



The Ultimate Adrenal Fatigue Solution

How To Get New Energy, More Sleep, A Happier Gut & A Happier Mood

Dr Joseph Gitto

BA, DC, CFMP, FDNP, CWC

www.drgitto.com

Contents

Introduction	3
My Own Fatigue, Gut and Health Challenges	6
Your Everyday Response To Stress	12
What Are The Adrenal Glands And Why Are They So Important?	14
Three Stages of Adrenal Fatigue	16
You Can Slide Into Adrenal Fatigue and Not Realize It	22
Stress, Sex Drive and Sex Hormone Production	24
How Do I Know If I Have Adrenal Fatigue?	25
Andrea’s Story	27
What Are Some Other Causes Of Adrenal Fatigue?	28
Food Intolerance vs. Food Allergy	30
The Four Day Rotation Diet	32
Adrenal Glands, Stress and Immune Function	35
High Cortisol Suppresses The Immune System	37
Adrenal Glands and Your Digestive System	43
Lab Based Testing For Digestion Health	45
Helen	48
The Adrenal Fatigue Solution	49
D is for Diet	50
Recommended Foods for Better Health And Supporting Your Adrenals	52
Foods To Avoid	58
Food Allergies, Sensitivities and Rotation Diets	60
R is for Rest	63
E is for Exercise	66
S is for Stress Reduction	69
Conclusion	74

Introduction

Have you ever caught yourself thinking, Wow, I'm burned out! It's a feeling most people can identify with. But what does that really mean, and how does it happen?

I recently saw a patient whose story exemplifies true burnout. She was a 44-year-old working mom with two young kids, a high-powered job and busy city life. She had always been on the go — even her vacations were more like sightseeing missions than breaks.



She complained that she had started gaining weight a year earlier, and it wouldn't budge despite her usual cardio routine. She'd gone on a pretty intense diet, restricting carbs, but she wasn't losing weight.

Her main issue, though, wasn't the weight; it was that recently her energy had "tanked." When she fell asleep she felt "knocked out," but still woke up feeling exhausted after eight hours.

Her brain felt foggy, she was irritable, tired all the time feeling she just wanted to nap, she was drinking three cups of coffee a day to get through her afternoon slump. At night she became super mom, cooking and taking care of the kids. Usually she was at her laptop until about midnight, which is when she physically couldn't keep her eyes open. And her interest in sex was none existent. Everything she described was classic for adrenal fatigue, a more than common scenario in today's culture of go...gogo.



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

In over 27 years of practicing natural health care, (and in most primary health care providers today) one observation is clear; more and more people are presenting with symptoms related to adrenal fatigue. Long standing - cumulative stress of many kinds is typically the cause—whether it's a back injury, a steady diet of espressos and doughnuts, hidden infections, food sensitivities, leaky gut or an unhappy marriage. Symptoms range from the fatigue, chronic illness, decreased sex drive, panic attacks, mild depression, PMS, stubborn belly fat, absentmindedness and poor memory, irritability, unclear thinking, asthma, hair loss, and more.

Most lifestyles today are leading to “burnt out”. If you were to type into “Google Alerts” the following words or phrases related to fatigue, things like, “I’d like to get rid of being tired all the time. I want more energy. I don’t have the same energy anymore. I am always fatigued. I just can't do as much as I used to. You would find countless numbers of people joined in social media groups trying to find the answers to regaining their energy and how to deal with being exhausted and burnt out. By reading further, you will discover ways to begin your journey of having restored energy to get through the day and do the things you want and need to do. You will get a glimpse about how to restore your gut health and how you can get those hormones recharged again.

I recently had a discussion with one of the lab directors of a major laboratory in America whose specialty is testing for these health issues related to Adrenal Fatigue. I was curious about this problem seeing so many people challenged with being tired and exhausted all the time. My question to him was, “out of all the tests that are sent into your lab, how many of these people tested exhibit findings indicating Adrenal Fatigue. His answer was, “Almost everyone... It’s An Epidemic”.

Two other well-known clinicians were quoted as saying, “in more than 20,000 tests they’ve reviewed, over 95% of the test results demonstrated people were either moderately or severely fatigued. Some studies show that, “For every minute you experience stress, it takes 60 minutes to remove the flood of adrenal stress hormones from your bloodstream.” It’s easy to see how a few months of chronic stress—and not enough rest—can overwork the adrenals to exhaustion and why these labs are proving our lifestyles are driving us to extreme fatigue.

Conversely, when someone is being worked up by the standard medical procedures, Adrenal Fatigue commonly looks like nothing is wrong. Doctors often blame it on aging or some type of psychological related disorder and patients are prescribed anxiety medication or other medication directed towards their symptoms.

Why are people so tired and fatigued like never before. Why are so many individuals depending on caffeine and other energy boosting products like Red Bull, Coke to keep them going throughout the day? Why, no matter what time of the day, there is line at Starbucks?

Chances are you are experiencing some sort of fatigue. It's probably the reason you're reading this right now!

What I hope you will gain from reading the pages that follow is how you can have endless energy, better digestion and revive your hormones. You see, for many suffering from fatigue and being tired all the time, it's a matter of finding the root cause of fatigue. It's about "why" you can't keep up with the demands put upon your lifestyle and body and doing what it takes to start reversing it.



I want you to discover in the pages that follow just how the body gets to the point of feeling your energy has tanked. You'll discover why you may be waking up in the morning feeling like you're still exhausted, though you've had 8 or more good hours of rest. You will also recognize some of the reasons why you get that mid-morning and/or a midday slump. Why you may need that caffeine jolt in the afternoon.

Why, when it's time for sleep, you have this burst of energy and it's difficult to sleep. You will understand by sifting through these pages, why you may be suffering from insomnia, experiencing hormonal challenges like weight gain, irregular menstrual cycles, PMS, hot flashes, low sex drive, menopause, irritability, mood swings, brain fog, forgetfulness, bloating, diarrhea,

constipation, gas, belching, irritable bowel syndrome (IBS) or inflammatory bowel disease (IBD), and why can't get through your workouts like you used to.

My Own Fatigue, Gut and Health Challenges

For me it started in my early teens, in 1969, when I began to experience bouts with Acne. Out of nowhere these pimples started to appear and within no time my face, chest and upper back was covered with these big red painful lumps and white heads at the top. You can imagine how I felt as a 14 year old who just entered high school.



It became really embarrassing walking around with these mountains on my face and forehead with my chest and upper back covered with sore red craters (as they were referred to by my friends). I was devastated. My self-esteem nose-dived.

When the next summer came, I thought the acne problem was solved when being exposed to the sun and salt water helped the acne disappear. Wow, what a relief to look in the mirror and to have these big bumps of red and white finally gone from my face and body.

But it didn't take long for the fall and winter to roll around and for another round of acne to reappear. It now got to the point when I made my first visit to a dermatologist who immediately put me on a round of antibiotics. The acne started to go away and I thought wow, this is great. I don't have to deal with this acne any more.

I thought, "The antibiotics killed this problem"

But what the antibiotics were really killing was the good bacteria in my gut, setting me up for future health problems

But little did I know that this skin condition was with me for a lot longer than I could ever imagine. Every summer I lay in the sun to get rid of this acne, only to have it return once the season was over and I was out of the sun. So I began to use a sun lamp in the fall and winter, often burning my skin and causing unknown skin damage. I also started to cleanse my face using over the counter facial scrubs. At the same time I continued to take these antibiotics, fighting the acne from both inside and out.

In my senior year of high school I began to wonder if it was my diet that was causing this skin condition, so I started to look at my diet and eliminated foods that contained a lot of fat. Coming from an Italian family we ate a lot of spaghetti, meat balls and olive oil was used in everything. Every Tuesday, Thursday and Sunday was the typical Italian dinner. I thought that fat may be causing my acne since my skin was always oily.

Maybe by eliminating meat, and oils, my skin would clear up. Although the oil on my skin diminished some, my acne did not. So I continued this and next eliminated the spaghetti sauce to see if this would help (we call it "gravy" in the Italian families). I continued to use antibiotics during this time, which did help some. Tried this for a about six months until the summer came and as my skin healed up again from the sun, I backed off the diet and antibiotics and enjoyed spaghetti and meat balls again.

When I revisited the dermatologist for a follow-up visit, I asked the dermatologist if diet could be causing this acne problem. He assured me that food had nothing to do with acne. Being uneducated about this at the time and no internet to Google these issues, I began to do some investigating at the local library, but gave up after not finding much information on the topic. I felt hopeless, believing I had to live with this horrible curse.

My freshmen year of college, I went to school in Florida where again I had the sun, so for the longest stretch in four years I had a break for this battle of acne. But Florida didn't work out the way I planned and my sophomore year I was back in New Jersey, out of the sun and with the acne infested body again. I started to notice the acne was now leaving scars on my face and back which really added to the misery. How many scars was this acne going to leave me? Will I ever get rid of this affliction? What is wrong with me!

Now, being a college student, these red bumps and white tops were becoming quite a social issue for me. This is stuff that's supposed to go away with puberty. I continued to use the

How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

antibiotics, and continued to work on my diet, but the truth of the matter was I was never getting to the root of the problem. At this point the doctors wanted to put me on Accutane, a strong acne medication that can have a lot of side effects. I considered trying it because of how I felt with this never ending dilemma, but I didn't want to chance damaging my liver too, so I opted not to do this. I still used a sun lamp and worked to keep this acne somewhat controlled, but even this wasn't working like it used to anymore.

During my summer after my sophomore year of college, my lifeguard partner on the beach patrol introduced me to long distance running. After work, we would run 8-10 or more miles a day. I found myself addicted to the runner's high, 6-8 miles was never enough?

It took more and more miles to get that runner's high. (I later learned that running at this intensity would further stress and be a contributor to adrenal stress, burn out and other health issues). As time went progressed, the acne stayed with me and wasn't getting any better. In fact it was getting worse. Then out of college I started a job which required to me to work the night shift, 8pm to 6am. This went on for six years. I was at the age where after work; we went out to night clubs and living it up, sometimes staying up for 48 hours at a time. It was common in those times for many of us living in a casino town to push ourselves to the limit. That and running long distance began to cause my health to spiral downward even more.

After a few years of doing this and working in a job that hated and was extremely stressful, I developed daily headaches. I found myself walking to work and as I got closer and closer to the job, my head would begin to pound harder and harder. I would enter the place, grab a cup of coffee and ingest two aspirin. Within four to five hours, I would do it again. This went on for months until I noticed that I was spitting up blood. I had destroyed my stomach lining from all the aspirin ingestion. As I look back now, this was also destroying my adrenal glands, digestive and immune system even more and setting me up for a real health crisis.

It was at this point that I decided I needed to leave this job and change my lifestyle. I needed to start a different career path. I went back to school and began probing for something in which I had a passion for, which was always in the field of helping people. As I had a curiosity about how the body worked and fascinated about anatomy, physiology and nutrition, my interests led me toward healthcare. Examining high and low for a new calling, I went to Chiropractic College. I felt the curriculum of both chiropractic and nutrition would enable me greater diversity in helping people and I also could have an impact on people's lives.

In 1985 I entered Chiropractic College. There it was routine for me to wake up at 6am, spend the day in class and part of the evening at school, fit in my 10-12 mile run and study until 11-12 midnight. I started to really feel fatigue coming on at this point. My running was helping me deal with the stress at school, but was adding to my fatigue. With this increased stress and



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

fatigue, I started to drink more and more coffee to get me through the day. Plus at end of most semesters, it was common for us to get only a few hours of sleep, drinking a lot of coffee and waking earlier gave us the only time we needed to study for finals. This could last for five to seven days. We often said to ourselves, “we could only do this once in a life time”. About half two-thirds into chiropractic college, I first heard of adrenal fatigue.

Some of my fellow students were going to a doctor who taught at the school who recommended adrenal supplements to get them through the stress. I tried this and they helped for short time but soon recognized they were only covering the symptoms. I didn’t realize at the time, there were also other underlining causes of the adrenal glands failing to adapt to this high stress pace I was putting on my body. At the same time, at the age of 30, my acne was getting worse. Antibiotics and the sun weren’t helping anymore.

An interesting situation occurred where I became run down and developed a high fever for several days. I was down for the count and felt I needed to go to the medical doctor to get checked out. He prescribed antibiotics and on the second day of taking these antibiotics, I started to get one of the worst bouts of acne. This was one of the clues that led me to believe I had to stop taking antibiotics. The antibiotics had ruined my gut and immune system and I was unknowingly at the time, stressing my adrenal glands even more. My digestive tract started to do weird things with frequent bowl movements. The coffee was the biggest help for fatigue, but the acne was out of control. Energy levels started to plummet. Because I was a financially poor student with limited funds, my diet at the time consisted of pasta and some type of cheap protein, three times a week and pizza most Fridays.

Then one day near the end of my chiropractic college education, I was in the second nutrition class required in the curriculum and the instructor, a nutritionist, began teaching us about gluten and food sensitivities. In the class he described some of the symptoms related to gluten and what it can do to the body. I decided to make an appointment with him to discuss my acne. He put me on a gluten free diet and guided me with a supplement program. Low and behold the acne was gone and I had had more energy than ever before.

Little did I know that I was on the right track back in high school by attempting to eliminate certain foods, but it wasn’t the meat and fats or oil, it was the PASTA!! I had the wrong food. The dermatologist, although he was only relaying the information that he thought was science, was wrong. It was food all along. I didn’t need antibiotics or the sun. I needed to get rid of the gluten! But, unknowingly at the time, the gluten was the original cause of acne, but from all the antibiotics and damage done from the inflammation caused by food sensitivities, liver dysfunction and other factors would later cause my health to take a dive like never before.



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

Fast forward 10 years now being an extremely successful chiropractor, seeing patients from 8am to 7pm, 5 ½ days a week. Stress started to get the best of me. Fatigue set in big time. Coffee was making me more tired, no matter how much I drank. From not addressing the damage to my digestive system from the earlier years, I developed multiple food sensitivities, gluten, dairy, coffee and other foods.

I began to experience debilitating headaches and fatigue after eating meals. I was waking up in the morning exhausted as if I never slept. Eight hours of sleep didn't make a difference. I recall standing in the shower many mornings, getting ready for the day, wondering how I was going to get up enough energy to make it to lunch, let alone to 7pm. The ability to be productive each day dwindled.

My personal "to do list" got longer as I was only able to do a limited amount of tasks because of this fatigue. My digestive tract was going weird on me again. Exhausted during the day, only to be wired at night with irregular sleeping patterns and lack of sleep was the norm. Lying up during many nights wondering how and when I was going to fall back to sleep is the worst feeling. I went to a number of medical doctors who said nothing was wrong. All the labs were good. I once again eliminated the gluten, dairy, sugar and a lot of other foods like I did before. It helped some, but it really wasn't working.

I began searching for the answer and remembered about adrenal fatigue. I lost sight of the nutrition part of my training during the first portion of practicing because little did I know, when I graduated from chiropractic school, the scope of practice didn't allow me to practice nutrition in the state of New Jersey until 2009. But I decided long before the nutrition law was passed in 2009, to dive into intensive training and research about my own health. I went on every webinar, traveled to seminars, took certification courses to become a certified functional medicine practitioner and began this journey of restoring my health and energy.

I was determined to beat the health crisis I was facing. I knew there was an answer somewhere. I found it. I saw for the first time that my adrenal glands had enough. They were letting me know that all I put them through, stressed them so far, that they were now burnt out and other organs were suffering too. Not only did I have adrenal fatigue, but the testing showed I had developed "leaky gut" and a mal-absorption problem in my intestinal tract. The immune system found in the intestines was severely depressed, making me susceptible to an overgrowth of bacteria called, "SIBO" and Candida. I discovered that it's not only emotional stress that can cause Adrenal Fatigue, as most people think, but infections, food allergies and sensitivities, hormonal imbalance, toxicity, autoimmune diseases, liver dysfunction, intestinal disorders and heavy metal burdens.



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

Also stressing my adrenals and immune system was an H.Pylori infection, which I found out in my research that close to 50% of the population are infected without most even knowing it. Because of the antibiotics destroying my intestinal and immune system, I was vulnerable for infections making their way into my body. Little did I know that when someone has these health challenges, many of the toxins from weak adrenals, infections and digestive disorders causes the liver to be overworked and toxins get backed up into the body.

It took some time to get the formula right to reverse all that happened during those years. I established certain steps through trial and error to not only work on the fatigue, but to uncover the other bodily dysfunctions that stemmed from years of wearing down my adrenals, digestive system and detoxification pathways.

I had to work on a new lifestyle, because without recognizing how my current stress and lifestyle was contributing to my health challenges, regaining true health would never be a reality. Through functional lab testing, lifestyle changes and these specifically sequenced steps, I discovered the remedy and amazingly turned my life around. These labs helped to uncover how my digestive and immune system was ruined by the antibiotics, food sensitivities, hidden infections and inflammation and what to do about it.

By spending countless hours researching, I became knowledgeable about what caused me to develop leaky gut and how to heal it. What causes insomnia and how to get a good night's sleep. I learned how to restore the detoxification pathways to prevent toxicity and how to reach even higher amounts of energy and vitality.

Your Everyday Response To Stress

In the past, hunter-man was faced with many stresses in life, but they were a lot different than our stresses today. Hunter-man was faced with either fighting an animal for food or confronted with the threats of his own life. The natural stress response in either of these stressful situations in hunter-man's life produced an adrenaline rush from the adrenal glands and secondly a rush of the cortisol to increase heart rate, blood pressure, and breathing and sending blood to muscles.



Adrenaline breaks down fat for fuel, while cortisol increases sugar for fuel and if needed, breaks down muscle for fuel and energy.



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

In hunter-man's life, these threats and stresses were short lived for maybe 5-30 minutes. At the conclusion of these threats, hunter-man then was removed from these stressful situation and the adrenal glands significantly reduced the amount of circulating adrenaline and cortisol that was needed to adapt to the stressful situation. Following this let down of stress, there was ample time for the adrenal glands to recharge and recover.

In today's society we don't have the same stresses as the hunter-man. However, even though our stresses may have changed, we still have the same innate response to stress. Actually our current lifestyles are taking more of a toll on our health and adrenal glands than that of the past. Today's lifestyles are creating the same hunter-man responses 24/7/365. For many, stress seems to never stop.

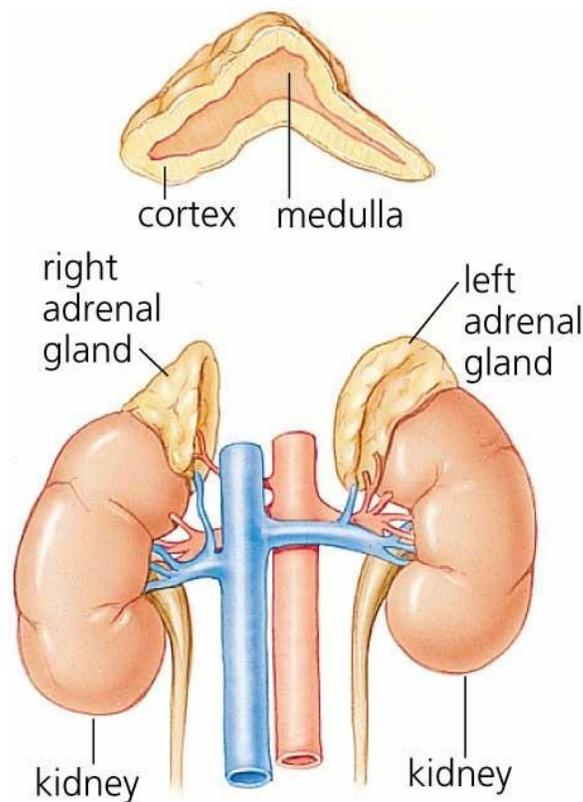
We wake up to text messages, emails, Facebook, traffic jams and road range, family demands , deadlines, dietary stresses, caffeine dependence, relational problems, job and financial stresses, and a host of other burdens that seem to be increasingly overwhelming. Your mind never gets a break, the commitments don't stop.

Your adrenal glands and health suffers for it. Our lifestyles have created a huge drain on the stress responding organs, particularly the adrenal glands. They are not meant to have this much of a load put upon them and are not able to push through the stress we are demanding from them. As time progresses with this heavy load on the adrenal glands, the adrenal glands can't keep up with a person's lifestyle and the increase amounts of stressors.

This leads to a heavy burden on your adrenal glands eventually burn out, resulting in what we call, "Adrenal Fatigue".

What Are The Adrenal Glands And Why Are They So Important?

The adrenal glands are the body's hormonal powerhouse. Two little organs that sit just above the kidneys. These little glands are responsible for your body's response to stress. They create, release, and regulate hormones, like cortisol and adrenaline, which let us cope with stress. This is why Cortisol is also called the "Stress Hormone".



They are also involved with generating the hormones DHEA (an anabolic or building hormone), cortisone which is our body's natural anti-inflammatory and aldosterone for balancing minerals in the body..

The adrenal glands evolved to help us deal with danger, life-threatening situations, and times when we need to be quicker, sharper, stronger, and faster than usual. They are a large part of



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

the "fight or flight response" which prepares muscles to move quickly and violently by shutting down unnecessary bodily functions. Heart and lung actions accelerate, digestion slows, thyroid hormones are suppressed, tear, saliva and sex hormone production shuts down, and energizing nutrients are released for quick use. Our modern lifestyle has altered how often stress factors affect us as mentioned above. We are not likely to be attacked by a tiger on our morning commute, wrestle a rival for dominance during a board meeting, or chase down a mammoth for lunch. But this doesn't mean that the adrenal glands are less active.

Our bodies were designed to deal with short bursts of stress like those described above, but not to handle stress that doesn't dissipate quickly and last for days, weeks months and even years. Unfortunately, we've modernized our stress along with everything else, making it more constant. The body also has a hard time distinguishing between life-threatening stress and any other kind of stress. The frustrating traffic during our commute, preparing and giving the presentation during the board meeting, our short lunch hour where we rush to down something, the responsibilities, the financial strains, and the deadlines all pile up and your body acts like it is in imminent danger all the time, no matter how non-threatening the source of stress, physical or emotional. Add on the social media obsessions and we get fried!

This modern stress-response is not the short and occasional thing our bodies evolved to be prepared for. It is frequent, prolonged, and often very intense. This drains the adrenal glands, leaving them unable to meet our needs and resulting in adrenal fatigue. Add on top infections, trauma, poor diet, environmental toxins, anxiety, depression, and prescription drugs and we have a recipe for disaster. These all can make it harder and harder for your adrenal glands to keep up.

Three Stages of Adrenal Fatigue

Back in the 1950s a famous researcher named Hans Selye wanted to learn what happens to animals under stress. It turns out when stressed, both mice and men react in similar ways.

First there is a huge rush of cortisol that is produced with stress, then this high level of cortisol fades as we become removed from the stress. Lots of people actually enjoy this initial feeling of a high-cortisol rush. High cortisol is vital to keep us “up” when we need to be, but when our bodies remain in that go-go-go mode for prolonged periods, eventually things fall apart. High cortisol, that initial rush stage, is called Stage One.



But as the adrenal glands fail to keep up with these high production that the demands of high stress puts on them, their ability for high levels of cortisol production begins to decline. As cortisol drops out and depletes we move into Stage Two, and finally Stage Three is reached when cortisol levels drop to extreme lows and the body begins to shut down. This final stage is characterized by a number of symptoms and illnesses. As the adrenal glands fall apart, three stages of adrenal exhaustion can be easily identified by experienced practitioners using a cortisol or the new DUTCH test. Each of these stages is treated differently.

When the adrenal glands burn out and cortisol production wanes, you end up storing body fat around the abdominal organs in your belly, your energy level drops and fatigue sets in, and your mood becomes depressed as your cortisol levels are depressed. Eventually some people start to develop ulcers, heartburn, or other digestive problems, and for men and women the



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

burn out of cortisol burns out the sex hormones, leading to male erectile dysfunction and female hormone imbalances. The list of what high cortisol does goes on and on. It destroys the heart and cardiovascular function, depresses thyroid function, and fries the brain, triggering memory loss, and cognitive decline. Literally thousands of research studies show that poor cortisol levels translate to long-term degenerative diseases, including heart disease, diabetes, and even cancer.

Stage 1: Stress overload-wired and tired

Whatever the source of stress, whether its emotional, chemical, physical, infection, inflammation or trauma, your body's initial reaction is the same: the adrenal glands make more of the stress hormones, adrenaline and cortisol. In Stage 1 you can burn the candle at both ends. You can get up early and stay up late, even pull a 24 hour, where you stay up until the next night and recover quickly with just another night's sleep. This first stage of hormonal maladaptation is called, hyperadrenia, or over activity of the adrenal glands. In normal reactions to stressors, when the stress lessens, the glands have time to recondition and prepare for the next stressful event. However, if your stress levels remain high, your body will remain "locked or burnt" this first stage of adrenal stress. If your stress hormone levels remain elevated for extended periods of time, your body's ability to recover can be reduced and the ability of your adrenals to make cortisol and DHEA can be compromised.

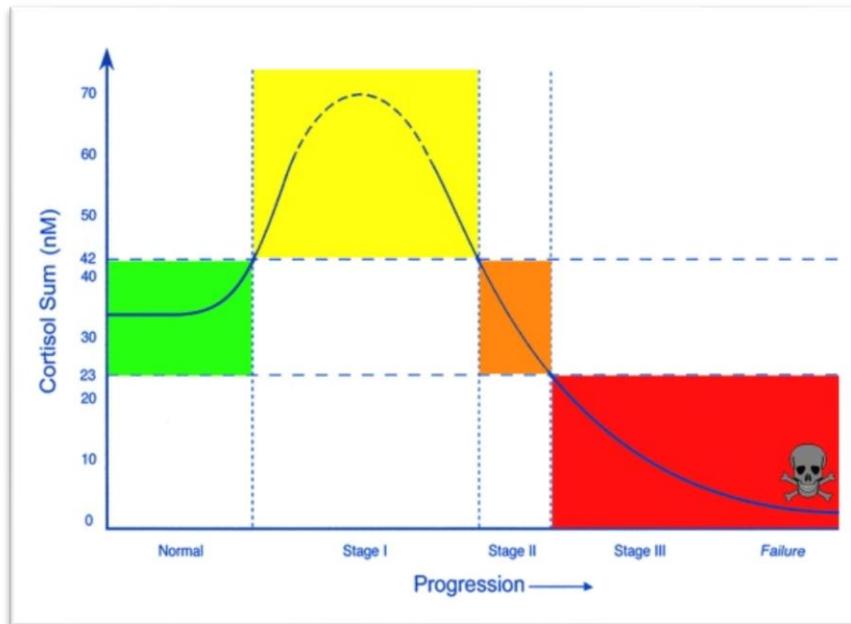
High cortisol also has a significant impact on your brain. High cortisol levels destroy the cells in your hippocampus, the part of your brain responsible for memory and learning, which can lead to poor memory. High cortisol along with high levels of adrenaline also puts your brain in a heightened state of alertness, ready to fight or run. People may be experiencing Stage One of Adrenal Fatigue if they:

- Have trouble falling to sleep and staying asleep
- Noticing weight problems, increased abdominal fat
- Go through blood sugar fluctuations,
- Feel their hormones are out of whack
- May not feel rested or are exhausted even after 8 hours of good sleep,

People are often wired and tired" and kind of "edgy". If this Stage One goes on for extended periods of time, we burn ourselves out and may descend into a "cortisol-mediated depression". High cortisol also causes the digestive system to fall apart, causing many digestive disorders down the road. Things like IBS, colitis, Leaky Gut, constipation, diarrhea, gas, bloating, food sensitivities to foods like dairy, wheat, gluten, corn, soy and a host of others.

Below is a chart illustrating the three stages of Adrenal Fatigue. Note there is no Stage Four! To the far left is the cortisol sum for a given day. This is the measurement of total daily cortisol output by the adrenal glands in response to all stressors (emotional, physical, chemical, inflammatory, other hidden stress).

How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood



Left side of graph: represents the daily amount of cortisol output per day in nM. In the range of 0 to 70nM.

Bottom of graph: represents stages of Adrenal Fatigue

Green Box: the normal output of daily cortisol levels in a well-balanced stress response lifestyle.

Yellow Box: Stage 1: chronically high levels of cortisol due to chronic stress response, will get “locked or stuck” in this stage one. Unless reset with lifestyle changes and experienced treatment, adrenal’s can stay high and progress to Stage 2.

Orange Box: Stage 2: It is the Adrenal Glands beginning to fail to adapt to chronic stress and are burning out.

Red Box: Stage 3: It is the Adrenal Glands severely failing to meet the demands of chronic stress and are significantly burning out.

Stage 2: Fatigue

Some individuals have genetically strong adrenal glands and can maintain health under high levels of stress or in Stage One for many years. But, if a person doesn't make the necessary lifestyle or dietary changes, and if we continue to experience excess stress they will eventually enter into Stage Two of adrenal exhaustion. This transition period usually lasts between six and eighteen months during which the stress response of the adrenal glands is gradually compromised.

Most individuals recognize their ability to carry out normal day tasks are dwindling and productivity plunges, they just can't do as much as before. They are increasing their consumption of stimulants like caffeine, ginseng and self-medicate with various supplements. In Stage Two of adrenal maladaptation, the majority of people realize that something isn't the same and their resistance to the increased levels of stress is weakening. Cells, tissues and organs are poorly adapting to stress and beginning to function abnormally.

Besides noticing a falloff of energy, they may start to experience low thyroid function, sweet, sugar and salt cravings and detoxification issues. Skin disorders, rashes, eczema, psoriasis and other skin related problems may appear. Sex drive is decreasing. Neck, low back pain and muscle related aches and pains begin to surface or worsen. Allergies, food sensitivities and infections surface or get worse. Standard medical testing may see everything as normal and medications may be recommended for symptomatic relief.

Under chronic stress conditions, the adrenals are gradually or quickly "burning out." At this point the glands become fatigued and can no longer sustain an adequate response to stress. This condition ultimately leads to Stage Three or hypoadrenalism.

Stage 3: Exhaustion

In Stage Three of adrenal maladaptation the glands have been depleted of their ability to produce cortisol and DHEA in sufficient amounts and now it becomes more and more difficult for the body to recover. Constant fatigue and low-level depression can appear in otherwise emotionally healthy people because cortisol and DHEA help maintain mood, emotional stability and energy levels.

As cortisol and DHEA levels are depressed, people experience depressed mental function. Brain function suffers as these hormones are depleted. Both poor memory and mental confusion can be a direct result of adrenal hormone depletion. People now begin to seek medical help for pain and/ or symptom related disorders. Muscle mass begins to decrease and blood sugar issues are worsening. People in this stage may be getting sick a lot more and not recovering like they used to. It is likely this person in Stage Three is finding it more difficult to get out of bed in the morning and feel lousy most of the day. Caffeine that helped in the past isn't working like before and the need for stimulants is intensifying.

Stage Three people are often tired, worn out and just can't regain their normal energy, no matter what they do or how many doctors they visit. In Stage Three more diagnosable diseases may surface and symptom relief is often prescribed, neglecting the real underlying cause.

You Can Slide Into Adrenal Fatigue and Not Realize It

Many people in Stage One are in a full-time job or go full-time to school, or both. Others are raising kids, with no downtime, “Always On”. Or, as the saying goes, “Burning the candle at both ends.” After several years at Stage One, you will drop into Stage Two like Kevin.



Kevin, a computer programmer, was extremely sedentary. After a long day at work, he would go home, flip open his laptop, and spend his free time on the computer. He started to gain weight and lost any interest in exercise.

If you are like Kevin and have progressed into Stage Two, you'll now have low cortisol and just be entering into a place where one or more of the adrenal fatigue related symptoms becomes a problem. You may or may not gain some weight, if so, sometimes maybe only five pounds, but usually much more. One day you will want an extra cup or two of coffee to get through the day, and you won't have the energy to go out after work like you used to. People like Kevin begin to search for ways to fight the fatigue by supplementing with different herbs, vitamins and other self-help remedies for fatigue. They may also begin to fight insomnia, weight gain, increase



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

abdominal fat, fatigue after exercise, dizziness when standing from seated or kneeling position, sensitivity to light, sugar cravings, need for mid-morning or mid-day caffeine or want to nap. Kevin was tired all the time, and sleeping in on the weekends.... no longer worked to recharge him. Kevin's mood was somewhat depressed, and he was just beginning to experience his first digestive symptom, heartburn.

As time marches on, if you continue to let things go, you will reach Stage Three, like Judy, a 48-year-old executive who runs her own medium-sized company. Her cortisol levels plummeted to 12 units, one third of the optimum amount. As CEO, she was responsible for everything: new accounts, managing her team, making sure her products got out on time. Judy was up every morning by 5 a.m., exercising, plus working nights and weekends. She had to make herself a promise to stop texting and emailing after 6 p.m. and to put the phone down on the weekends. Though Judy was active and had a good diet, her work and family pressures completely exhausted her. She felt depleted, far from her sparkly, high-energy, normal self.

If you are at Stage Three, like Judy, with very low cortisol, a one-week vacation won't refresh you; you'll come home tired and dreading returning to work. Exercise will soon become a chore and you will be too tired to get much done, other than the essentials. With very low cortisol, you might just chalk up how you are feeling to aging, but eventually, like Judy, you'll realize something is wrong. How can you solve these problems? How can you figure out exactly what stage you are in and what you need to do to get better? We will discuss in detail shortly. But a little more to understand before you can grasp the know how to recover from Adrenal Fatigue.

Stress, Sex Drive and Sex Hormone Production

Because all steroid hormone production is linked by biochemical pathways, cortisol and DHEA depletion impacts the female hormones progesterone and estrogen, as well as the predominant male hormone, testosterone.



In both men and women hormonal symptoms such as mood swings, irritability, sweet cravings, neck and back pain, joint pain and headaches can be related to the failure of the adrenals to adapt to stress. Female hormone symptoms such as menstrual cramping, infertility, night sweats and hot flashes can also be adrenal related. Many women feel they are on an emotional roller coaster with their female hormones, yet rarely is the role the adrenals play in female hormones explored. Testosterone levels in men also suffer because of weak adrenal output. Since sex hormone levels drop as DHEA levels drop, sex drive diminishes in both men and women. Muscle strength weakens and muscle mass shrinks. Many of these imbalances can be repaired and reversed with the guidance of an experienced functional medicine practitioner and lab guided protocols.

How Do I Know If I Have Adrenal Fatigue?

Below are some of the common symptoms of adrenal fatigue?

- Fatigue even after adequate sleep – Difficulty waking - find it hard to get out of bed in the morning
- Craving salty and sweet foods – crave sugar
- Unexplained pain in back, neck and joint pain
- Fibromyalgia muscle achiness and soreness
- Headaches - migraines
- Digestive disorders – gas - bloating - constipation - diarrhea - leaky gut
- Unexplained weight gain
- Inability to handle stress – moody - anxiousness
- Irregular menstrual cycle
- Low sex drive
- Low stamina – tired instead of energized after exercise
- Decrease energy in mid-morning and / or mid afternoon
- Normal energy levels arriving in the evening
- Insomnia- difficulty getting to sleep and/or staying asleep waking at 2-3am
- Impaired immune system –getting sick more often – struggle with infections like sinus and colds
- Consistently low blood pressure
- Low Blood Pressure
- Dizziness or light headedness when going from sitting to standing
- Foggy feeling,
- Increased sensitivity to light
- Impaired memory - forgetfulness

- Difficulty focusing – not as productive
- Sensitivity to cold
- Dry skin

Lab Tests Helps To Discover and Manage These Stages of Adrenal Maladaptation

The use of saliva, urine and blood tests can measure the levels of free cortisol, DHEA, progesterone, testosterone and the estrogens. Free hormones (unbound from proteins in the blood) interact with living tissues and are available to work at the cellular level, making salivary testing one of the most accurate option for evaluating cortisol activity. If testing shows that your adrenal glands are in any of the three stage of maladaptation, a trained health professional can offer treatment plans and lifestyle advice to repair adrenal glands.

If left untreated, adrenal dysfunction can lead to a totally debilitating and life-threatening form of adrenal failure known as Addison’s disease. The Cortisol/DHEAS Saliva Test measures the levels of the stress hormones DHEAS and cortisol in your saliva, and provides an evaluation of how cortisol levels differ throughout the day. An extended hormonal panel using saliva, urine and /or blood can also measure testosterone, estradiol, estriol, progesterone and melatonin.

In order to maintain the proper balances of these hormones during the therapeutic period, follow up testing is recommended. Too often, men and women are taking hormones and supplement recommendations by information from the internet, by reading about them or even through a health care provider and never monitored or retested to see how the body is metabolizing these supplements or hormones.

Andrea's Story

Let's look at the case of Andrea, a 33-year-old working woman, wife, and mother of a three-year-old child. Andrea who sought care after her fatigue had gotten so severe that she could barely get out of bed. She also experienced indigestion every time she ate. In reviewing Andrea's history, you could see she suffered from "super mom syndrome."

She experienced a great deal of stress trying to be a perfect wife, mother, and employee. She even kept a perfectly clean house in her "spare" time. While she was busy taking care of everyone and everything else, Andrea neglected her own health. She ate junk food while on the run, slept poorly, and didn't set aside time to exercise or relax. Basically, she drove herself to exhaustion, collapsing into bed every night. Based on functional lab testing, it was evident she had exhausted adrenal glands and related hormone imbalances, as well as a *Helicobacter pylori* infection.

Further investigation revealed that Andrea internalized her mental and emotional stress. She felt that life was out of her control and she was just hanging on for the ride. The *Helicobacter pylori* infection was creating yet another layer of physiological stress, and a chronic one (24/7) at that!

It was obvious the focus with Andrea's treatment program was to make changes in her lifestyle, along with treating her infection and addressing her hormone dysfunction. To prepare and eat balanced, nutritious meals. She and her husband arranged their schedules to give her time to take a brisk walk for half an hour each day. In addition, Andrea made a point to be in bed by 10:00 P.M. to ensure she received adequate rest and recovery. Although making these lifestyle changes was difficult, Andrea realized that she needed to let some chores slide and rearrange her priorities.

Those decisions, followed by smart lifestyle choices day to day, along with follow-up various consultations and testing, helped to renew her strength and resolve and put her back on track for a healthy life. Her story demonstrates that anyone can make informed choices to improve health and lower the risk of chronic illness.

What Are Some Other Causes Of Adrenal Fatigue?

Food Intolerances Can Be a Hidden Cause of Adrenal Fatigue

Besides emotional stress, another "hidden" stress to our adrenal glands, which are delayed food allergies and food intolerances are also culprits in hindering our attempts to feel better and have more energy.



When we think of being allergic to something, we typically expect that within a relatively short time period we will begin to see obvious and dramatic reaction to the offending substance, like hives or swelling and shortness of breath. But with delayed food allergies, that is not always the case. It may take hours or days to manifest symptoms, and then they may not be a reaction that we recognize.

The adrenal hormone cortisol plays a role in responding to allergens, so when you are constantly exposing yourself to foods you are allergic or intolerant to, your adrenal glands are constantly working to respond. When the offending allergen or sensitivity is something as common as wheat, your adrenals are always on some level of "alert", and you may not even realize that a food allergy or sensitivity is the source of this stress.



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

This immune response from food sensitivities generates considerable amounts of inflammation which has the potential of causing significant damage to the digestive tract and symptoms far away from the digestive tract. Pain and symptoms like; headaches, neck and back pain, joint pain, sinusitis, fatigue, insomnia, depression, abdominal weight gain, and autoimmune related disorders.

Food Intolerance vs. Food Allergy

Two Kinds of Food Allergies

Something most people are not aware of is that there are two kinds of food allergies. Sometimes you may be severely allergic, and have serious immediate anaphylactic reactions (a reaction commonly associated with peanuts and seafood). This is called an IgE or "true allergy", and is what most people think of when they hear the words food allergy.



However, the second type of food allergy is far more common, and far less popularly understood. The second kind is called an IgG food intolerance, food sensitivity, or delayed food allergy. Delayed food allergies have many different types of reactions, which take place hours or even days after you've eaten the offending foods. You may not even be aware that some of the physical problems you are having are related to something you ate, much less something you ate 3 days ago. If we do associate a physical response with something that we

ate, we are usually trying to think of something unique that we ate, never realizing that we are most likely sensitive to something we are eating all the time. Some of the most common food allergies are wheat, dairy and soy! Sometimes, it can even be a reaction to a specific combination of foods that you don't react to individually. This is termed, "cross reactivity". We use a special type of testing to determine if people need this lab work to help them heal from food related conditions.

Food Sensitivity Tests

We utilize food sensitivity testing (blood test) to identify your level of sensitivity to the most common offenders. There are some who debate the reliability of the results (especially the moderate to low scores) however, it is still a good starting point for a list of things that you can try eliminating or monitoring for reactions. Most of us have heard of "gluten sensitivities". Gluten is just one kind of food sensitivity.

Other foods can be just as damaging to the body as gluten, but not too many people know about this. If you have multiple food intolerances (which is quite likely), this will be the fastest and easiest way to determine what they are. Eliminating food sensitivities is one of the most important factors in reducing inflammation and stress on the adrenal glands.

The Four Day Rotation Diet

The four-day rotation diet was first introduced by Dr. Herbert Rinkel in 1934. The idea is to structure your food intake to allow your body a period of recovery between subsequent exposures to specific foods that may be causing cyclical food reactions and inflammation. This practice helps reduce the chance of developing new allergies, encourages diet diversity by providing a wide range of nutritional choices, discourages the overindulgence of one food to compensate for the removal of another, and aids in identifying foods that could be causing problems.



When following the rotation diet, a specific food is eaten on a particular day of the rotation and is not eaten again until that day of the rotation comes around again. Hence, the fifth day starts a new four-day rotation.

This form of food allergy and food sensitivity testing is necessary if you want to begin to restore health to the adrenals, and to the immune, digestive and detoxification systems.

What Does This Mean For People With Tired Adrenal Glands?

If you are constantly eating something that is causing inflammation or autoimmune response, you are asking your already tired adrenal glands to continually maintain elevated cortisol levels to suppress the inflammation. Now imagine if your sensitivity is to wheat or gluten, which is consumed in at least one form at nearly every meal, either as a main feature, or as an ingredient in the canned soup that you used, or the soy sauce you marinated the meat in. The unrelenting exposure to an allergen is an often unrecognized contributing factor in adrenal burnout.

Symptoms of Food Allergies

Aside from the obvious gastric symptoms, delayed food sensitivities can also manifest themselves in ways you would never think to connect. Rheumatoid arthritis, fibromyalgia, and other autoimmune syndromes, migraines, asthma, ADD, autism--these and many other conditions have all been found to have food sensitivity "triggers", and people who have identified their food sensitivities and eliminated them from their diets have often found dramatic improvement in their health.

Many day-to-day complaints are also unknowingly caused by delayed food sensitivities: cloudy thinking, inability to concentrate, lethargy, headaches, migraine, joint pain, muscle weakness, depression, chronic sinus issues, plugged ears or chronic ear infections, weight gain, dark circles under your eyes, rosy cheeks, acne, and oddly, cravings for the food you are allergic or sensitive to, are all common food allergy reactions.

Leaky Gut Syndrome and Adrenal Fatigue

When you have multiple food sensitivities, the lining of your stomach and intestines becomes irritated and inflamed, and if you are continually eating something or other that is irritating, it never has a chance to rest and heal, leading to stomach pain, or heartburn, or gas, or other digestive discomfort. You may even develop "Leaky Gut Syndrome", which is an increased permeability of the intestinal wall (or holes) that allows undigested proteins, fats, toxins and



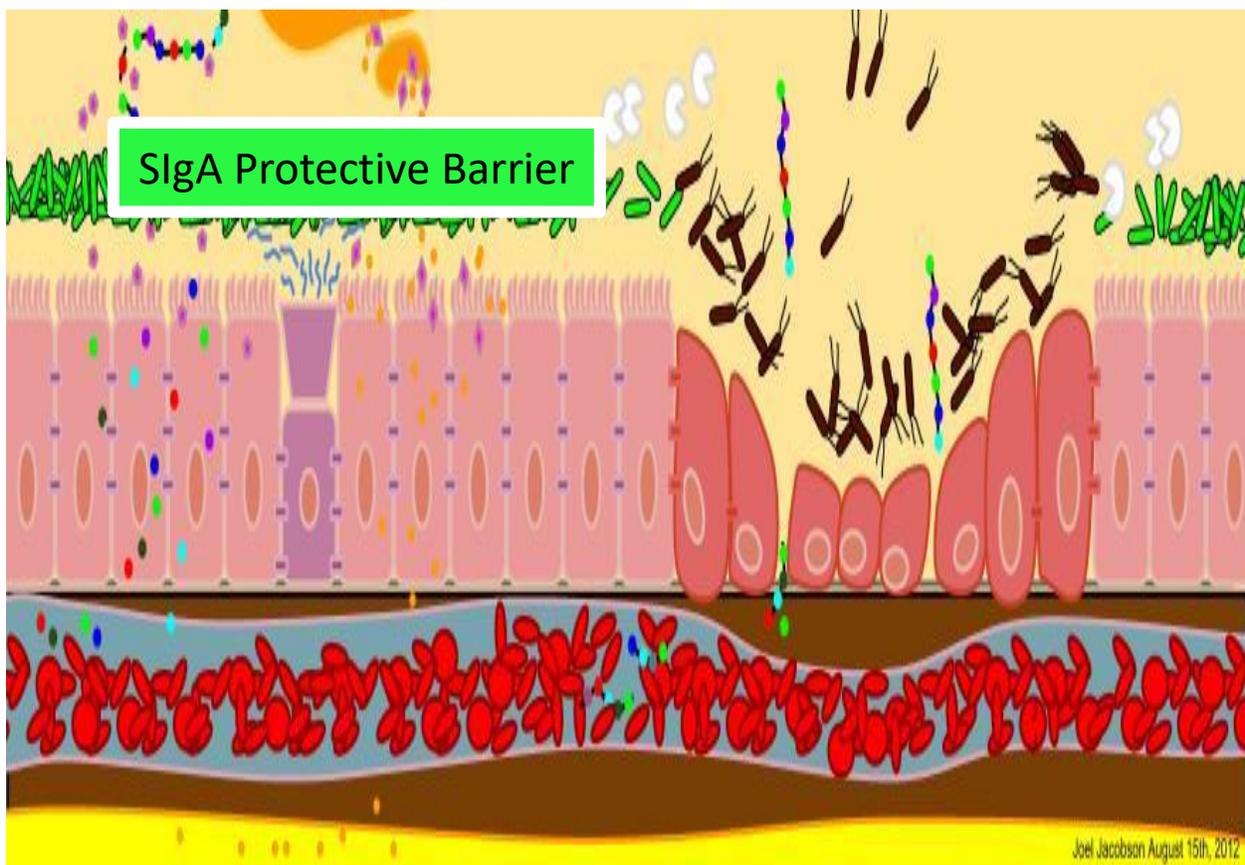
How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

host of other substances to "leak" from the intestine and into the bloodstream, where it sets off an autoimmune reaction. This irritation triggers increased cortisol secretion as your adrenal glands are alerted to an increase in histamine levels (the histamine causes the inflammation, the cortisol is an anti-inflammatory).

Adrenal Glands, Stress and Immune Function

Your Second Skin: The Mucosal Barrier

The mucosal barrier—your first-line immune defense—refers to all of the mucous membranes that comprise the primary interface between the external environment and the internal environment of the body (like our skin). Mucosal barriers line the surfaces of your eyes, ears, nose, sinuses, mouth, throat, gastrointestinal tract (from mouth to anus), respiratory tract, urogenital tract, and the vaginal tract.



An analogy can be made between the earth's ozone layer and your body's mucosal barriers. The ozone layer lets the right amount of sunlight through, sustaining life on earth; your mucosal barriers allow nutrients through, sustaining your health. The ozone layer prevents harmful



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

levels of radiation from getting through; the mucosal barriers prevent infectious agents and allergens from invading your body.

However, just as the earth has a damaged ozone layer, many of us have compromised mucosal barriers that fail to protect us from infectious agents, allergens, and other harmful substances.

I am frequently asked, “Why does one person get sick while another doesn’t when they’re both exposed to the same infectious agents?” Typically, people who become ill have a weakened “first-line immunity defense”. Why does one or many students in the class get sick and the others do not? Commonly, those who get sick, their mucosal barriers were unable to encapsulate the offending organism and eliminate them. The others have a stronger immune response. They are more than likely able to overcome the invading pathogen.

The structures of the mucosal barriers vary in appearance depending on their locations in the body. Perhaps the most important one is the barrier lining your intestines, given its sheer enormity and its role in digestion and immunity. I won’t go into great depth describing the complex components and mechanisms by which the mucosal structures function—although it is a fascinating topic for scientific minds. What is important is that you appreciate their significance and vulnerability when exposed to chronic stress, especially in regards to the gastrointestinal tract.

High Cortisol Suppresses The Immune System

Secretory IgA in Combat

Inflammation, results in tissue damage, caused by influences such as food intolerance and parasitic infection, will erode the structures of your mucosal barrier (and gut lining) or what is commonly referred to as "Leaky Gut Syndrome".

A structurally sound mucosal barrier is vital to preventing infection and illness—and not just, because it acts as a border through which harmful substances are denied access. It is also a functional component of your immunity.

A healthy mucosal barrier contains adequate amounts of secretory antibodies, which are proteins released to neutralize foreign substances, like undigested food, infectious organisms, chemicals that have entered the body. These mucosal antibodies are known as immunoglobulins, with the most abundant being secretory immunoglobulin A, or secretory IgA. (See the above illustration)

Secretory IgA (SIgA) represents 73 to 90 percent of the mucosal antibodies produced in the mucous membranes by cells called immunocytes. Less abundant are immunoglobulins M and G. All of these antibodies recognize and neutralize commonly encountered pathogens such as bacteria, fungi, parasites, viruses, and yeast.

Secretory IgA also recognizes and processes the proteins in foods. When secretory IgA levels are adequate, food proteins are efficiently processed and the potential for adverse reactions, including allergies and food sensitivities, are reduced.

Hormones play an important role in your body's production of secretory IgA. Elevated cortisol and low DHEA create a deficiency of secretory IgA. In addition to suppressing the immunocytes that produce secretory IgA, high cortisol/low DHEA causes a state of "fight-or-flight response." In this state, the body behaves as if under threat, increasing demands for cortisol production and creating a state of Pregnenolone Steal.

The longer you remain in fight-or-flight while under chronic stress, the longer it takes for the immunocytes to recover and stabilize secretory IgA production. If cortisol values are abnormal, the ability of immune cells to produce adequate SIgA is depleted. This is one reason we get sick

so easily when stressed. Simply put, prolonged stress results in adrenal exhaustion and depressed first line immune defense opening the door for opportunistic infections. Therefore, when stress is high, immune defenses are low. Saliva and stool sampling can give us a clue to how well your first line immune defense is functioning and what to do about it if it's weakened leaving you open to sickness, illness and disease.

Jerry

Jerry, a 40-year-old single male, suffered from chronic fatigue, fibromyalgia, chronic intestinal yeast infections, and depression. Jerry, was self-employed and having difficulty working to maintain an income. He had gone for extensive laboratory testing and had seen numerous doctors, all to no avail. Jerry thought that taking human growth hormone might help him.

Although his growth hormone profile was at the low end of the reference range for a man his age, it was recommended to him that taking human growth hormone supplements would not address the root cause of his complex health problems. Having struggled with no relief for almost 10 years, Jerry felt helpless and had lost hope; he seemed on the verge of a mental, emotional, and physical breakdown.

A complete review was done looking at his complete medical history: physical examinations, laboratory tests, current and past symptoms, family history, home environment, hobbies, and so on. While many doctors had run many laboratory tests, there was no rationale to the testing. The resulting data was incomplete and, as a result, none of his previous doctors had formed a meaningful diagnosis. Lacking integrated data, the pieces of the puzzle could not be put together, and the source of his problems had remained a mystery for many years.

It was a classic example of under diagnosis and inadequate treatment. Because none of the laboratory testing ordered by other doctors pointed conclusively to the cause of his chronic fatigue, Jerry was simply told that he was “too stressed out.” When they were not busy prescribing the latest anxiety drug, some doctors wrote reports that implied he was a hypochondriac.

Seeking answers and desperate to regain his health, Jerry went along with one doctor's recommendation to have psychiatric counseling. The psychiatrist emphatically stated that his problems were not psychologically based. Instead, he suggested that Jerry's health problems were related to a biochemical issue that was outside the scope of his practice.

What Jerry really needed was a carefully chosen battery of functional laboratory tests to assess his body's hormone, immune, digestive, and detoxification systems. It took two weeks to get Jerry's test results. As seen numerous times, the results provided the missing links to his health crisis. Jerry had advanced adrenal exhaustion and associated low thyroid output, which explained his chronic fatigue. He also had maldigestion, mal-absorption, and hyper motility of his small intestine; this meant that food passed through the small intestine so quickly that it couldn't be digested, causing malnutrition and related health issues. The hyper motility was caused by gluten intolerance and two parasitic infections, *Giardia lamella* and *Cryptosporidium parvum*.

Jerry's *Candida* yeast overgrowth was also a result of infections and gluten intolerance. While *Candida* is normally present in small amounts in a healthy intestine, this opportunistic organism rapidly multiplies to infectious levels in the presence of other infections or conditions that compromise immunity. In addition, Jerry's liver detoxification capacity was compromised. Because he had exhausted adrenals, further testing was conducted to measure other hormone levels. As it turned out, Jerry's depression was caused by extremely low hormone levels.

At this point, the causes of Jerry's symptoms became perfectly clear. Although it took more than six months to resolve all these symptoms, within the first 60 days of treatment, he had improved by 70 to 80 percent. His adrenal function improved dramatically, but he still needed ongoing support because his adrenal glands had been severely depleted. It was recommended, that Jerry retest periodically to monitor and validate how he was doing, which would allow him to operate in a preventive mode.

During the follow-up exam, a year later, which was two years from Jerry's initial visit, was when it was time to check his human growth hormone levels again, even though he had not taken human growth hormone. Surprisingly, his results came back toward the upper end of the reference range of a healthy 20-year-old!

Restoring healthy function to Jerry's hormone, immune, digestive, and detoxification systems allowed him to live a full, healthy life. He is happily married and continues to follow my lifestyle recommendations to optimize his health potential.

Parasites

Many people think of parasites as a problem that only occurs when traveling abroad. However, through recent improvements in diagnostic testing methods, doctors are now discovering high levels of parasite infections in the United States. Parasites are usually acquired by self-

inoculation. This can occur from unfiltered municipal water, when you eat at restaurants where the staff has poor hygiene, or when you eat from salad bars and buffets where food is left sitting out. Handling money, shaking hands with people and using public restrooms or from pets are all ways we are exposed to potential parasitic infections. Think about pets. They often clean themselves by licking the anal parts. Then they lick their fur, paws or belly. Then you let them lick your face, you grab their paws or pet their fur. Now why are parasites such a problem? Need I say more?

This is a big part of why people have hidden parasite infections contributing to adrenal fatigue.

Protecting Against Parasites

When several people are exposed to the same pathogen, or infectious organism, one person may be able to fight it off while another may become infected. This has been widely seen in the press with various bacterial organisms, most notably the toxic E. Coli outbreaks. The E. Coli bacteria is found most often in beef products and has caused severe digestive illness and, in rare cases, death.

While many people are exposed to the same tainted meat, some people react more severely than others do. This difference in susceptibility to intestinal pathogens such as E. Coli is a reflection of the status of SIgA, or first line mucosal immune defense.

When you have strong mucosal immunity (normal SIgA production), the lining of your gastrointestinal tract is able to defend you from invading pathogens. This is why a dog can drink dirty water and will not be affected. Research studies have shown that if you have lowered mucosal immunity you will have a decreased ability to fight pathogens successfully. Since the hormone cortisol has a direct influence on SIgA, both over reacting and weakened adrenals can create lower SIgA levels, making people more susceptible to infections.

To combat this growing problem with weakened immunity and parasitic infections, new technologies are available to detect these infectious organisms and lowered SIgA. One such test, called a stool antigen test, is highly effective in determining acute and chronic parasitic infections that were previously undetected with older testing methods. Bacterial overgrowth and invasive yeast and fungal infections of the intestines are also frequent causes of digestive stress. These too require additional testing to assess. It's hard to know what the real statistics may be, but for the most of colleagues who perform this type of testing, about 75% of those tested have at least one parasite.

Infection and Intestinal Blockage of Nutrients

Intestinal parasites, along with bacteria and yeast overgrowth, create damage to the intestinal lining and mal-absorption of nutrients in the digestive tract, lowering your overall nutritional status and making you prone to adrenal fatigue, inflammation, poor digestion autoimmune disease and liver detoxification issues. To remedy this, we recommended everyone be tested for gastrointestinal infections in the form of stool test whether symptomatic or not.

Getting Rid of the Parasites

Although it is usually best to begin treating parasites as soon as possible, undertaking treatment on your own is not advisable. Using readily available anti-parasitic herbs and “natural” formulas, which are often not strong enough to kill off the parasites, can cause the parasites to migrate deep into the intestinal tissues or other organs, making them more difficult to detect and eradicate. In gluten intolerant individuals, inflammation and deep pockets form in the gut, creating places for parasites to hide and possibly remain safe from both natural products and antibiotics.

Each parasite requires both pre-and post-intervention. Getting the body ready requires certain protocols that prepare the body for removing these parasites and other infections. If there is a weakened secretory IgA, and this is not restored, infection will just reoccur over and over again. Working with a knowledgeable doctor who is experienced in diagnosing and treating parasites, while supporting the body’s systems during treatment, is imperative. Parasitic infections are one of the greatest threats to your health and chief contributors to adrenal fatigue, hormonal imbalances and digestive disorders.

Why Not Test And Not Guess!!!

Yeast Proliferates and Adds To the Stress

Because of compromised mucosal barriers, most gluten-intolerant individuals experience a Candida (yeast) problem. Candida, an opportunistic organism, is normally found in the large intestine of a healthy individual in small amounts. When gluten intolerance sets the stage for GI dysfunction, Candida proliferates and invades the mucosal lining of the intestines. Yeast overgrowth can lead to a host of poor health conditions and heavy metal toxicity.

Adrenal Glands and Your Digestive System

The digestive tract is responsible for our vitality via the breakdown and absorption of every nutrient that fuels our trillions of cells. The foundation of good health lies in proper digestive function. All other health factors can be undermined if you don't digest and absorb nutrients well. Assimilation of vitamins, minerals, proteins and essential fatty acids from the foods you eat and the supplements you take is required for optimum health.

Problems with the digestive system are typically experienced as bloating, indigestion, gas, constipation or diarrhea. Many people have experienced gastrointestinal discomfort for so long that they have adjusted to it and think that their system's poor function is normal. With healthy digestive function a person will feel energized and revitalized after a meal for several hours and should not experience fatigue, hunger or any cravings for sweets.

Within the foundation of good health lies in proper digestive function. If you are not able to digest and absorb nutrients, your overall health will suffer. Low stomach acid and low digestive enzymes are common problems due to many factors that include poor diets, high stress levels and aging.

In addition, an imbalance in healthy organisms inhabiting the intestinal tract, the microbiome, can be impaired and damaged by things like dysbiosis, or Small Intestinal Bacteria Overgrowth (SIBO), gluten, dairy, soy, and other food sensitivities, NSAID use, antibiotics, chemicals, insecticides, pesticides, undetected parasitic infections or invasive yeast often referred to as Candida. Hidden inflammatory conditions can also interfere with digestion.

As mentioned above the majority of your immune system lies within your intestinal lining and the lining of your gastrointestinal tract is your first line of defense from invading pathogens. If this lining is compromised from years of faulty digestive function, you will be more susceptible to invasion from pathogens, parasites, infections and a condition known as 'Leaky Gut'. In other words, things will get through the gut that are not supposed to.

When these harmful and chronic stressors are existing within the GI tract, the adrenal glands must respond to fight off inflammation and deal with these stress-causing reactions. This adds to any emotional stress that the adrenal glands must contend with and further advances the stage of adrenal fatigue. For this reason, it is vital to get not only test the adrenal glands, but to test the intestinal tract as well. Part of healing involves eradicating any dietary stress, chemical,

infectious, and other inflammatory producing components triggering the adrenals, inflammation and GI tract to malfunction.

Although embarrassing for sufferers to talk about, heartburn, constipation, diarrhea, gas, and bloating affect most Americans. That means that if you suffer from one or more of these issues, you're not alone. And like many others, you might be so used to these issues that you've come to accept them as normal. A few years ago, I asked a new patient named Tammy if she had regular bowel movements.

She said yes, they were quite regular. I assumed she meant once a day, so I was shocked when she clarified "regularly once a week." It's also not normal to pass "excessive gas" every day of your life, or to have frequent loose stools. These issues clearly indicate digestive distress, so for your sake (and for the sake of those around you) it makes sense to get testing and get these issues remedied.

Here Are Seven Common Stressors That Can Affect The Gut Lining

- ✓ Poor dietary choices or food sensitivities
- ✓ Toxic exposure and toxic overload, heavy metals
- ✓ Infections- parasites, bacteria, viruses, yeasts and their by-products
- ✓ Small Intestinal Bowl Overgrowth
- ✓ Medication, drugs, environmental toxins
- ✓ Emotional Stressors / Chronic Stress
- ✓ Leaky Gut
- ✓ Inflammation

Lab Based Testing For Digestion Health

The digestive system takes center stage in this system of natural healing. As the “mother” of the body, it literally feeds your organs and tissues, from your brain to your adrenal glands, just like a mother feeds her child. Poor digestion leads to poor nutrient absorption, even if you are eating the right foods. (You are not what you eat. You are what you absorb!)



The tricky part of this is that, of the people determined through lab tests to have poor digestion, almost half experience no obvious digestive symptoms at all! They have weight gain, fatigue, depression, even female hormone imbalances directly related to poor digestion, but without experiencing heartburn, gas, bloating, and the like. Because digestive symptoms are often masked, discovery of these issues through testing is a critical step.

Several specific laboratory tests are now available to determine the current state of your digestive health. Labs utilizing either saliva, urine, stool and blood or a combination of these samples can establish a good picture of your gut health. With results, appropriate strategies can remove any of the offending stressors and therapeutic programs can initiate healing and restoration within the GI tract.

Millions of people have experienced the benefits of these programs through a functional medicine approach of seeking to find the root cause of gut related symptoms and not merely treat their effects.

Repair (Anabolic)

The repair/breakdown or anabolic/catabolic dynamic is one of the most important health principles. Depending on our physical and emotional health, the body is always shifting between in a repair (anabolic) or in a breakdown (catabolic) state. Being in an anabolic state means your cells are rebuilding, repairing, and literally re-constructing your body's tissues. Being in a repair state is like renovating a house by painting, landscaping and replacing a leaky roof. Anabolic refers to your immune system's rebuilding processes. When you are anabolic your body is in a state of constant regeneration, cells are repairing blood vessels and heart tissue, rebuilding old bone and even destroying cancerous cells

Breakdown (Catabolic)

The opposite process, a breakdown state, is referred to as a catabolic state. The word catabolic is from the same Greek root as the word cataclysm, meaning disaster. It is a well-chosen term since too much time spent in a catabolic state has disastrous effects on your health. This breakdown or destruction phase occurs when your body is operating under stressful conditions and is not able to repair itself adequately. Under catabolic conditions, the body breaks down its own muscle, organs and its bone. This breakdown ultimately leads to many unwanted health conditions, osteoporosis and degenerative diseases.

We maintain a strong immune system when our bodies spend more time in repairing than breaking down. A healthy immune system prevents the development of many chronic degenerative diseases.

For example, we have cancer cells that grow in us each day and it's our immune system's job to destroy those cells so that tumors don't develop. Our blood vessels and heart require constant renewal to prevent the plaque buildup triggering cardiovascular disease. Our bodies are constantly breaking down and repairing bone and joint tissue; if this breakdown process is prolonged and not in balance with bodily repair, osteoporosis and arthritis occur. Prolonged stress can weaken the immune system, and chronic stress can lead to the body attacking itself,



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

resulting in autoimmune diseases such as lupus, multiple sclerosis and rheumatoid arthritis. During chronic stress the digestive tract can breakdown and cause “Leaky Gut”, Crohn’s disease, IBD, IBS, GERD, heartburn, peptic ulcers or gastritis.

One of the primary concerns of adrenal maladaptation due to chronic stress is that it can push someone into a dominant breakdown state. When someone is stuck in this state of breakdown, muscle breakdown and bone loss can occur. This is because excessive cortisol causes the body to use muscle tissue as an energy source and blocks mineral absorption in bone. If you are taking calcium supplements to help protect you from bone loss and your cortisol is elevated, you won't absorb calcium properly. Calcium can then precipitate in the body and deposit in joints causing arthritis or deposit in the blood vessels increasing your risk for hardening of the arteries.

Your health status, whether you are predominantly in a repair state or breakdown state, can be measured by a variety of lab tests now available. This information allows you to address chronic degenerative diseases in their earliest stages, long before a pathological condition has developed.

Testing through the Adrenal panel measuring cortisol and DHEA helps to determine this “Anabolic:Catabolic” Ratio.

Helen

Let's consider the case of Helen, a 32-year-old single career woman who sought help for fatigue, brain fog, gas and bloating, recurring colds, and PMS symptoms including depression and anxiety. Helen worked in business development for a communications company, had a hectic travel schedule, and found herself dragging by the end of each week.

By using functional laboratory tests, it was determined that she had an intestinal parasite contributing to her fatigue. As a result, she suffered from adrenal syndrome. After treatment for her infection therapeutic doses of botanically derived pregnenolone and B vitamins were used as part of a program to help balance her hormones. Within 60 days of beginning her program, Helen's symptoms had improved. When she was retested, her adrenal function after 90 days, the cortisol-to- DHEA ratio had improved and her progesterone levels had normalized. Helen reported that her health problems had not returned.

Sounds simple? It is!

Testing her for dysfunction and then delivering the appropriate therapies helped Helen to regain health and vitality. Tragically, conventional medicine's standard fix for Helen would have been to prescribe drugs to mask her gastrointestinal symptoms and alter her moods.

The Adrenal Fatigue Solution

Restoring your adrenals is possible through lifestyle modifications, diet, and supplementation. I feel it's necessary to state that supplementation without lifestyle changes will not work. It is critical that you implement healthy lifestyle changes to promote balance and reduce stress. Also, in most cases of adrenal fatigue, the adrenals need to be "re-set". What this means is that certain strategies are used to get the adrenals to function properly and back in synch with normal circadian rhythms.



The "Recovery Plan" we use can be remembered as D.R.E.S.S. derived from Reed Davis's Functional Diagnostic Nutrition(™).

Monitor Your Sugar Levels

One way you can monitor your sugar levels is to buy a Glucometer and track you sugar 4 times a day for five days. Take a glucometer reading when rising in the morning before eating any food or drinking beverages, especially coffee. Then take a reading before lunch, before dinner and at bedtime. I have even taken readings every hour for a 5 day period to get an even a closer look at sugar levels. This helps for seeing where I need to consume a snack and meals.

Although this is the extreme, 4 times per day works to detect when your blood sugar drops. Tracking sugar levels can also be a help to monitor rising sugar levels and the need for glucose regulating supplements. To help curb sugar cravings, try to prepare extra nutritious snacks to have on hand so they are ready and available when you are having cravings.

Recommended Foods for Better Health and Supporting Your Adrenals

Proteins

Protein is the framework of a healthy diet, because protein is necessary for tissue growth, repair and for regulating blood sugar. High-quality protein sources include grass-fed beef, bison, and lamb; free-range poultry and free-range eggs; and wild caught fish. It is very important that you eat adequate protein—around four ounces, or a piece about the size of your palm at each meal.

The variety of protein sources and quality are of utmost importance. Protein should be organic, hormone-free, free-range, grass-fed, and “wild caught” in the case of fish. Conventional, factory farmed meat is full of brain toxins, nasty hormones, and antibiotics that will muddle your brain function. Use only fresh meats; avoid those that are processed and packaged. It is important to divide your day’s total protein over the course of your day.

An easy starting point for calculating the amount of protein you need is to divide your ideal body weight (in pounds) by 15 to get the ounces of protein to be consumed per day. You will need to adjust this amount up or down depending on your genetic type, the health of your metabolism, and your activity level.

Beef and lamb

Local if possible, and always "grass fed". "Grain-fed" cattle have altered fatty acid ratios that increase inflammatory components in the beef and inflame your brain.

Fish

Eat a variety of grilled, steamed, baked, or poached, but do not bread or deep-fry. Do not consume canned tuna due to its mercury levels. Choose “wild-caught” fish and avoid larger fish such as shark, mackerel, sword fish and tuna due to their high mercury contents.

Poultry

Eat a variety of chicken, turkey, and game hen, in a mix of dark and white meat. Do not bread or deep-fry. Acceptable cooking methods are grilled, steamed, baked, or roasted.

Eggs

The yolk has nutrients that are denatured when cooked thoroughly, so eat your eggs soft-boiled, sunny side up, or over-easy when you can. Buy organic eggs from a local farmer if possible, and notice their bright orange yolks! This equates to high levels of brain-healthy omega-3 fatty acids.

Nuts

These may be used as a protein snack source. Raw and organic are preferable. You can also soak nuts for easy digestibility. Small amounts are suggested.

Cheese

Goat and sheep cheeses and goat, sheep milk yogurt or some of the nut milks; almond, coconut, cashew, flax seed milk can be great alternatives to cow dairy products, especially if you have casein or dairy sensitivity.

Carbohydrates

It is natural to crave sweets when we have low blood sugar. Fighting adrenal fatigue is exhausting, and reaching for quick, easy, and even tasty snacks such as cookies, doughnuts, candy, colas and coffee drinks is common.

Unfortunately the energy we get from these types of foods is short-acting. The quick spike in blood sugar followed by a spike in insulin levels clears from our bloodstream so fast that we refer to this process as a “crash.”

Stress and exhaustion, when combined with hunger, can impede our ability to make healthy choices. When we aren’t aware of the effects that too much caffeine and refined carbohydrates have on our bodies, we may not realize we are affecting our hormones and how they function, as well as our sleep patterns by consuming them

Unrefined, carbohydrates include vegetables, fruits, grains, and beans. Refined carbohydrates are man-made processed foods that may contain white flour, white sugar, corn, or corn syrup. Unrefined carbs feed your brain, while refined carbs cause problems.

Refined carbs have been processed and stripped of their essential nutrients, and will throw off your insulin and cortisol levels, cause inflammation, and wreak general havoc with your brain health. In stark contrast, unrefined carbs are rich in vitamins and minerals and will maintain better blood glucose and cortisol levels while feed your brain what it needs to operate properly. I know your mother told you this a thousand times, but she was right: Eat your vegetables.

Vegetables

Nutrient-rich vegetables provide the vitamins and minerals that sustain your body. Again, quality and variety are key. Your body is most nourished with high-quality organic produce. Many anti-inflammatory, brain-healing nutrients such as antioxidants and flavonoids are associated with the properties that give vegetables their color, so make sure you eat a good range of green, yellow, red, and even purple veggies. Eating vegetables, raw or lightly cooked helps maintain vitamin and mineral content.

Green Vegetables

Eat as many of these as you can. They are high in minerals and low in calories. Some examples include Swiss chard, kale, collard greens, bok choy, beet greens, spinach, and salad greens.

Dark green steamed vegetables are superior to salad greens.

Yellow and Orange Vegetables

Eat these in small portions and always balance with green vegetables and protein. Some examples include yams, winter squash, and carrots.

Onions & Garlic

Eat these as desired. They provide a good source of sulfur containing amino acids that enhance liver detox function and protect your brain cells from neurotoxins.

Fruits

Whole fresh seasonal fruits are good in moderation. Best picks include berries, citrus, melons, apples, and pears. Avoid dried fruit, which is very high in sugar and may contain harmful preservatives.

Grains

From both my personal and professional experience, I find that eliminating all grains for 3-6 months works best for people with any stage of adrenal fatigue. This gives the body and the adrenal glands, the digestive tract, liver and other detoxification pathways, the best chance to reduce inflammation and stress on the organs.

The majority of grain products produced in the U.S. have been genetically modified. Genetic modification provides resistance to toxic herbicides, but the result is grains containing genes

from proteins that have never been part of the human food supply. It is still too early for us to know the full repercussions of genetically modified foods in our diet but it is best to avoid non-organic grains.

Legumes

Legumes such as beans and lentils are an excellent source of carbohydrates. Legumes are not recommended if you are considering Paleo-type diet.

Fats

If protein is the framework to a healthy diet, then fats are the nails and the bolts. The brain is about 80 percent fat, so it is crucial to have unrefined fat sources at each meal. Fat also increases absorption of the fat-soluble vitamins A, D, E, and K. As with all food groups, it is important to give your body a variety. Choose from organic extra-virgin cold-pressed olive oil, sesame oil, cod liver oil, red palm oil, virgin unrefined coconut oil, and real butter or ghee. Raw butter is ideal because it possesses healing qualities.

Avoid all margarines and hydrogenated and partially hydrogenated oils, as well as canola oil and other vegetable oils. Also avoid plastic containers. Make sure the oil is GMO-free.

Butter and coconut oil is the most stable when heating or stir-frying.

Brain cells can only function when properly supplied with sufficient omega-3 fats, most often found in fish. Because it's hard to get enough of these fats from your diet alone these days, and fish contains mercury, most people need to supplement with a good quality omega fish oil supplement with the proper ratios of Omega 9-6-3 fatty acids.

Beverages

Water is the best beverage to drink. Our bodies are approximately 70 percent water, and water is considered a nutrient, optimizing digestive function and the elimination of toxins from your body. It's best to avoid too much caffeine, fruit juices, and alcoholic beverages, especially beer, which contains gluten. How much water should you drink each day? Again, there are many



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

different opinions on how much water we should be drinking every day. The health authorities commonly recommend, eight/ 8-ounce glasses, which equals about 2 liters, or half a gallon. This is called the 8x8 rule and is very easy to remember. It is advisable to sip small amounts of water throughout the day. This helps to minimize the need for so many trips to the restroom.

If you are a daily caffeine consumer, don't quit right away. Start by making improvements in your diet and exercise patterns, and your need for the extra boost that caffeine provides will fade over time. You can try to reduce your caffeine intake by slowly using less and less caffeinated coffee and by mixing into you coffee more and more organic-decaffeinated coffee.

Eventually you'll be drinking mostly decaffeinated and then eliminate caffeine altogether. This helps avoid withdrawal symptoms when eliminating caffeine too quickly or going cold turkey. You can also substitute organic green tea and begin to do the same. Coffee is very acidic to the body, which accelerates the aging process. Tip: If coffee is a must, try to have one cup in the morning, no sugar or sugar substitute along with a nutritious, protein rich, breakfast.

Foods to Avoid

Gluten

Although not everyone is gluten intolerant, everyone stands to benefit from a "grain-free" diet for 3-6 months. It forces us to eat less of the processed, refined foods that contain gluten, and eat more unprocessed foods such as organic vegetables, quality proteins, fats, and healthy carbohydrates.

If you must eat grains, foods that are allowed include organic amaranth, arrowroot, buckwheat, corn, millet, potato, quinoa, and rice. Oats are tolerated by most gluten sensitive people, but are controversial as to their actual gluten content, so always be a little suspicious about oats; if you get bloated after eating oatmeal or granola, then remove them from your diet. Many of these foods are also cross reactive to gluten and can create food related reactions.

Soy

Soy consumption has become quite controversial. Once considered a magic bullet, soy was thought to offer cardio-protective properties, cancer prevention, and menopause relief. We now know that soy consumption is linked to hormonal cancers, thyroid issues, impaired fertility, food allergies and infant abnormalities. Soy is very difficult to digest and contains many anti-nutrients that prevent absorption of minerals. Soy also contains high levels of plant estrogens that mimic the body's natural estrogens, and consumption of soy products can cause estrogen dominance in certain individuals. Estrogen dominance raises one's risk of hormonal cancers and female hormone issues.

In our current diets, we very rarely consume whole soy. It is processed into soy flours, soy oil, soy protein isolate, and hydrolyzed soy protein and is ubiquitous in our food supply because it is cheap to produce. It's used in processed foods as filler, and is a main ingredient in vegetarian fare, protein powders, supplements, and protein bars. Avoid processed soy as much as possible. Many people are allergic to soy and soy products.

Part of this may stem from the ways in which soy has been genetically modified, and the frequency with which it is used as a food additive. Fermented soy products such as miso and tempeh are usually ok. After a long fermentation process, the phytate levels of soybeans are

reduced, making them much easier to digest. Because soy allergy is so common, remove it from your diet for at least a month or more and reintroduce it to see if it causes unpleasant symptoms such as indigestion or bloating.

Pasteurized Dairy and Dairy Products

Reactions to pasteurized dairy products are very common, but they may be so subtle that you may not even notice. This includes pasteurized milk, cheese, yogurt, and cottage cheese, but not eggs. There are two potential problems with dairy products: lactose intolerance, which is an inability to digest the carbohydrate or sugar portion of the milk, and milk allergy, which is a reaction to the protein in the milk. Pasteurization and homogenization destroy the enzymes in milk that help us digest it, destroy the healthy bacteria in milk that help keep the gut working well, and destroy the beneficial fats in dairy, rendering what could be a very nurturing and healing food into a potentially harmful product.

Dairy sensitivity may manifest as bloating, diarrhea, sinus and hay fever symptoms, and generalized digestive complaints. While pasteurized dairy should be avoided, raw dairy may be introduced after following a 3-6 month dairy-free diet. After this, most people will be able to tell if they are sensitive to dairy by drinking a large glass of whole raw milk from "grass-fed" cows, first thing in the morning on an empty stomach. If you have no digestive symptoms from doing this, then you can likely consume raw dairy products.

Raw butter (best from grass-fed cows) has butyric acid, which along with the healthy bacteria in the butter helps heal the GI tract in dramatic ways. Again, nut milks like almond, coconut, cashew, flax seed milk can be great alternatives to cow dairy products, especially if you have casein or dairy sensitivity. Organic-grass fed Kefir may also be a healthy choice.

Food Allergies, Sensitivities and Rotation Diets

Food allergies and food sensitivities are becoming increasingly recognized health problem. Often it is not clear which foods are causing reactions. One way we become sensitive to foods is by eating the same foods day in and day out. By eating the same foods close together, within a four-day period, the body develops sensitivities to foods.

When I have patients who are experiencing food allergies or sensitivities, I suggest that they get a lab test to determine the specific foods they are allergic or sensitive to, and then go on a rotation diet. For most people, a four-day rotation interval between eating the same foods gives the best results. The food being rotated on a given day may not be eaten more than once within the four-day period. Ideally, you don't eat the same food until the fifth day, when the cycle begins again. Rotation diets are complex to follow and typically require the help of a health professional to do properly. Once you have your diet sorted out, you can turn your sights to cleaning out the junk that has accumulated in your body over the years.

Timing our meals, and how much we eat, can help the adrenal glands regulate cortisol and its natural cycle. Eating larger meals, especially protein, earlier in the day naturally helps support cortisol levels, while eating smaller, lighter meals at the end of the day helps maintain hormonal balance.

The old adage about breakfast being the most important meal is actually true. Eating a nutritious breakfast that includes protein within an hour of rising will help balance your metabolism and cortisol throughout the entire day. Avoid cereals and unrefined carbohydrates in the morning. They act like sugar and can cause a spike and crash of energy.

- Try to eat breakfast within an hour of getting up, or by 8 am to restore blood sugar levels that were depleted during the night. Eat a healthy snack around 10am.
- Try to eat lunch between 11 am and noon to prevent a large dip in cortisol levels.



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

- Eat a healthy snack between 2 and 3 pm to help off-set the natural cortisol dip that occurs around 3 or 4 pm. Many people notice this dip every day and reach for extra caffeine or carbohydrate-loaded snacks, which will actually disturb hormonal balance.
- Try to eat dinner between 5 and 6 pm and although it may be difficult at first, try to eat a light meal. Eventually your body will enjoy digesting less food in the evening.
- Eat a nutritious, light protein snack short time before bed can help to avoid waking up due to a drop in blood glucose. Be sure to avoid refined sugars. Nut butters with a small bit of fresh fruit are ideal choices. If you're waking up during the night, eating a very small protein and light carbohydrate snack helps some people get back to sleep.

When we properly time our meals and snacks, we can prevent dramatic drops in blood sugar and support our body's natural functioning. Our adrenals will not have to continually work to produce cortisol and can instead perform many of their other important secondary functions. We will also have more energy and more happiness throughout the day! The glucometer testing can help you manage your sugar and cortisol levels.

A Note on Salt and Adrenal Imbalance

My patients are always surprised when I tell them to "give in" to their cravings of salt during periods of adrenal fatigue. (if you have high blood pressure, you might want to monitor your blood pressure while increasing sodium). Salt cravings in adrenal insufficiency are related to low levels of a steroid hormone called "aldosterone".

This hormone helps the body maintain salt and water as a way to help regulate blood pressure. When cortisol goes up, aldosterone goes down. Like cortisol, aldosterone fluctuates throughout the day, and is also influenced by stress. Chronically low levels of aldosterone can affect electrolyte balance, and sodium intake is one way to help correct this imbalance. If you experience lightheadedness when you get out of bed in the morning, rise from sitting or lying down, when you get out of a hot bath or shower, you may have hypotension or low blood pressure. This is a common side effect of adrenal insufficiency, so adding good quality-salt, such as Celtic sea salt, could be helpful to manage those symptoms

A Final Tip on Choosing the Right Foods and Beverages

When we make necessary dietary changes, we may often feel stress, which of course does not help break the stress-patterns that have already depleted our adrenal glands. This is when I remind my patients to not feel bad if they veer off course once in a while. However, it is important that you totally avoid gluten during the healing phase of repairing your adrenals and gut.

But if you go off course and eat a little too much, have some dairy and sugar, don't despair. Feelings of self-disappointment that are associated with bingeing may lead to a desire to abandon the course of action.

Doing your best 90 percent of the time is all I ask, because guilt is not a healthy way to support your adrenal glands. But no gluten!

R is for Rest

Sleep

What's the magic pill that helps heal everything and functional medicine's fountain of youth? What treatment can fix immune problems, fatigue, even weight gain? Every condition you can imagine can be improved with nature's original cure-all tonic, SLEEP. Sleep is not something you get around to when you can fit it in. It is the essential component in healing. It's easy to cut back on sleep and feel like you are getting away with it, and as adults we don't recognize what happens from sleep deprivation. But it's quite clear if we look at what happens with little kids.



One summer our six year old nephew stayed at our house and we thought it would be fun to let him stay up to see the 4th of July fireworks. He didn't get to sleep until past midnight. What happened?

He turned into a monster for the next day. A sleep-deprived six-year-old gets cranky and irritable, craves sugar, and becomes prone to emotional outbursts, behavioral and concentration problems at school and will likely get sick with some bug before you know it. What if we had kept him up until mid-night for an entire week? The important thing to know is that adults are no different. Without eight hours of uninterrupted deep sleep, you'll end up



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

feeling and acting out just like an exhausted six-year-old. No difference whatsoever. You'll get cranky and have mood swings, crave sweets, have trouble focusing, and eventually get sick with some low-grade digestive tract infection.

Remember from the previous section that adrenal exhaustion weakens the immune system and makes us prone to picking up bugs. It happens with little kids when they get tired, and it happens with adults too. No exceptions. Any healing program you may attempt falters without adequate sleep.

Remember, "Early to bed, early to rise, makes you healthy, wealthy, and wise."

Your health, your ability to work effectively, and your brain all depend on sleep, and your biological clock, which is regulated by cortisol, dictates the timing of your sleep. Cortisol peaks at 6 a.m. in the morning, when you are designed to wake up, and cortisol drops lowest at 10 p.m., when you ideally should be falling asleep.

So Guess What's The Best Time You Should Get To Sleep And Rise?

One of the primary means for maintaining a healthy body and brain is to get a good night's sleep in bed sleeping by 10pm; rising no earlier than 6am.

Our body and brain repairs while we sleep. Your brain processes information, detunes itself on a psychic level through dreams and deep sleep cycles, and refreshes our minds for the following day. Both physical repair and psychic regeneration happen at night while we rest.

More on Sleep

Did you know that today we sleep a whopping 500 hours less each year than our grandparent's generation?

This sleep debt places a tremendous burden on our resiliency or capacity to cope with stress. If you get less than 7 hours sleep per night, struggle to fall asleep, or wake up frequently during the night your cortisol levels will be elevated and you'll be cutting yourself short on the recovery front.

To support deep sleep, make sure your bedroom is set up for optimal recovery. How can you improve your sleep quality? Here are some simple tips:

- Turn down the lights in your house after 9 p.m.
- Shut off your television or laptop at least 45 minutes before bed.
- Make sure your bedroom is completely dark.
- Try using blackout blinds or an eye mask to prevent unwanted light.
- Keep your bedroom cool and wear loose-fitting clothing or sleep naked

E is for Exercise

Exercise helps takeoff weight, increases energy, improves circulation, and prevents depression. Exercise is a great source of stress relief and can impact the brain at least as powerfully as any antidepressant medication, and without the negative side effects.



Exercise will also increase cortisol levels, so enjoying lighter activities while trying to heal adrenal fatigue is important. It has been found that long-strenuous exercise can be a factor in developing adrenal fatigue.

Cindy the Marathoner

Most people in adrenal burnout want to exercise but don't have the energy for it. It wasn't long before Cindy started to train for her first marathon, then her second when she began getting sick all the time. Along with chronically being down with some sort of bug and experienced abdominal cramping and bloating.

She couldn't complete a day at her job without needing 4-6 cups of coffee to get through her day, and was obsessively craving sweets. Eventually, Cindy was waking up in the middle of the night, had trouble getting back to sleep, next battling to get out of bed in the morning due to extreme exhaustion. Cindy finally went to her medical doctor for help. He ran a bundle of lab tests, only to find normal lab tests, then prescribed sleep and anti-anxiety medication.

Recognizing this wasn't the answer, she pursued functional medicine to find clues about her health conditions. It was discovered by doing an extensive history, Cindy was in a stressful home environment after her parents divorced, was driven by perfection in her high school and college years, only now pressured to work her way to the top of a journal career. When she started long distant running, this stress tanked her adrenal glands.

The results of Cindy's adrenal salivary lab test, stage 3 adrenal fatigue. Her stool test was positive for giardia infection. Testing for intestinal permeability showed leaky gut and mal-absorption syndrome. Food sensitivity testing was positive for gluten, casein, dairy, numerous severe and moderate food sensitivities. Liver detoxification was impaired and free radical activity was extremely high. Cindy literally "ran herself into the ground". With the childhood stresses, school and job pressures, to running marathons, her adrenal glands and her body could not handle this lifestyle anymore.

Cindy was put on an adrenal repair program; she was counseled with lifestyle modifications; that included light exercise, stretching techniques, gluten, dairy and sugar free diet. Identified and eliminated those food sensitivities contributing to inflammation and stressing the adrenal glands. A specific herbal protocol was used to treat the giardia infection so we could lessen the stress on the adrenals and help heal the leaky gut.

She also improved her detoxification pathways which assisted and expedited the overall improvement in the way she healed. Since she has recovered and reintroduced foods she enjoys, running shorter distances and enjoying her job as a journalist more than ever. Cindy, like millions of others are in this state of adrenal fatigue and for most, don't know what to do. Fortunately, through the functional lab testing and functional medicine protocols, people like Cindy are now able to repair and experience health and vitality again.



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

Exercise such as walking, bicycling, swimming, mild cardiovascular exercise to improve overall fitness, light weight or resistance training to strengthen muscle, gentle stretching to resolve muscle tension patterns, yoga, relaxation exercises and/or functional movement exercises are best when in the healing stages of adrenal fatigue.

Note: When in Stage Two and Three of Adrenal Fatigue, it is important not to rush into strenuous exercise too soon, especially when you start to feel good and have more energy. If you are in Stage 3 of adrenal burnout, you may require some time healing your adrenal glands before you are able to undertake heavy cardiovascular exercise. It is wise to work with your functional medicine practitioner as to when it is the best time to increase your activity.

S is for Stress Reduction

There are two types of stress we want to address in adrenal fatigue, digestion and hormonal imbalances; External Stresses: and Internal-Undetected Stresses.



External

Environmental Toxins

In today's world we are exposed to thousands of toxins and our body, especially our liver, has to process and remove these toxins in order for our body to function at optimum. Never has our detoxification systems had to deal with this enormous load. Special foods and nutrients are needed to rid the body of these offenders so that these chemicals don't create disease. , Coffee enemas, liver support, exercise, infra-red saunas, detoxifying programs are some of the methods to eliminate dangerous chemicals.

Emotional Stress

Emotional stress and stress management vary widely. Emotional stress needs to be addressed if we are to revive our adrenals and beat the repercussions of adrenal fatigue. Some people need more time with family, more sleep, or more connection to their spiritual life. The chronic

stressors we all experience are often a major source of our health complaints and need to be addressed as part of a comprehensive plan to restore health.

Internal Stressors

This would include infection, inflammation, poor detoxification, poor digestion, organ dysfunction, food sensitivities, glucose dysregulation, insulin resistance and organ or system abnormalities.

S-Supplement Programs

I want you to know that starting a supplement program without making lifestyle changes will not work. It is critical that you apply healthy lifestyle changes to help develop balance and reduce stress, some as mentioned earlier. Also, if you are going to include supplements, especially hormones, I recommend working with a qualified health care practitioner.

What exact nutrients you are deficient in and what supplements will have a therapeutic benefit for you to promote your transition to a healthier body. This is why lab results for all body systems matched with your clinical presentation of symptoms enables a qualified health care practitioner to discern what supplements will be supportive in this process.

In today's world it is almost impossible to get all the necessary nutrients that we need to nourish all the different activities within our body. There are so many different nutrients that cells, tissues and organs requires working at its optimum. The food supply today is not providing our body what it needs to function optimally. In addition to what the body needs, the environment today puts such a large amount of physical, chemical and emotional stress on bodily systems, that we get nutritiously depleted much easier today then our parents and grandparents did years ago.

Also, with the greater demands of today's stressful lifestyles we see all around us, body parts get significantly over worked trying to keep up with the demands we put on them. The majority of lab findings we perform on our clients commonly indicate exhausted and malfunctioning organ systems.

So as a result of these stressors, depleted food sources and fatigued organ systems, it becomes apparent, that in order to raise your health levels, supplementation should be a part of your everyday nutrition program. Also, the right supplementation can give your body what it needs



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

to function at its optimum. Using our specific lab testing, we have the ability to target organ system's nutrient needs, accelerate healing and repair with the supplements we recommend in our program.

So, in short, we suggest t supplements will fill three basic functions in your program:

For Substitution

Digestive enzymes to assist your body in breaking down food.

For Stimulation

We are going to recommend vitamins, minerals and herbs.

For Support

Adrenal glandulars and if needed, hormones will be recommend to indirectly assist your adrenal glands, while we work on identifying stressors compromising your health.

Other Nutrients Valuable to Adrenal Health

Vitamins and minerals and micronutrients found in nutraceutical-grade supplements are essential to restoring adrenal health, and supporting the entire endocrine system. Not only can they help the healing process, but they can provide extra nutrition to our cells, and support proper adrenal functioning every day.

Here are some important ones.

- ✓ Vitamins C, E and all the B vitamins can help regulate stress hormones.
- ✓ Magnesium provides energy to the adrenal glands.
- ✓ Calcium and trace minerals including zinc, manganese, selenium, and iodine provide calming effects of the body's "fight-or-flight" response.
- ✓ Vitamin C is probably the most important vitamin for adrenal function. Vitamin C acts as a restorative antioxidant inside the adrenal glands and the adrenals are the only organs that can store vitamin C.

B-Vitamins

All the B vitamins are important in the stress response and are involved in the adrenal hormone production. The most critical ones are vitamins B5 and B6, where they help convert blood sugar into energy.

Trace Minerals

In small amounts, zinc, manganese, selenium, molybdenum, chromium, copper, iodine, and other minerals ease nervousness.

Sodium

Aldosterone, the hormone that controls sodium and potassium levels in the body, is secreted on the outside of the adrenal glands. When the adrenals are fatigued and not making enough aldosterone, the body can't retain sodium or water effectively, so you become mildly dehydrated—and consequently have low blood pressure and crave salt.

Herbs

Certain adaptogenic herbs can be taken to support adrenal health and other hormones. These herbs are considered adaptogenic because they adapt to the state of your body and improve it. They will raise cortisol if your cortisol is too low and lower cortisol if it is too high.

Herbal support is also a consideration when treating adrenal fatigue. Adaptogens are herbs that actually adapt to the individual needs of your body, providing the additional essential support your adrenals need

- ✓ Ashwagandha (*Withania somnifera*)
- ✓ Eleuthero / Siberian ginseng (*Eleutherococcus senticosus*) note: not with high blood pressure
- ✓ Astragalus root (*Astragalus membranaceus*)
- ✓ Schisandra (*Schisandra chinensis*)
- ✓ Rhodiola rosea
- ✓ Licorice root (*Glycyrrhiza glabra*) do not take after 3pm. Do not with high blood pressure

These supplements are considered "SAFE".

I recommend that you work with a skilled practitioner to determine dosing and to make sure it doesn't interact with any medications you may be on.

Conclusion

As you can see, adrenal fatigue can happen to anyone. The results of chronic stress, whether it's from a chronic unhealthy balance in our schedule, abdominal weight gain, poor dietary factors, poor sleep habits, relational issues, intestinal distress or infection, leaky gut, compromised immune system, inflammation and other life factors, adrenal fatigue is real.



It is sabotaging millions of lives. It may be your life or the life of someone around you. One thing is for sure. If you don't stop adrenal fatigue in its tracks, it will stop you before you know it.

Getting a hold of this epidemic isn't easy unless there is lifestyle modifications and an investigation as to the underlining causes of adrenal stress. Through a functional medicine practitioner or other trained natural health care professionals knowledgeable in this work, you can get your life back.

I have always said to people who have lost hope because of some long standing health problem, "someone out there has the answer to your health problem. You just have to find them". Functional medicine has the answer for many of today's health challenges and has given so many that hoped and answer for health restoration and vitality.

My hope and prayer is you too will regain the life you once lived and live out this life with the most abundant life and energy possible.

-Dr. Joe Gitto

Do you have Adrenal Fatigue?

Complete our test to find out. Email us at: www.drgitto.com and ask for the "Adrenal Fatigue" questionnaire to be emailed to you.

How To Get New Energy, More Sleep, A Happier Gut, And A Happier Mood!

About the Author



Dr. Gitto has been studying, practicing and teaching alternative healthcare since 1989. He did his undergraduate work at Rowan University and studied Chiropractic at Life University, is a Functional Medicine practitioner, certified from Functional Medicine University, a graduate of Functional Diagnostic Nutrition and the Kalish Method which makes our programs very successful.

Dr. Gitto's work is informed by his own experience recovering from a chronic health condition which began while he was in his early teens. After seeking the traditional medical model of health care without resolution of his health condition, decided to take his health into his own hands. Through extensive study and research, continual self-experimentation, and formal training in alternative healthcare, he recovered from his debilitating condition. He has been called to share what he learned with others through his blogs, book and private practice by using proven methods that work.



How To Get New Energy, More Sleep, A Happier Gut And A Happier Mood

Dr. Gitto practices chiropractic and functional medicine, with a personalized approach to healthcare, that recognizes the biological uniqueness of each patient. In contrast to conventional care, which is almost entirely focused on suppressing symptoms, chiropractic and functional medicine strives to eliminate symptoms by addressing the underlying cause of the problem. It is an evidence-based field of healthcare that views the body as an interconnected whole and recognizes the importance of these connections in health and disease. He is constantly staying up-to-date with current health research and information while managing a full-time patient practice.

Disclaimer:**The views and nutritional advice expressed by Dr. Joseph Gitto, DC and this publication is not intended to be a substitute for conventional medical service. The information in this eBook, purchasing a product, program or wellness coaching does not establish a doctor patient relationship with Dr. Joseph Gitto, DC or any of our Physicians or Registered Dietician/Nutritionist. If you have or suspect that you have a medical problem, promptly contact your health care provider.

******We suggest that you continue to work with qualified medical professional as you engage in our material, products and services. No information offered here should be interpreted as a diagnosis of any disease, nor an attempt to treat or prevent or cure any disease or condition. Information and statements regarding products and/or services made available by Dr. Joseph Gitto, DC have not been evaluated by the Food and Drug Administration. Dr. Joseph Gitto, DC products and services are not intended to diagnose, treat, cure or prevent any disease.