

General Rules for Adrenal Fatigue Recovery

Signs and Symptoms of Adrenal Fatigue

1. Difficulty getting up in the morning. Three alarms and you still don't feel awake enough to lift your head off the pillow.
2. Continuing fatigue not relieved by sleep. Despite getting a good night's sleep, you still feel tired when you wake up. Refreshed is a foreign word to people with adrenal fatigue.
3. Craving for salt or salty foods. You find yourself eating the whole bag of chips or adding salt to already salted foods.
4. Low energy, lethargy (lack of energy). Everything seems like a chore, even the things you used to enjoy. Frequently, just getting up out of the chair required too much energy.
5. Increased effort to do every day tasks. Everything seems to require ten times as much effort as it should.
6. Low libido (decreased sex drive). The hottest movie star could be waiting in your bedroom and you would ask for a rain check. Sex is the last thing on your mind when you hardly have the energy to keep your head up.
7. Decreased ability to handle stress. Little things that never used to bother you get to you. Road rage, constant anxiety, yelling at your kids, and compulsive eating, smoking or drug use let you know your adrenals are crying out for help.
8. Increased time to recover from illness, injury or trauma. The cold you got in October is still hanging on in November. The cut on your finger takes weeks to heal. Two years after your father died you are still incapacitated by grief.
9. Light-headed when standing up quickly. Sometimes you feel like you are going to pass out when you get up from bed or a chair.
10. Depression. Why bother making an effort, it all seems so pointless?
11. Less enjoyment or happiness with life. Not much seems to interest you anymore. Work and relationships feel empty and you almost never do something just for fun.
12. Increased PMS (Premenstrual syndrome). Bloated, tired, crabby, cramping and craving chocolate - does it get any worse than this?
13. Symptoms increase if meals are skipped or inadequate. You have to drive yourself with snacks, colas and coffee just to keep from collapsing.
14. Thoughts less focused, more fuzzy. You frequently lose track of your train of thought and it is harder and harder to make decisions, even about little things like what to wear.
15. Memory less accurate. You are so absentminded, you should be a professor.
16. Decreased tolerance. People seem a lot more irritating than they used to.
17. Abnormal schedule: You don't really want to wake up until 10:00 AM, around 3:00 - 4:00PM you start to feel like you have been drugged with sleeping pills and after 6:00PM and supper, you start feeling alive again.
18. Decreased productivity. It takes you longer to complete tasks and it is harder to stay on task.

1. Go to bed before 10:00 PM
2. Sleep in until 9:00 AM whenever possible.
3. Look for things that make you laugh.
4. Eliminate the energy robbers (things in your life that drain your energy)
5. Make your lifestyle a healing one.
6. Do something pleasurable every day.
7. Whenever you are not enjoying your life, go back to the "Three Things You Can Do" section and take action.
8. Notice at least one small, everyday thing that you are grateful for each day.
9. Take your dietary supplements, regularly.
10. Move your body and breath deeply.
11. Believe in your ability to recover.
12. Use your mind as a powerful healing tool.
13. Keep a journal - jot down your experiences each day.
14. Eat the foods your body needs.
15. Learn which foods make you feel bad (keep a list of them - Food allergy test results)
16. Have a glass of water in the morning containing 1/2 teaspoon of sea salt stirred until dissolved.
17. If you are to have fruit, have something with salt before or after the fruit and chew very well.
18. Combine starchy carbohydrates, protein and fats at every meal.
19. Eat an abundance of whole foods - those foods which are eaten like nature grows them.
20. Eat lots of colored organic vegetables.
21. Chew your food very well.
22. Take the power and responsibility of your health into your hands.
23. TAKE 1,000 mg of Vitamin C complex with 200 mg magnesium and panthothenic acid at approximately 2:00 PM every day along with a small snack in order to help avoid the 3:00 to 4:00 PM low.

AVOID THESE THINGS

1. Getting overtired
2. Caffeine, sugar, alcohol, sodas, energy drinks and white flour products
3. Coffee, even decaffeinated.
4. Staying up past 11:00 PM
5. Pushing yourself
6. Energy suckers
7. Being harsh or negative with yourself
8. Feeling sorry for yourself
9. Food you are addicted to
10. Foods you suspect an allergy or sensitive to
- 11 Foods that make you feel worse, cloud your thinking or pull down in any way
12. Never skip breakfast
13. Avoid fruit in the morning
14. Never eat starchy carbohydrates (breads, pastas) by themselves
15. Never eat carbohydrates after 9:00 PM