

# Adrenal Support

Under stress, the adrenal glands produce the hormone cortisol. Prolonged exposure to stress due to a variety of causes such as: chronic pain, work stress, family issues, financial issues, and deteriorating health will put an excessive demand for cortisol production on the adrenal glands. If cortisol levels remain elevated, symptoms may include: feeling tired but wired, difficulty sleeping and anxiety. The action of other hormones (progesterone, testosterone, and thyroid) can also be affected creating an imbalance and more symptoms. Adrenal fatigue occurs when the body can no longer produce the excess cortisol demanded of it due to the burden of stress over time, often referred to as 'burnout'. This can result in symptoms of low cortisol, such as: include fatigue, increased susceptibility to infection, decreased recovery from exercise, allergies, low blood sugar, burned out feeling, depression, and low sex drive. A helpful questionnaire for assessing adrenal function is found at: [www.adrenalfatigue.org](http://www.adrenalfatigue.org). Go to the questionnaire section and complete the "burnout" questionnaire.

## Supplements to Nourish the Adrenal Glands:

- **Cortico-B5-B6** (supports the adrenal gland- B5 is 500 mg & B6 is 100 mg)  
*Take one tablet each morning with food.*
- **Magnesium Glycinate** (supports adrenal function and promotes sleep)  
*Take one-three caps 30 minutes before bed.*
- **Vitamin C** (supports adrenal function) (use Ester-C when doses are over 1000mg)  
*Take 1000-2000 mg daily*
- **NutraSea Fish Oil** (supports adrenal function, stabilizes LDL, plaque in blood vessels, decreases triglycerides, decreases inflammation, nourishes brain, promotes healthy skin)  
*Take one tsp of liquid or 4 capsules of regular strength capsules or 2 of the 2x concentrated strength capsules daily for adrenal support*  
Use high potency formula (HP) when inflammation, psoriasis or high-triglycerides are a concern (capsules can be put in the freezer and swallowed frozen for people who experience the "burp back" fishy taste)
- **Metagenics Ultra Meal Shakes and Bars** (includes a multiple vitamin, low glycemic index carbohydrates, healthy fat and eating a diet consisting of smaller frequent meals with protein)  
Promotes higher metabolic rate and the protein nourishes the adrenal gland and helps to burn fat.  
*Mix 2 scoops in a bottle of water. Use two servings daily (one bar = one shake)*

## Herbal Products Which Affect Cortisol Production:

- **Relora** (use for stress with daytime fatigue and anxiety, decreased patience)  
*Take one capsule each morning to start. May take up to 3 daily but not at night.*
- **Sedatol** (used to reduce cortisol levels at night for sleep/active mind)  
*Take one or two tablets before bed.*
- **Exhilarin** (use for stress with mental exhaustion, hectic life, stress tolerance support)  
*Take one tablet 2-3 times daily*
- **Serenagen** (use when stressed and wired, calming formula, helps with rest)  
*Take 2 tablets up to three times daily*
- **Adreset** (use for stress with fatigue or exhaustion and feelings of physical weakness)  
*Take one or two capsules daily for up to three months then move to Exhilarin*
- **Licorice Plus** (use for adrenal fatigue, physical burnout, muscle aches & stiffness - may cause fluid retention-watch in high blood pressure)  
*Take two tablets once or twice daily for 4-6 weeks then reassess*
- **Ortho-Adapt** (adrenal glandular and botanical support for adrenal fatigue)  
*Take one capsule daily with a meal – may increase gradually up to 4 capsules daily*

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*the possibilities are endless...*

## Treatments for Anxiety

These non-prescription products create calm with minimal fatigue or dependency.

- **Rescue Remedy** (Homeopathic Drops or Spray)  
*Place 4 drops on the tongue as needed for feelings of anxiety. Can also be mixed in 2 tablespoons of water (30 ml) and sipped as needed.*
- **Nervoheel N** (Homeopathic Tablet)  
*Place one tablet in the mouth and let dissolve three times daily. In acute cases repeat dose every 30 minutes for up to 12 doses in a day. This helps nervousness, agitation, irritability and mood swings. Place tablet in a “clean mouth” – 15 minutes away from food, caffeine, toothpaste etc.*
- **Ultimate Stress Eliminator** (Homeopathic Drops)  
*Place 6 drops under the tongue as often as needed.*
- **Pascoe Calm** (Homeopathic Tablet)  
*Take 1 tablet twice daily with sufficient liquids.*
- **I-Zen** (Herbal Tablet)  
*Take 1 capsule daily with a glass of water.*

## Lifestyle Choices

A fundamental aspect of Adrenal Support is making time for the things in life which nourish you as a person. Daily deep breathing or meditation for as little as five minutes twice daily can have a positive impact. Make time on your calendar to do things you enjoy and spending time with people who make you feel good. Exercise and spending time outside are also extremely helpful stress reducers.