
- Chew your food well – 25 – 30 times per mouthful
- Avoid hectic and rushed meals

**Herbs for Calming Effect:** Panax ginseng, Siberian ginseng, ashwaganda (best product for this is the **Stress Relief** from Shaklee, see sources at the end of this document)

Ashwagandha root and leaf has been used since 1000 BC for effects on adrenal tissue and function. It is anti-inflammatory, perfect for rheumatic pains, inflammation of joints, and it is adaptogenic – helps the body function to a normal level. If cortisol is too high it lowers it, if it is too low it raises it. It is capable of normalizing cortisol levels.

**This herb – Ashwagandha – is amazing. Your day will be the best ever – no stress will ever get the upper hand.**

Siberian ginseng – helps support and rejuvenate adrenal function, increase resistance to stress, normalize metabolism, regulate neurotransmitters. It counteracts mental fatigue which helps you have increased and sustained energy levels. This herb also helps with physical stamina and endurance. It has antidepressant properties. Calms anxiousness, improves sleeping, diminishes lethargy, and lessens irritability. This herb can normalize blood sugar, stimulate antibodies against bacteria and viruses, increase resistance to environmental pollutants, improve absorption of B vitamins and decrease vitamin C loss.

### Vitamins Necessary for Renewal of the Adrenal Glands



## ADRENAL FATIGUE

- ✓ A good multi vitamin
- ✓ Vitamin C – beyond what is in the multi vitamin
- ✓ B Complex
- ✓ Omegas and GLA
- ✓ Many books and authors will suggest many more – this is just the essentials to have everyday.

### Journaling

The best way to notice changes negative and positive is through journaling. Make notes of:

- How you are feeling
- What you are able to do
- General overall symptoms

As improvement happens – and it will as you make changes – journal what you are able to do and how you are able to complete more things. Your frame of mind is improving generally things are going more smoothly in your life and you are better able to handle the rocky time.

### Energy Robbers – Dangerous to Your Future

- Overwork - no play
- Little or no regular exercise
- Constant negative thoughts
- Unattended health problems
- Refined junk food
- Eating out more than twice a week
- Debilitating attitudes and beliefs
- STRESSORS:
  - Financial pressures
  - Psychological stress
  - Lack of relaxation
  - Negative attitudes and beliefs
  - Unwanted unemployment
  - Fear
  - Coffee
  - Caffeine
  - Marital stress
- Lack of good food
- Lack of exercise or excessive exercise
- Prescription and OTC Rx
- Wound healing
- Sugar
- White foods
- Poor eating habits
- Lack of sleep
- Smoking
- Over exertion
- Allergies
- Emotional stress
- Repeated stresses
- Infection – a cute and chronic
- Death of a loved one
- toxins

### Goal for recovery

Lifestyle changes  
High quality food  
Regular meals  
Positive attitudes



## ADRENAL FATIGUE

Biblical Belief Basis – You are loved by God and He created you for excellence.

Nutritional supplements

Mild regular exercise

Reframing – learn to change situation

### Stress is Addictive and Cumulative

The number of stresses, the intensity of each stress and the frequency with which they occur plus the length of time it is present all combine to form the stress load.

Your body calculates this load every minute of every of your life. It makes instantaneous adjustments as stresses change.

We each have a different capacity.

### Primary components of lifestyle leading to adrenal fatigue

- ✓ Lack of sleep
- ✓ Poor food choices
- ✓ Using food and drinks as stimulants when tired
- ✓ Staying up late even though fatigued
- ✓ Being constantly in a position of powerlessness
- ✓ Constantly driving yourself
- ✓ Trying to be perfect
- ✓ Staying in no-win situations
- ✓ Lack of enjoyable and rejuvenating activities

### Your Future is a Result of Neglect or Positive Changes

Disease and organ failure happen gradually – cancer can have a 20 year life span before noticed. Adrenal fatigue can be harboring for 10 years or more.

By the time you admit there is a problem your body is already attacking itself with autoimmune disease.

### Give your body a fighting chance

**Symptoms** – what we sense and feel – precede the signs – visible changes and laboratory or clinical findings.

As the problems progress these symptoms and signs accumulate to form a syndrome which is a collection of signs and symptoms attributable to a known medical condition.

Medicine recognizes a problem when it is a condition. Your body gives warning long before a condition is diagnosable. Use your senses and make changes now – before problems insurmountable exists.

**You control your recovery – with food, beliefs, and lifestyle.**

**Reframing** – is a process of changing focus in which new information and or a new point of view alters the way you see something. When you change how you see something you also change how your body responds to it.



## ADRENAL FATIGUE

**Belief** is an internal equation you live by.

Example: job success=exhaustion – therefore - change to job success=focus on relaxation

Turn lemons into lemonade

How do you see yourself: fat, ugly, no will power

### **Steps to Reframing**

1. Keep track for 2 days how often you have negative thoughts.
2. Mark each one each time it comes to mind.
3. Total the number.
4. See which are the top 5 negative thoughts.

Discover what you want: Next to each negative comment written down write it out into a positive.

Changing how you see yourself will make you more powerful, more in control, respected by others, and more lovable.

### **Reframing – reframe negate thoughts into positive ones**

Act according to your reframed perception. Reframing shifts your focus from the wall to the doorway.

## Exercise

Exercise is very necessary for balance in all systems especially the adrenal glands. If you are currently not exercising then start by doing 5 minutes per day all seven days per week. When this is accomplished add another 5 minutes for a total of 10 minutes per day all seven days of the week. Continue doing this till you reach a total of 30 minutes per day 7 days a week.

The body never stops functioning and the systems in your body function better with adequate exercise. The adrenals respond well to exercise with lessening depression through the release of balancing hormones.

### **Exercise decreases depression – empowering as well as rejuvenating**

Sources:

Adrenal Fatigue The 21<sup>st</sup> Century Stress Syndrome, James Wilson  
Nutrition in Clinical Practice, David Katz