

Adrenal Balancing Protocol

Add (+)	Remove (-)
<p>Fat</p> <p>Fat is a precursor for cortisol production (by the adrenals) and helps balance the sugar levels. Refer to "Fats & Oils Guide" to pick the right fats. Add minimum 2-3 tbsp/day.</p>	<p>Stress</p> <p>Stress originating from past or present physical exertion, emotional distress, digestive issues or chemical exposure is the most common reason for adrenal dysfunction. Elimination, reduction and reframing stress are key in adrenal recovery.</p>
<p>PFF Breakfast</p> <p>Breakfast rich in proteins, fat and fiber, within 1 hour of rising. This will ensure stable sugar levels and help adrenal recovery.</p>	<p>Blood sugar fluctuation</p> <p>Since the adrenals are also responsible for stabilizing blood sugar levels, low or high sugar levels will cause further distress. Learn how to balance your sugar levels with our Sugar Balancing Protocol.</p>
<p>Vitamin C</p> <p>A critical vitamin in adrenal recovery. Highest levels of vitamin C are found in camu camu, a Peruvian berry. Use ½ tsp/day, add to smoothies or a glass of water.</p>	<p>Coffee and caffeine</p> <p>Coffee exhausts the adrenals due to the increase in sugar levels and ramping up the body. Switch to matcha green tea or caffeine-free herbal teas. Roasted chicory or dandelion root tea is also a good caffeine-free alternative. Avoid caffeine if sensitive to it.</p>
<p>Sea salt</p> <p>Sodium loss can happen with adrenal dysfunction, therefore adding ½ tsp or more of sea salt per day is recommended.</p>	<p>Food intolerances</p> <p>Gluten, dairy, eggs, soy, corn, sugar, nightshades, yeast, sometimes grains and, of course, sugar can contribute to digestive distress and fluctuating sugar levels. Do the Elimination Diet to find what your sensitivities are – they are key to healing your adrenals.</p>
<p>Superfoods</p> <p>Adrenals need superior nourishment. Add plenty of superfoods like bone broths, vegetable broth, ferments and sprouted food.</p>	<p>Alcohol</p> <p>Alcohol is sugar, too. If you must drink, limit to 2-3 drinks per week, always with or after food. Avoid drinking late at night as it may disturb your recovery sleep and create additional blood sugar level spikes.</p>
<p>Sleep and slowing down</p> <p>Getting sufficient sleep and rest is critical in adrenal recovery. Food and supplements alone won't help. Learn to slow down, do less in the day, say "no" more often to things you don't really need to do and find nourishing "me time."</p>	<p>Excessive exercise</p> <p>Be gentle on yourself and avoid excessive, especially cardiovascular exercise – it exhausts the adrenals even further. Yoga, tai chi, pilates, swimming, hiking or dancing are more soothing for the adrenals. You should never feel tired after exercise.</p>
<p>Magnesium</p> <p>Magnesium is a "spark plug" for the adrenals. Best absorbed before bed. Found in: brown rice, beans, spinach, Swiss chard, nuts, seeds, sea vegetables like kelp. If supplemented, add 400mg/day in malate, citrate or glycinate form.</p>	
<p>Vitamin B complex</p> <p>All B vitamins are critical for the entire adrenal cascade. Food rich in vitamin Bs is liver, animal proteins, seaweed, mushrooms, sunflower seeds, spinach.</p>	
<p>Vitamin E</p> <p>Vitamin E helps vitamin C to do its work and it absorbs and neutralizes the damaging free radical molecules inside the adrenal glands. Food highest in vitamin E is: sunflower seeds, almonds and spinach. If supplemented, take 400mg/day.</p>	
<p>Herbal and glandular support</p> <p>In the case of high cortisol levels, try rhodiola arashwaganda. In low cortisol levels, licorice and/or adrenal glandulars might be helpful.</p>	