

Suggestions for Adrenal Problems

Indications- weakness, lethargy, dizziness, headaches, memory problems, food cravings, allergies, blood sugar disorders, moodiness and inability to cope with stress. The adrenals are easily depleted due to stress, environmental pollutants, smoking, caffeine, alcohol drug abuse and poor nutritional habits.

Causes – stress, lack of deep sleep, cortisone use, steroid use, poor nutrition, caffeine and/or use of other energy boosters, alcohol, smoking and drug abuse, any stimulants including recreational drugs

Good foods – all fruits and vegetables, especially green leafy vegetables, Brewer's yeast, brown rice, legumes, nuts, seeds, wheat germ, whole grains, deep water fish, garlic, onions, shitake mushrooms

Harmful foods – fats, fried foods, ham, pork, highly processed foods, red meats, sugar, sodas, white flour, coffee, alcohol, black tea

Alternative treatment for adrenals:

Vitamin B complex 100 mg twice daily

Extra vitamin B5 100 mg 3 times daily

Vitamin C 3 or more grams daily

Adrenal Glandulars

Adrenal Cortex Glandulars

L- tyrosine 500 mg 3 times daily

SAMe 200-800 mg daily depending upon stress levels

Ashwagandha 3 grams daily

Licorice root 2 grams daily

Dulse

Fo-ti root

Astragalus

Eleuthero 3 grams daily

The intent of this document is to support Nu|Vision users. It is not intended to diagnose, treat, cure or prevent any medical, psychological or nutritional condition, disease or disorder.