

Lifestyle Changes for Adrenal Stress syndrome

1. Avoiding Adrenal Stimulators

It is very important to avoid certain foods and chemicals in order to avoid excessive stress on the adrenal glands. In order to normalize the adrenals, not only is nutrition support required but the removal of stimulants and sources of adrenal stress need to be eliminated as well. Patients who do not comply with avoiding stimulators will have minimal results. The following is a list of foods and chemicals that need to be completely avoided when making an attempt to normalize adrenal function.

- Concentrated sugars
- Caffeine (decaffeinated is not acceptable because it still contains 60% of caffeine)
- Nicotine
- Alcohol
- Allergic foods (histamine is an adrenal stimulant)
- Partially hydrogenated fats (inhibit steroid hormone synthesis)
- Artificial sweeteners (blocks the conversion of phenylalanine to tyrosine which is needed to synthesize catecholamines in the adrenal medulla)
- Overeating
- Inadequate sleep

2. Stabilize Glucose Levels

If blood glucose levels are not stabilized, there will be minimal results when attempting to correct adrenal status. This is especially a concern with patients who have reactive hypoglycemia symptoms such as: irritability before meals, getting “shaky” and lightheaded when meals are missed, and when eating relieves fatigue. When blood sugar levels fall, healthy adrenals restore the levels back to normal. If the stress to the adrenal glands is not removed, the adrenals will not have the opportunity to rebuild. In addition to supplying the adrenals with the nutrients it requires to stabilize blood glucose levels such as **PROGLYCO-SP™ (K-13)** with hypoadrenia

and **GLYSEN™ (K-1)** with hyperadrenia, dietary guidelines need to be addressed to stabilize blood sugar levels throughout the day.

Dietary Guidelines to Stabilize Glucose Levels

1. Do not skip breakfast.
2. Eat a high quality protein-based breakfast.
3. Eat every 2-3 hours. Do not wait until you are hungry.
4. Snack with low glycemic foods such as nuts, seeds, hard boiled eggs, etc.
5. Avoid all fruit juices and carrot juice.
6. Never consume high glycemic fruits (foods) without a source of protein.
7. Avoid all adrenal stimulants (as listed above).
8. Eat a well-balanced diet consisting mostly of vegetables and lean meats.

3. Exercise in Aerobic Heart Range

It is crucial for patients with either hyperadrenia (increased cortisol) or hypoadrenia (low cortisol) to exercise in the aerobic heart range. We have two systems of energy production in our bodies – aerobic or anaerobic. Anaerobic exercises include activities that require fast, explosive movements such as weight liftings, fast paced jogging, sprinting, and any other form of exercise that cannot be performed for a long duration. On the other hand, aerobic exercise includes long duration activities such as walking, slow jogging, slow cycling, and any other form of exercise that involves endurance. It is absolutely crucial for patients with hyper or hypoadrenal function to focus on aerobic activity. Aerobic exercise utilizes the fatty acid / fat burning system of the body instead of sugar burning system induced by anaerobic activity. Anaerobic activity will put stress on the adrenals because simple sugars are being used for energy. When sugar levels decrease, the adrenals are required to normalize blood sugar levels. On the other hand, aerobic activity will not only decrease cortisol levels, but, it will also use fatty acids for energy instead of sugars and will not require the stress put on the adrenal glands to normalize blood sugar levels during and after the workout.