

ADRENAL SUPPORT

*Nourish your adrenal glands, balance blood
sugar & increase vitality*

The Connection Between Adrenal Fatigue and Low Blood Sugar

If you have adrenal insufficiency or fatigue,
when you eat can be just as important as *what* you eat.

By eating the right combination of natural, high-quality food at frequent intervals, you can help avoid low and/or unstable blood sugar and make a difference to your adrenal health and energy levels.



BE SURE TO EAT BEFORE 10 AM

One of the major dietary mistakes made by people with low adrenal output is failing to eat something soon after waking and, instead, skipping breakfast.

Eating something nutritious before 10 am, or soon after waking up, is vital in helping replenish your lowered blood sugar supply after sleeping. You need to 'break the fast' with breakfast every single day.

Avoid high sugar breakfast cereals (even the 'healthy' granolas) and stick to high-fibre wholegrain oats, protein; such as natural yoghurt or eggs, and some veggies like mushrooms, sautéed greens, roasted tomatoes and healthy fats e.g. avocado.

EAT AN EARLY LUNCH

An early lunch, preferably before noon, is better than a late lunch.
Your body quickly uses up the early nourishment it received from breakfast and will be ready for more so it can keep you fuelled and to maintain blood sugar levels.

Between 11.30 am and midday is the best time for lunch.

Include a good source of protein, healthy fats - such as an olive oil or flaxseed salad dressing, nuts, seeds and lots of different coloured veggies.

AFTERNOON SNACKS

Eat a nutritious snack between 2 and 3 pm to sustain yourself during the afternoon, specifically to prevent or reduce the impact of the cortisol dip that typically occurs between 3 and 4 pm.

This 'dip' usually leaves you feeling tired, foggy in the head and craving coffee or sugar to pick you up.

The trick is to eat a small, nutritious snack ***before*** this dip happens.

EVENING MEAL

Eat your evening meal between 5 and 6 pm, if possible.

It is important to give the body time to digest this food before bedtime.

If needed, have a few small bites of a quality, low sugar/low carb snack before bed. A couple of spoons of natural yoghurt with some LSA (linseed, sunflower and almond meal) and diced kiwi fruit is a nice dessert that will keep you satisfied but not peak blood sugars too high before bed.



If you are experiencing fatigue, you are best to eat a meal with good amounts of quality protein, healthy fats and some complex carbohydrates (unprocessed, whole, 'brown' grains or starchy veggies like sweet potato).

Foods that are converted too quickly into energy (processed foods/sugary foods) may give you a quick burst of energy... but this is short lived and your energy will crash.

If it came from a plant; eat it.
If it was made in a plant; don't.

MICHAEL POLLAN

A NOTE ABOUT SALT:

In most cases of adrenal fatigue, salt (in moderation) can be of benefit.

Unless you have high blood pressure, add some **quality** salt to your food.

Celtic Sea Salt or Pink Salt is the best, as these types of salts contain many beneficial minerals that table salt does not.

Salt can, in most cases, reduce adrenal fatigue symptoms; such as low blood pressure.

Ask your practitioner if you would like more information on this.

ADRENAL RECOVERY SOUP

- 400 grams green beans
 - 1 cup chopped celery
 - 1 zucchini, diced
 - 1 carrot, diced
 - 1 medium onion, chopped
 - 1 clove garlic, crushed
 - 1 cup tomato passata
 - 1 cup filtered water
 - 1 tablespoon raw honey
 - 1 teaspoon paprika
 - 1 teaspoon grated turmeric
 - 1 cup chicken bone broth
- Combine and simmer until veggies are tender.



VEGETABLES – Eat a Rainbow!

Everyday you should include 6 to 8 servings (1/2 cup cooked/1 cup raw) of vegetables in your diet.

Choosing a variety of different coloured vegetables will help you get a wide variety of different vitamins, minerals and protective phytonutrients.

It is also good to prepare and cook vegetables in different ways – e.g. have some raw, some lightly steamed and some roasted with olive oil. This is because different nutrients are made available to the body through different cooking methods. For example, vitamin C is heat sensitive, so best provided to the body through eating raw veggies and fruit.

PROTEINS – Quality Over Quantity

Choose grass-fed meats, chicken, turkey, kangaroo, fresh fish & seafood, free-range eggs, goat/sheep/A2 dairy and legumes, nuts and seeds.

Avoid processed meats and deli meats.

You should include small amounts of quality protein at each meal and snack.

JUST REMEMBER TO MAKE VEGETABLES THE STAR OF THE MEAL AND KEEP THE PROTEIN IN A SUPPORTING ROLE.

FRUIT – Choosing Those Low In Sugars

If you have adrenal problems and low blood sugar, you should go lightly on fruits; especially in the morning.

You should still enjoy 2 serves a day because fruits are typically very rich in other important nutrients and antioxidants.

Some fruits that seem to be okay for most adrenally fatigued people are:

Papaya, Mango, Plums, Kiwi Fruit, Apples, Berries

Fruits to avoid:

Bananas, Pears, Dates, Raisins, Oranges, Grapefruit, Cherries

ADRENAL FATIGUE DIET RULES:

- **Don't skip breakfast.** Break the fast and support blood sugar levels.
- **Eat a wide variety of whole, natural foods** – avoid all processed, packaged foods and take-out.
- **Combine** a healthy fat, protein and complex carb source with every meal/snack.
- **Eat PLENTY of vegetables** – especially the bright coloured ones. Eat a RAINBOW!
- **Salt** your food to taste with a good quality sea salt, or use seaweed flakes.
- **Avoid fruit in the morning.** Avoid fruit juices altogether.
- **Get your healthy fats.** Drizzle cold-pressed extra virgin olive oil and/or flaxseed oil onto cooked veggies/proteins/grains (1 to 2 tablespoons each day).
- **Eat high quality food** – organic, grass-fed, additive and preservative free, seasonal.
- **YOU ARE WHAT YOU EAT – BE FRESH & VITAL!**