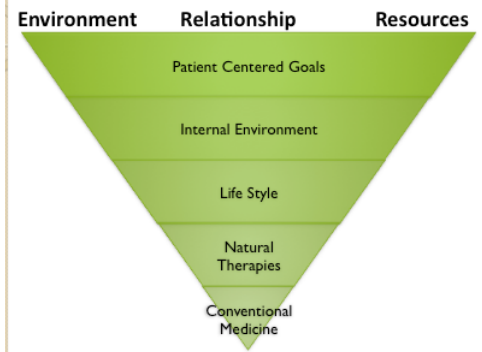


## IM4Us Treatment Pyramid



### Rebuilding Tired Adrenals

When someone has prolonged ongoing stress the body responds by shifting to make more stress hormone (Cortisol) and away from making other hormones (Progesterone, Testosterone, and Estrogen).

Early on people usually feel anxious or on edge and later people get tired. If it goes on long enough your body cannot make enough stress hormone and people start to feel tired, fragile, take longer to heal and have mood swings or for women more challenges in menopause and perimenopause .

The good news is that this can be helped.

First, many need to learn how to eat more regularly, relax, sleep better and drink more water and less caffeine. (this is like turning off the faucet).

Next, many need to rebuild their ability to make your hormones with proper nutrition and supplements (this is like mopping up the floor).

### **RECOMMENDATIONS** (your provider will check what they feel is most important)

	<b>Stage 1: TURN OFF THE FAUCET</b>	
	<b>Life Style</b>	
	Stop Caffeine (taper by 50% every few days)	
	<u>Regular Meals</u> (3-5 meals a day) Eat Breakfast Higher protein, complex carbohydrates, and good fats (cut out the sweets and soda's)	
	<u>Stress Management</u> (do it often) Breathing Exercises Stress Handout Regular relaxing movement: Tai Chi, Yoga, etc.	
	<u>Healthy Sleep:</u> (minimum of 8 hours a night) Sleep Handout Bed Rest Therapy: plan a weekend to stay in bed as much as you can.	
	Oral Rehydration Solution(ORS): $\frac{3}{4}$ water, $\frac{1}{4}$ apple juice and a pinch of salt. For most drink a quart a day of ORS and a quart of water.	
	<b>Supplements:</b>	
	Vitamin C - 1000mg	2x a day
	B-complex/B 50 - thiamine, B3, B5, B6, B12	2x a day
	Magnesium - 500 -1000 mg, start 250	2x a day
	Omega 3 fish oils - 1-3 gm	1-2x/d
	Chamomile Tea (if anxious)	As needed
	L-Theanine 150mg (if anxious) (best brand: Theanine Serine-Source Naturals)	1 to 3 times a day as needed for anxiety

	<b>Stage 2</b>	
	WOMEN: Pregnenolone 10mg (best brand: Ortho Molecular Labs) consider low dose DHEA	2x a day
	MEN: DHEA 25mg Consider low dose Pregnenolone	2x a day
	<b>Stage 3</b>	
	<u>Adrenal Glandulars</u> Metagenics: Adrenogen®: <b>OR</b> Biotics: Cytozyme AD	Dosing: 1-3 tabs every morning, then add 1-3 tabs right as you go to sleep, then add 1 in afternoon if still having afternoon drop in energy.

Most supplements can be found at Whole Foods, Olivers, or Trader Joes. They are often less expensive on Vitacost.com or iherb.com

Note: Pregnenolone 10mg is harder to find. I recommend starting with Vitacost.com (best Pregnenolone brand: Ortho Molecular Labs) or Dollar Drug.

(diagram courtesy of Dr. Wilson)

