

ADRENALS FACT SHEET:

WHAT CAUSES ADRENAL FATIGUE?

ADRENALS RESPOND TO EVERY KIND OF STRESS, NO MATTER THE SOURCE (PERIOD). THEREFORE, WHENEVER POSSIBLE, AVOID STRESS TRIGGERS SINCE THIS WILL INDUCE AN ADRENAL RESPONSE.

DIETARY GUIDELINES:

CONSUME

FOLLOW A LOW-CARB DIET OBTAINING CARBS IN VEGETABLE FORM-- GREEN, YELLOW, RED, OR PURPLE (BEST).

HIGH SALT DIET, ADRENALS LOVE SALT!

*MONITOR B.P. IF PRE-EXISTING CONDITION

FRUITS THAT ARE HIGH IN VITAMIN C.

WHOLE GRAINS--BROWN RICE, QUINOA, MILLET, BARLEY, OATS (STONED OR STEEL) *NO SUGAR.

SNACK ON SALTED NUTS.

FATS SHOULD MAKE UP 20-25% OF YOUR DAILY CALORIC INTAKE. USE BUTTER, COCONUT, OLIVE, OR AVOCADO OIL, ORGANIC PEANUT BUTTER, OR BACON GREASE.

CONSUME YOUR CHOICE SOURCE OF PROTEIN THREE TIMES PER DAY.

AVOID

AVOID CAFFEINE WHEN POSSIBLE--GREEN TEA IS A GREAT REPLACEMENT

NO HIGH FRUCTOSE CORN SYRUP (OFTEN FOUND IN SODA, FRUIT PUNCH, GATORAID, ETC.).

MAJOR STRESSORS:

LIFE IN GENERAL. ALL TYPES OF SUBSTANCE ABUSE

SLEEP

ESTABLISH A ROUTINE THAT ALLOWS 30 MINUTES TO COOL DOWN BEFORE BED.

ATTEMPT TOTAL DARKNESS (AS DARK AS POSSIBLE) IN THE ROOM WHERE YOU WILL BE SLEEPING.

AIM TO SLEEP FOR A TOTAL OF 8 HOURS WHEN POSSIBLE, SLEEPING PAST 9 AM WHEN OPPOROTUNITY ALLOWS.

- IF WAKING IN THE NIGHT, TRY TO CONSUME AROUND 20 GRAMS OF PROTEIN (PROTEIN BAR, BOILED EGG, PROTEIN DRINK, ETC.) TO BALANCE BLOOD SUGAR. *NO JUICES!
- RESOLVE FOOD CRAVINGS WITH PROTEIN AND FAT.

SIGNS

1. DIFFICULTY GETTING UP IN THE MORNING.
2. CONTINUING FATIGUE NOT RELIEVED BY REST.
3. CRAVINGS FOR SALT OR SALTY FOODS.
4. LACK OF ENERGY.
5. LIGHTHEADEDNESS WHEN QUICKLY STANDING UP.

(CONTINUED ON BACK)

ADRENALS FACT SHEET:

SIGNS OF ADRENAL FATIGUE CONTINUED:

6. HOT FLASHES-BOTH MALE AND FEMALE
7. MILD DEPRESSION
8. INCREASED EFFORT REQUIRED TO DO EVERYDAY TASKS.
9. DECREASED SEX DRIVE.
10. DECREASED ABILITY TO HANDLE STRESS.
11. INCREASED TIME NEEDED TO RECOVER FROM ILLNESSES (COVID/FLU), TRAUMA, OR INJURY.
12. DECREASED ENJOYMENT, LACK OF ZEST, OR HAPPINESS WITH YOUR LIFE.
13. INCREASED PMS SYMPTOMS.
14. SYMPTOMS INCREASE WHEN MEALS ARE SKIPPED.
15. THOUGHTS ARE LESS FOCUSED, AND FUZZIER.
16. MEMORY IS LESS ACCURATE.
17. DECREASED TOLERANCE.
18. DECREASED PRODUCTIVITY.
19. CENTRAL (MID-SECTION) OBESITY, VERY DIFFICULT TO LOSE.