

DR. MICHELLE'S

Natural

ADRENAL REBOOT

Feeling stressed, fatigued, or even burnt out? It could be your adrenals getting tired. Adrenal dysfunction is a phenomenon characterized by a disruption of your adrenal glands' ability to make cortisol in the right amounts at the right times in response to stress. If your adrenals aren't firing like they should, give them a reboot naturally with these 9 steps.



Step 1: Follow an Adrenal Friendly Diet.

Avoid dairy, gluten, corn, sugar and soy, as well as processed foods. Eat nutrient-dense foods – organic, colorful fruits and vegetables.

Focus on clean protein, high-quality healthy fats (grass-fed butter, extra virgin olive oil, coconut oil, avocado/avocado oil, nuts and seeds, etc.), and moderate carbohydrates.

Carbohydrates eaten early in the day should be mainly leafy greens and vegetables. Limit starchy vegetables and whole grains before 3pm.

Nourish your body at regular intervals, and never skip meals.

Eat within an hour of waking to keep blood sugar stable. Avoid starch carbohydrates first thing in the morning. Eat plenty of protein, healthy fats and veggies in the morning.

Restrictive dieting and calorie restriction is not recommended, as these practices will stress the adrenals.

Eating an extremely low-carb diet is not advised with adrenal dysfunction. The body needs carbs during times of stress – just choose the right carbs. Wait until you have healed your adrenals before experimenting with a ketogenic diet.

Adrenal dysfunction can cause the loss of sodium, and important electrolyte, in the body. Add a pinch of Himalayan sea salt, Celtic Sea Salt, Redmond's REAL Salt, or high-quality sea salt to each meal to boost sodium levels and replenish minerals.

Sample Adrenal Reboot Meal Schedule

7 a.m. – 8 a.m.

Anyone with adrenal fatigue should break their overnight fast with a protein-rich meal and avoid skipping breakfast, as that only creates more stress and fatigue. However – the wrong breakfast will also cause more blood sugar imbalance and cravings, so here is the best option:

Meal 1: Eggs, goat cheese, lean meats, non-starchy vegetables, mixed greens, pumpkin and sesame seeds with Celtic sea salt. A vegetable based smoothie or breakfast soup can work here as well. Limit fruits and starchy carbs at breakfast. Enjoy with one cup of organic coffee (max). Be sure to have food in your tummy before drinking your coffee.

Tip: Say no starchy carbs at breakfast! It helps to control blood sugar for the day and prevent cravings. It also helps to improve mental function and focus. And use Celtic sea salt as a source of natural minerals that help with energy, hydration, and blood pressure balance.





Soft-Boiled Eggs with Sautéed Greens

Serves 1

INGREDIENTS

2 eggs
2 cups spinach
1 tablespoon extra virgin olive oil
1 garlic clove
squeeze of lemon
salt and pepper

Place eggs in a saucepan and cover with water. Bring to a boil and then remove from heat and let sit for 10 minutes.

Add oil and garlic clove to a sauté pan. Heat over low heat until garlic begins to sizzle. Remove clove and add spinach. Cook for a 2 – 5 minutes until wilted. Season with lemon juice, salt and pepper.

11 a.m. to 1 p.m.

Many people with adrenal burnout tend to have low blood sugar levels between meals since the hormones that help them regulate blood sugars are bottomed out. You want to boost blood sugar for energy – but not too much!

Meal 2: Sliced turkey, feta, strawberries, and Vidalia onion on a bed of greens salad. Top with toasted pine nuts or pumpkin seeds.

Mediterranean Salmon Salad

Serves 2



INGREDIENTS

1 can of sustainably caught salmon, drained
½ celery, diced
¼ cucumber, diced
1 tablespoon capers
5-6 chopped kalamata olives
1 tablespoon hemp seeds
1 tablespoon olive oil
Squeeze of half lemon
salt and pepper to taste.

Mix all the ingredients together and serve in a lettuce wrap or on a bed of greens.

3 p.m. to 4 p.m.

Regular meal times and consistency is vital to help repair adrenal glands and imbalanced sugars. You can also include certain foods known to particularly improve adrenal gland health.

Meal 3: An option containing whey – which helps to balance cortisol. A whey protein smoothie is an easy option with whey, almond butter, almond milk or water, and a fiber supplement – you just shake and go!

More great options include:

1 cup Greek yogurt. Greek yogurt contains the most whey, which naturally helps to balance cortisol.

10 toasted walnuts and/or pecans. Both of these nuts have cortisol-balancing properties, antioxidants, and essential fats to improve blood sugar balance.

Shaved dark chocolate or two squares of dark chocolate. Chocolate boosts your mood and balances cortisol - even in pregnant women. It also helps blood sugar and insulin balance and aids digestion, which is often in of need of support in those with adrenal fatigue.

1 small sliced kiwi or ½ cup strawberries. Your top two fruit selections for a dose of vitamin C.





Creamy Cashew Smoothie

Serves 1

INGREDIENTS

1 cup unsweetened almond milk

1 tablespoon cashew butter

1 scoop paleo protein powder – Designs for Health, Primal Kitchen, Julian’s Bakery, are great brands

½ avocado

½ cup frozen raspberries

Blend and enjoy!

6 p.m. to 7 p.m.

In addition to keeping your blood sugar topped up and balanced we now also want to think of boosting the hormones that help our mood for burnout recuperation and our sleep for nighttime rejuvenation.

Meal 4: A meal containing starchy carbs to improve sleep and balance cortisol into the evening. Great gluten free carb options are quinoa, wild rice, sweet potatoes and plantains. Try a quinoa chicken curry stir-fry.



Green Curry with Summer Veggies

Serves 4

INGREDIENTS

1 onion, peeled and diced
3 cloves garlic, minced
1 tbsp. green curry paste
1 medium summer squash, diced
1 zucchini
2 baby bok choy, chopped
½ cup sugar snap peas
1 rotisserie chicken (meat removed and chopped)
1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
1 cup vegetable broth
2 bunches of kale
Salt and pepper to taste
Fresh basil and cilantro for garnish
2 tablespoons coconut oil

In a large pot heat coconut oil and sauté onions until they are soft (about 6-8 minutes). Add the garlic and green curry paste. Add the vegetables, chicken, and coconut milk. Bring to simmer and add the vegetable stock. Simmer until the veggies are tender (about 10 minutes). Add the greens, then season with salt and pepper.

Garnish with basil and cilantro.

Step 2: Go to bed early.

Getting to bed before 11pm is a must in any stage of adrenal fatigue. Many people get a second cortisol surge after 11pm, which further disrupts sleep patterns.

Sleep as much as necessary to give your body a chance to rest and recover.

Sleeping 8 to 9 hours is ideal.

Practicing good sleep hygiene is important, too. Have a routine that you do each night. This looks different for everyone, but you might wash your face, brush your teeth, take a bath, meditate and then go to bed.

Try to do this starting around the same time each night. Make sure that your room is cool and dark.

Avoid tv and phone/tablet screens at night as the blue light will disrupt your circadian rhythm (internal clock). Don't sleep with the tv on at night.

Also, waking up around the same time each morning will help to keep your circadian rhythm in check.



Step 3: Flood the adrenals with B vitamins.

B vitamins (B5 and B6 in particular) are food for the adrenals and can be low in a high-fat, low-carb diet. B5 is called the “anti-stress” vitamin because of the central role it plays in adrenal function.

Some food sources of B5 are broccoli, egg yolks, mushrooms, nutritional yeast, meat, poultry, seafood and sweet potatoes.

B12 and folate also help with energy production. Nutritional yeast is an excellent source for all of the B vitamins, and can be added to veggies, homemade kale chips, salads and more.



Step 4: Cool inflammation.

Eating the rainbow and increasing the amount of leafy greens and vegetables you eat, can offer a punch of antioxidants, which will help with inflammation.

Avoid processed foods, especially those with damaged oils (canola, corn oil, vegetable oils, soybean oil, etc.) Using omega-3 fatty acids and vitamin C supplements can lower systemic inflammation levels allowing the adrenals to recover.

Turmeric and ginger are both known for their anti-inflammatory properties, and can be added to a variety of dishes, smoothies and teas.

Step 5: Replace important nutrients.

Vitamin D, selenium, magnesium and zinc are all important for proper thyroid function and adrenal function. Getting 15 minutes per day of direct sunlight on your skin can help increase vitamin D production; however, taking a supplement is often necessary.

The easiest way to get selenium is to eat 3-4 raw Brazil nuts every day.

Magnesium is vital for energy production, protein formation and cellular replication. Known as the relaxation mineral, magnesium helps to protect the heart and lower blood pressure, making it vital for supporting the body in healing from the stress response. Magnesium can be found in dark, leafy greens, almonds, broccoli, flaxseed, kelp, raw pumpkin seeds and halibut.

Vitamin C is a potent antioxidant that is necessary for the production of norepinephrine and epinephrine. It also boosts the immune system which is often suppressed with adrenal fatigue. Vitamin C is in bell peppers, spinach and other leafy greens, parsley, strawberries, citrus fruit, and in cruciferous vegetables like broccoli, cauliflower and brussels sprouts.

Step 6: Focus on hydration.

Dehydration is also a hallmark of adrenal fatigue. Aim to drink half your body weight, in ounces, per day. For example, if you weigh 150 pounds, you should drink at least 75 ounces of water each day.

Consider taking a multi trace mineral supplement so you can absorb more water into your cells. You can also add fresh lemon juice or Himalayan sea salt to your water instead.

Step 7: Use adaptogenic herbs or an Adrenal support formula.

Adaptogens are unique herbs that help to balance, restore and protect the body. While they don't have specific actions, they help the body to respond to stressors and normalize physiological functions.

Look for licorice root, ashwagandha, rhodiola, ginseng, holy basil, astragalus, maca, and other herbs that help balance and stimulate the adrenals. Ashwagandha is known to be very calming and is especially good for women. Holy Basil can be found as a tea called Tulsi Tea in most grocery or health food stores.

Many adaptogens can be found as teas and drinking a cup or two of this a day can be very beneficial. There are also supplements in pill, capsule or powder form containing these herbs.

Step 8: Build rest into the day.

Choose restorative activities like yoga and tai chi over CrossFit and killer cardio.

Take two 20-minute rest breaks a day. These aren't naps, but time outs alone to breathe and restore. Taking time to meditate, pray, do some yoga and stretching your body can bring cortisol levels down, and bring your body into balance.

Additionally, acupuncture can be extremely helpful in bringing your body into balance and helping to calm the stress response.

Step 9: Change your perspective.

Is your definition of success killing you? In many cases, what you perceive as success is driving you into adrenal overload. Let go of perfection and don't sweat the small stuff.

Learning to manage stress is an important part in healing those Adrenals. Learning to say no and setting priorities for yourself can be very helpful in managing stress.

Spend time with friends and loved ones, make time for hobbies and practice self-care.

Wondering if your adrenals need more TLC? Book a free consultation with our GLOW Natural Wellness concierge to learn more about our GLOW Protocol program and testing package options.

I'm **DR. MICHELLE SANDS, ND**

— a Naturopathic physician specializing in women's metabolism and hormones.

After 10 years of clinical practice and learning from the brightest minds in functional medicine, I've learned a ton about the physiological challenges and unique pressures that women contend with every day. The truth is, our modern world can wreak havoc on our hormones – unless we make a conscious decision to defend them.

Here's what I know for sure: when it comes to our health, we don't need more choices – we need clarity. Don't get me wrong, I LOVE the internet – it's great for shopping, streaming Netflix, and connecting with friends and family – but it's a very confusing place to get health information. Do this... Don't do that – with all the conflicting info – it is enough to make anyone through in the towel.

I'm here to offer those clarity and simplicity.
A plan that will ignite your energy, mood,
sexdrive & metabolism.

Armed with this information you can change
your body, your mind, and your view of
the world.

My goal is to keep you feeling Happy,
Heathy and Hot — at any age.

