

UNDERSTANDING ADRENAL FATIGUE

Symptoms, Causes, & Recovery





FUNCTIONS OF YOUR ADRENAL GLANDS

01

Stress Response

The purpose of the adrenal glands is to **help the body cope with stress** and thrive. The adrenals enable the body to deal with stress from every possible source, ranging from injury and disease, to work and relationship problems.

02

Metabolism

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.

03

Anti-Inflammation

The adrenals have a protective activity of **anti-inflammation and antioxidant hormones** secreted by the adrenals reduce the negative and allergic reactions to alcohol, drugs, foods and environmental allergens

04

Hormones

After menopause in women and andropause in men, the adrenals become the **major source of the sex hormones**. These hormones have physical, emotional and psychological effects including sex drive level & weight gain

05

Muscular Strength

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

06

Disease Response

The propensity to develop certain kinds of diseases and the **ability to respond to chronic illness** is influenced significantly by the adrenal glands. In chronic illnesses, adrenals perform a more critical response..

STRESSES LOAD



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.

Learn more about this in the Treasures of Healthy Living Bible Study and the Treasures Nutrition Manual.

ADRENAL FATIGUE SYMPTOMS

Your adrenals affect your EVERYDAY LIFE. Do you have ANY of these symptoms?

Adrenal Stress Symptoms

- 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

Hypothyroidism 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

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.

ENERGY ROBBERS: DANGEROUS TO YOUR FUTURE

LIFESTYLE AND PHYSICAL STRESSORS

- Little or no regular exercise
- Constant negative thoughts
- Unattended health problems
- Lack of exercise or excessive exercise
- Prescription and OTC Rx
- Lack of sleep
- Smoking
- Over exertion
- Allergies
- Emotional stress
- Repeated stresses
- Infection – acute and chronic
- Death of a loved one
- Toxins

FOOD STRESSORS

- Refined junk food
- Eating out more than twice a week
- Coffee
- Caffeine
- Lack of good food
- Sugar
- White foods
- Poor eating habits



DEBILITATING AND BELIEF STRESSORS

- Financial pressures
- Psychological stress
- Lack of relaxation
- Negative attitudes and beliefs
- Unwanted unemployment
- Fear
- Marital stress
- Wound healing





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 a no-win situations
- Lack of enjoyable and rejuvenating activities

*Your Future is a Result of Neglect or Biblically
Abundant Changes*

Disease and organ failure happen gradually – cancer can have a 20 year life span before being 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

ADRENAL FATIGUE RECOVERY

DIET, HERBS, JOURNALING & MORE



FOOD IS PRIMARY FOR THE HEALTH ADVANTAGE

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

FATS – OILS, SEED OILS, FISH OILS



- Eat cold water ocean fish, wild caught
- Use lower temp cooking methods
- Eat fried foods occasionally. Avoid all deep fried foods
- Avoid restaurant foods cooked with oils. This leaves fresh and raw or steamed foods.

- Eat fresh seeds and nuts – except peanuts.
- Buy only fresh raw, cold pressed unrefined ,organically grown oils stored in light proof containers. Keep all oils in refrigerator
- Consume 1-2 tablespoons of flaxseed oil per day, sprinkled on meats, vegetables, or grains. If you are unable to digest fats, which means it causes queasiness or weight gain see resources below for the right enzymes to alleviate this.



HIGH SODIUM VEGETABLES

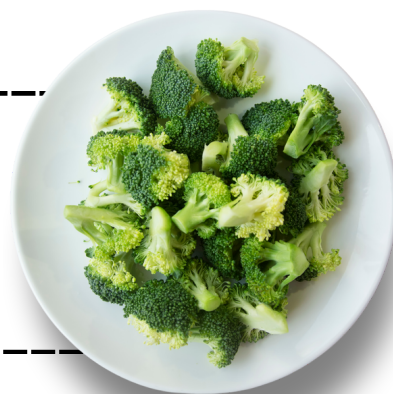
Adrenal fatigue is typically a sign of low sodium.



- Add 6-8 servings of vegetables daily to the diet. Choose colors – bright green, red, orange, yellow, purple.
- Vitamin C is diminished when cooked, yet carotenoids are increased when lightly cooked.

Remember cruciferous vegetables. Eat a minimum of 1 cup per day raw of these 12 incredible healing vegetables.

Cruciferous vegetables include:



Arugula



Broccoli



Cabbage



Cauliflower



Kale



Bokchoy



Brussels sprouts



Turnip

SEEDS AND NUTS (RAW)

Adrenal fatigue is typically a sign of low sodium.



Nuts and seeds are craved when adrenals are malfunctioning. It is typically the salt the body needs. These foods are very nutritious so they are allowed in the healing process.

Yet, be careful, it only takes 10 nuts to make a complete serving. Enjoy nuts raw. Watch for added flavorings and sugar.

If you prefer cooked, then dry roast them. Nuts and seeds you can dry-roast include sesame seeds, pumpkin seeds, sunflower seeds, flax seeds, filberts, cashews, almonds, Brazil nuts, coconuts, pecans, walnuts, chestnuts.

Here are the instructions: Bake on a cookie sheet in the oven preheated to 200°F for approximately 20 minutes. Can sprinkle Bragg's Liquid Aminos just before or just after roasting.



**DRY
ROASTED
CASHEWS**



FRUITS & OTHER FOODS



- Go lightly in the morning or none at all. 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

- Kelp are perfect for adrenals.
- Include olives in your daily diet. Green, black, and other varieties
- Other vegetables to eat include: red peppers, Swiss chard, beet greens, celery, zucchini



Condiment: Mix flax oil and Bragg's Liquid Amino or apple cider vinegar as the perfect condiment for sandwiches and salads.

A close-up photograph of a blue ceramic bowl filled with a hearty bean soup. The soup contains a mix of red kidney beans, white beans, and yellow corn. A large green leaf of parsley is garnished on top. In the background, there are slices of whole-grain bread and a sprig of fresh herbs. The bowl is set on a white textured surface.

Rich & Soothing!

STRESS REDUCTION SOUP



Ingredients

- 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

Directions

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.



Prepare Time

15 Minutes



Cook Time

30 Minutes



Nut Milk Recipe

Ingredients

- 1 cup favorite raw nuts and seeds
- 4 cups warm spring water
- 1 tablespoons honey diluted with $\frac{1}{4}$ cup warm water
- $\frac{1}{4}$ teaspoon sea salt
- Add 1-2 Omega gel caps, punctured and poured out, into the milk mixture.

Directions

Blend 2-3 minutes on medium high speed.

Then strain through 3 layers of cheesecloth into a sterile container.

Store in the refrigerator.

Note: The pulp can be mixed with cooked rice or other ingredients like dried fruit to make bars, cookies and desserts.



Prepare Time

8 Minutes



Servings

4 cups

CALMING HERBS



Panax ginseng, Siberian ginseng, ashwaganda and Phodiola are calming herbs.

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.



Ashwagandha

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

Siberian Ginseng

It 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.





Siberian Ginseng also 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

☐

A good multi vitamin

☐

Omegas

☐

Vitamin C – beyond what is in the multi vitamin

☐

Enzymes

☐

B Complex

☐

Probiotics

Many books and authors will suggest many more – these are just the essentials to have everyday.



PRIMARY COMPONENTS NECESSARY TO HEAL

01

Rest

Get at least 8 hours of sleep each night in a dark room and in bed by 10 pm.

02

Nap

If you feel tired, don't grab a caffeine drink, instead lay down for 10 minutes.

03

Exercise

Every day spend at least 10 minutes in the sun exercising. For a quicker rebounding exercise for 30 minutes per day, with 1-2 days per week on a long walk or bike ride.

04

Enjoy Life

Find a beach, or a mountain to climb. Have a time of fun planned in your weekly schedule. Sing, dance, play!

05

Read God's Word

Healing comes from the power of His Words and the power of His name. Take time to learn His words.

06

Eat

Eat real food, by the three principles (see the Treasures Bible Study to learn these)



GOAL FOR RECOVERY

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 alright.

If your body does not digest a certain food well, that is a need for enzymes. Eating fats can cause weight gain or queasiness. This is a need for the enzyme lipase. Eating carbs such as beans, lentils, vegetables with high fiber and other foods can also cause distress. This is because of a lack of enzymes. Taking a Digestive enzyme with each meal will correct that.

See *RESOURCES* at the end of this document.

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 symptoms are going away this is a further indication that what you consumed yesterday is probably affecting you.

This hangover is not fatigue.

Avoid hot chocolate
as it contains too
many stimulants,
sugar and caffeine at
the same time



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 an 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 the brain to make you eat in a bizarre way. They can also increase adrenal fatigue.

Hunger Satisfied Journal

The first place to see the changes in the body take place is by using the Hunger Satisfied Journal. This amazing tool will help you identify the foods that are causing problems, take note of how you feel mentally and physically and also see progress.

When all tools in this journal are applied, the stress goes down immediately and the health challenges begin to dissipate.

If you need help identifying the food culprit causing issues. Then the Elimination Diet is the best place to start. It may seem time consuming or difficult in the beginning. But it will save you thousands in medical expenses when you learn to apply it for a short time of 1-3 months.



ELIMINATION DIET

Start this diet by removing a food group or certain food for three weeks. After three weeks has passed then add that food back in. Elimination diets are very accurate and inexpensive and can confirm suspicions about food sensitivities and allergies.

01. Start small.

Start with a small amount – 1-2 bites. Without anything else. But water approx. 1 hour before and 2 hours after.

02. Check your pulse.

Take your pulse sitting quietly before eating and every 15 minutes after for an hour. Keep a notebook handy.

03. Record energy level.

Record in a journal any emotional swings, mood changes or alterations in mental clarity. Note if your energy level is up or down.

04. Emotional effects.

Some reactions are almost giddy 30-45 minutes after you ingest the test item and then fall into a real low.

05. Repeat.

Repeat again the next day – record the same notes. Repeat the third day ONLY if no reaction occurs. If still no changes then it is possible this is not a food your body is sensitive to.

If there are changes then this is probably a food sensitivity and this food should be removed from your diet. It is very possible to enjoy this food after one year of healing.



HOW TO EAT

Blessing – open your Parasympathetic Nervous System 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



Journaling

The best way to plan a day of less stress and then live out that plan is with the Hunger Satisfied Journal.

Take note of how you want the next day to go.

Decide what you want to eat and then follow those suggestions as written.

Make notes of:

- How you are feeling
- Advantages
- Bible Verse of the Day
- Credits
- What you are able to do
- General overall symptoms

As improvement happens – and it will – journal what you are able to do and how you are able to complete more things.

Over time, your stress goes down immediately and the health challenges begin to dissipate.

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.



Coach Yourself

This is possible when we see the results we are getting are not what we truly want. Then it is possible to change the result by going back to the belief that brought that result.

To learn more about this use the 40 Day Transformation course to walk you through this process.

Beliefs – initiate behaviors and behaviors lead to blessings or curses.

What do you prefer to experience?
Blessings or curse?

It is within you to make that happen.

Turn lemons into lemonade.

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

How do you see yourself?

Steps to Self Coach

1. Identify the thought or belief that is leading you to be stressed, or overeat, or be mad at your friend.
2. Change the thought or belief to be more in agreement with God's Word.
3. Become aware that each time the old 'you' comes to mind, tell that thought or belief, "That's Not Me Anymore!"
4. This takes practice. Old beliefs have been allowed to live in your mind for too long. They need to know they are not welcome.
5. If you need help with this, join the Biblical Nutrition Academy Inner Circle. There are 5 coaches to help you see this happen sooner with less effort. And that is an AMEN, shouting ground!!



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.

Weights – make sure each week you do 3 days of weight lifting for 20 minutes.

This is very powerful for the adrenal glands as they will be required to respond to the needs of the muscles with hormones. This initiates the adrenals to get in balance.

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

The adrenals respond well to exercise with lessening depression through the release of balancing hormones.

GIVE YOUR BODY A FIGHTING CHANCE

YOU CONTROL YOUR RECOVERY – WITH FOOD, BELIEFS,
AND LIFESTYLE.

Syptoms

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.

01



02



Adrenal Crash

An adrenal crash can be unchangeable. It is that unexpected heart attack, or brain aneurysm. It is not pretty. And the healing is in your hands. Don't ignore that fact!

Medicine

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 insurmountable problems exist.

03





The Road To Recovery

- Lifestyle changes
- High quality food
- Regular meals
- Biblical Understanding How Much God Loves you - no matter what!
- Walk in the power of His love
- Walk in the Fruits of the Holy Spirit

Biblical Belief Basis – You are loved by God and He created you for excellence. Nutritional supplements
Mild regular exercise

If doing these changes is too hard on your own. It is highly recommended to join the Biblical Nutrition Academy Inner Circle for coaching.

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

Your Future is a Result of Neglect or Biblically Abundant Changes

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



Treasures Of Healthy Living Bible Study - this Bible study has timeless information that will help you learn what the Bible says about healthy living from Genesis to Revelation.

Treasures of Health Nutrition Manual - this is your own personal encyclopedia of ehealth information, including stress and adrenal glands.

40 Day Transformation - when you are truly ready to see a new you, this is the course to step into.

Biblical Nutrition Academy Inner Circle - When you are ready to see it happen sooner with less effort - this is the group for you.

All five coaches will help you become aware of what is holding you back and step into the abundant life God designed.

TREASURES



ENZYMES, SUPPLEMENTS AND OMEGA

Amare Digestive – use coupon code ANNETTE10 for first order.

Amare Protiotic – Use coupon code ANNETTE 10 for first order.

Amare Vita GBX – a good multi with added extracts for gut healing and mind connection

Amare Omega – Use coupon code ANNETTE10 for first order. (if ordering more than one product, do so in one order. The coupon code is only good once and shipping applies to each order.)

Transformation Enzymes – Digest for all food categories, Carbozyme for difficulty digesting carbs, Lypozyme for difficulty digesting fats

Transformation Enzymes – SuperCell is a multivitamin which includes enzymes for best absorption.

Transformation Enzymes – use coupon code REEDR25 for 25% off your order.

