

Adrenal Hypofunction Management

- 1. Analyse stressors** and work out strategies to reduce effect.
- 2. Optimise sleep.** Try to get to sleep by 10pm. Adrenals tend to go into overdrive between 10pm and 1am when they work hardest to repair body from stresses of day.
 - Good to sleep in to about 8:30am.
 - Cortisol tends to be at its peak between 6 and 8 am. (high in morning to wake us up)
 - Treatment melatonin 0.5 to 3mg at night. Superior Source 3mg under tongue.
 - Waking between 2 and 3 am indicates stress. Trial slow release melatonin or 5HTP, valerian, hops, theanine, etc. prior to bed as well as melatonin.
 - Look at Enzymatic Therapy revitalising sleep formula 1 to 2 at night.
 - Life Extension Foundation enhanced natural sleep with dual action melatonin.
- 3. No caffeine.** Includes, coffee, tea and caffeinated drinks.
- 4. Switch off TV and Computers.** Light reduces melatonin production and electrosmog can be problem if adrenal fatigued.
- 5. Exercise.** Great for stress reduction. Improves endorphins and increases oxygenation of tissues.
 - Needs to be done carefully with gradual and gentle increase according to energy.
 - Needs to be fun if possible eg Dancing, walking by beach or in bush.
 - Needs good recovery time following exercise.
 - Pycnogenol, black current powder from Sujon.co.nz and whey protein post exercise can improve recovery time.
 - Recent study suggested tomato juice high in lycopene can do the same. With tomato juice, avoid added sugar.
- 6. Supplements.** Needs guidance from Doctor or Health Practitioner.
 - Vitamin C, 500mg to 10 grams daily. Go up to bowel tolerance. If you get diarrhoea reduce to lower dose that bowel can tolerate. Best option Liposomal Vitamin C but more expensive than other forms. If not liposomal then trial with bioflavonoids. eg Thorne research Vit C with bioflavanoids (500mg Vit C per capsule). Carlson mild Vitamin C crystals (½ teaspoon contains 2 grams Vit C) or in capsule form (500mg per capsule)

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- Glutathione. Liposomal expensive. Much cheaper to use N-acetyl cysteine as precursor to glutathione. Nutricology NAC also contains alpha lipoic acid and RNA.
- Vitamin B5, 900 to 1500mg, stimulates adrenal function.
- Vitamin D, 5000IU superior source sublingual or Solgar liquid Vit D 5000IU.
- Magnesium 300 to 800 mg daily. Metabolic maintenance magnesium citrate 167mg per capsule. Nutramedix magnesium malate 100mg per capsule. Natural Factors WomenSense MagSence magnesium glycinate formula (1 scoop 280mg + other factors) Life Flo pure magnesium chloride flakes for bath or as foot soak.
- Hormones. DHEA pregnenolone and cortisol. Take only if prescribed by Doctor.
- Co Q10. 100 to 300mg daily. Jarrow formulas Q absorb 100mg pre capsule or Genceuticals 24 hour nano Co Q10 100mg.
- D Ribose. Healthy origins D-Ribose powder 1 tsp twice daily.
- Glandulars and herbals such as rhodiola and ginseng ashwaganda. Thorne adrenal cortex 1 to 3 daily. Nutricology adrenal glandular 1 daily. Natural Factors Adrenal Formula 2 at midday. Jarrow Formulas adrenal optimiser.

7. Nutrition.

- Do not skip breakfast. Best to eat soon after waking and not after 10am. Missing breakfast will cause low blood glucose which will send a message to adrenals to secrete cortisol. If you are already stressed and low on cortisol this will add further stress to your adrenal gland.
- Best time for lunch 11 to 11:30am.
- Best time for evening meal 5 to 6pm. Low glycaemic index snack at bedtime e.g. nuts and cottage cheese. Sugary snack will increase insulin levels and cause hypoglycaemia during the night.

8. Food.

i. Blood Glucose Levels.

- It is very important to maintain steady blood glucose levels. High glycaemic index foods - simple sugars, cause insulin release which will cause hypoglycaemia in people with adrenal fatigue. Hypoglycaemia can cause weakness and dizziness often between meals 10am to 12pm and 3pm to 4pm. At this time it is important to avoid more simple sugars and or caffeine which stimulate cortisol production.
- Best way to maintain good blood glucose levels is to eat 5 to 6 small low glycaemic index meals per day.

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- Try to eat whole food organic if possible and look at all labels on food products. Many processed foods are high in sugar and salt.
- ii. Cooking Methods.
- Eat raw vegetables and fruit if digestion can cope.
 - Lightly steamed veggies are ok. Grilling baking and slow cooking ok.
 - Do not fry, deep fry, roast or barbecue.
 - Use extra virgin olive oil as condiment.
 - Use coconut oil, rice bran oil, in very small amounts for cooking.
- iii. Salt.
- In later stages of adrenal fatigue the body tends to be water and salt deficient with low blood pressure. This is because the adrenal is no longer producing enough aldosterone which is responsible for maintaining salt and water levels in the cells.
 - People with adrenal fatigue tend to have salt cravings due to sodium deficiency with normal or high potassium levels.
 - If dehydrated, fluid replacement with electrolyte drinks should be slow and carefully done over 24 to 48 hours.
 - **Note:** avoid commercial electrolytes drinks such as Powerade as high in sugar.
 - Have fluid with ½ teaspoon of sea salt or vegetable juice diluted with water and Celtic sea salt and kelp. Good to have when you first wake up.