

A woman with long dark hair, wearing a white sleeveless dress, is running barefoot on a sandy beach. She is holding a large white cloth aloft with both hands, and it is blowing in the wind, creating a large, flowing shape against the blue sky. The background shows the ocean with white-capped waves under a clear blue sky.

COMPREHENSIVE GUIDE TO ADRENAL HEALTH



Welcome to your Free Guide to Adrenal Health!



Welcome

Your interest in my recent summit tells me that adrenal health is something you need to know more about. Usually, that means your life is being impacted by symptoms of adrenal dysfunction, and the most important thing you are focusing on right now is feeling better. It's time to show you how to take control of your life and get back to being strong, vibrant and healthy.

This comprehensive e-book can help! I've tried to make it as uncomplicated and simple to use as possible, and I've loaded it with strategies proven to help you feel good and regain lost energy. The information I'm giving you is based on the most up to date research there is, as well as decades of experience helping women just like you balance out their adrenals and get their lives back.

It's important to remember that healing is more like a marathon than a sprint. Your symptoms didn't appear overnight, and you won't get rid of them overnight either, especially when you take a natural approach. But being open to changing your lifestyle, and willing to try something new will give you positive results -- without adverse side effects! Once you try my approach, I have confidence that the way you feel will be the evidence you need to show it works.

I appreciate the faith you are showing in my expertise and years of experience. I promise you won't go through this alone. My goal is to support women in their journey back to good health - starting with you!

Yours in health,

Marcelle Pick

OB/GYN NP

PS: I am always interested in hearing what works for you. Let me know if you have suggestions for improving this e-book by emailing me at support@marcellepick.com

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Marcelle Pick
OB/GYN NP



Making change work for YOU!

One of the most common things I hear from women in my practice is that all their dueling roles -- wife, mother, employee, daughter, partner, sister, and friend (to name just a few) - leave them exhausted and feeling overwhelmed.

I want to help alleviate that feeling -- not make it worse. That's why when I'm talking to women about what they can do to take control of their health, I walk them through it one small change at a time. That's what I do in this guide. I'll give you baby steps to take, one at a time, as you are ready.

You might be ready to jump right in, tackling all the various elements at once. If so, great - go for it! If not, however, you can still get started. This isn't an all or nothing proposition. I want to give you as much information as I can to show you that whether you are diving into a pool, ready to make the big changes that can transform your life or dipping your toe in the water by trying a smaller change, both put the power and control back where they belong: with YOU.

Quick steps to get you started:

Consider supplemental support. When you are battling adrenal imbalance, this can make the most difference in the least amount of time. I recommend a high-quality multivitamin, Omega-3s, and often a targeted adrenal support formula. You can read more on page ??.

Read through my lifestyle and dietary recommendations to see which small changes can work for you right now. These can be found on page ??

Your body is a powerful organism that has both the internal desire and the ability to heal itself. But it needs the right support.



Where do your symptoms originate?

Your symptoms aren't the real problem -- they're simply a message from your body that there is a problem. So often, the symptoms you feel are a signal that the critical hormones in your body are out of balance.

Your body has so many hormones beyond the sex hormones (estrogen, progesterone and testosterone) that many women immediately think of. These sex hormones are actually relatively minor in the grand scheme of things. I don't mean they're unimportant. All hormones are important to the way you feel. But there are "major" hormones that have a greater role in your body's cells and systems. Some, you literally can't live without!

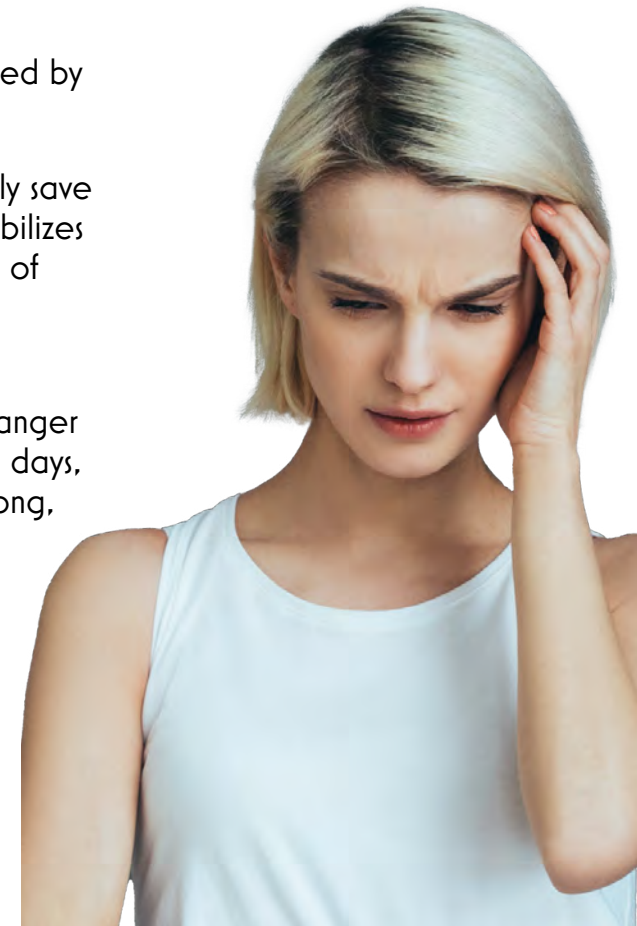
Two of these major hormones are cortisol and adrenaline. Both are produced by the adrenal glands, which is why adrenal health is so important.

Cortisol, when released in response to a life-threatening stressor, can literally save your life. It converts fats and protein into energy, which keeps you alert, stabilizes heartbeat and blood pressure, and fights inflammation. This is great in times of temporary stress, but when cortisol levels stay high, problems persist.

The big issue is that relatively minor stressors also prompt the release of this hormone; your body simply can't distinguish between real and perceived danger in moments of stress. And with stress coming at us from every direction these days, it's more and more common for cortisol levels to stay elevated for far too long, impacting your health in myriad ways.

What happens when cortisol levels are constantly elevated?

Having high levels of cortisol for extended periods of time can create



multiple issues that ultimately result in your body's cry for help through the symptoms you experience. These include:

Impeding normal cell regeneration and healing

Disrupt healthy function of your endocrine system including your thyroid

Redirecting molecules needed to make other vital hormones

Deteriorating immune system functioning

Difficulty with digestion, metabolism and mental functioning

When your adrenals constantly get a distress call, it can become more and more difficult for these hard-working glands to produce their key hormones, including cortisol, DHEA, and the sex hormones. This often impacts women even more severely in mid-life as they enter perimenopause or menopause, since they rely on their adrenals to keep sex hormones level in that time of transition. If you suddenly find yourself unable to keep up with the pace you've maintained for years, adrenal dysfunction could be to blame.

Elevated cortisol output impacts so many aspects of your health beyond hormone levels as well. It may cause weight gain, change your appearance and how you age, affect energy levels, your immune system, cognitive functioning, mood, and bone health.

So many women come to me frustrated because their health care provider hasn't found anything out of the ordinary by conventional medical standards, but you KNOW your symptoms are telling you something isn't right.

Extreme fatigue, intense sugar and caffeine cravings, chronic insomnia and the other symptoms you're living with every day are not normal -- and there IS something you can do about it. But first, you have to understand what's going on.

A big question is what has changed so significantly in the lives of women to make so many of us experience these uncomfortable and disruptive symptoms of adrenal



imbalance? The easy answer is stress. Stress is no longer isolated to life-threatening situations – it’s everywhere!

These symptoms aren’t to be ignored – they are your wake up call! Your body is screaming out for help, and it’s time to listen and take action. Reading this guide is an important first step – I can walk you through what is happening, and be sure you understand the best steps you can take to feel like yourself again.

It’s important to know that adrenal imbalance doesn’t always present the same way. It builds slowly, and when left unattended to, you’ll progress through three distinct stages. It’s best if you catch adrenal imbalance in the early stages, so you don’t get to the point where you simply cannot get out of bed at all.

Three Stages of Adrenal Dysfunction

1

“WIRED”

You can’t slow down, even when you want to. You feel “wired” all the time, even when you also feel exhausted

You find yourself feeling worn out, but can’t seem to stop. There’s so much adrenaline and cortisol in your system, you’re left in a constant “hyper-active” state, even late at night when it’s time for bed. You move “full speed ahead” all the time, and when you find some quiet time it’s hard to relax.

2

“TIRED AND WIRED”

You can’t slow down, even when you want to. You feel “wired” all the time, even when you also feel exhausted

Your natural rhythms are backwards. Your adrenal glands are producing cortisol at the end of the day instead of in the morning, leaving you feeling alert and awake in the middle of the night, but dragging in the morning. It takes a long time to fall asleep, and even when you do you often wake up ready to go at 2 am.

3

“TIRED”

It’s a challenge to simply move on.

You are completely worn out, and have no energy at all. Just getting through basic routines can feel impossible. You have to sit and rest after climbing one flight of stairs, or even brushing your teeth feels like too much effort. This may be accompanied by intense food cravings and weight gain you can’t explain. That’s all part of your body trying to survive. Minor stressors suddenly become major emergencies in your mind, but you feel at a loss to do anything about them.



What can I do to create adrenal balance?

Our reactions to stress can seem so automatic that you may find yourself wondering how you can change it. The good news is there are many natural steps you can take every single day to help keep your stress hormones balanced. These are the best places to begin changing your lifestyle to take control of your health.

1 Understand that what you eat matters

The average American diet is far from ideal - or even good - nutrition. So much of the food that is quick and easy to grab at the grocery store is filled with refined carbohydrates, including sugar, potatoes, flour and white rice. Convenience often doesn't promote health.

These prepackaged and highly processed foods cause spikes in insulin, impacting your blood sugar levels. Have you ever felt a sugar high after eating a mid-day candy bar? If so, you've also experienced the "crash" that comes when your blood sugar drops again. And when blood sugar levels are constantly rising and falling, the impact on your adrenal hormones is significant.

You can take charge of this area by choosing natural, whole foods (organic whenever possible). Spend some time on the weekends preparing meals for the week and you'll be more easily able to avoid the temptation of take out after a long day at work. A few quick and easy suggestions include: prepare salads in a



jar for lunches; cut vegetables for quick and easy stir fry; and make a big batch of soup to eat throughout the week.

Regulate your stress response.

2 I've already talked a little about how stress is everywhere. In the modern world, stress often begins when you rise (especially if the first thing you do is check your email or news headlines on a device) and continues until you finally (if you can) fall asleep. Excess time spent on computers and cell phones, shuttling children from one activity to another, caring for aging parents, keeping a house clean and meals on the table, and the pressures from a job (or two or three) adds up to far more stress than your body was designed to handle.

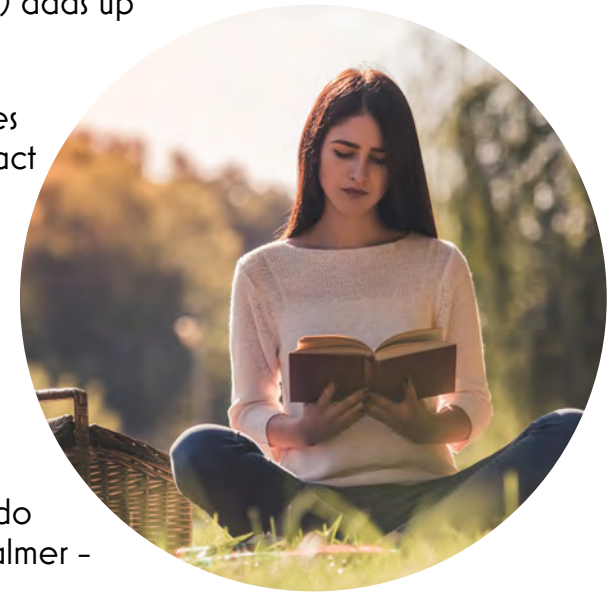
You can't avoid all stress, and some is even necessary, but the hormones your adrenals produce in response to constant stress have a huge impact on your body systems and functions. That's why it's critical to find small ways to reduce stress and manage your response to minor stressors. Self-care is essential, as is taking time to stop and breathe.

Set time limits for electronics - and follow them. Don't check email until you've had your breakfast, and put phones away (outside the bedroom) at least an hour before bedtime. Stop saying yes to every request; take the time to feel in your body what your true answer is. When you're waiting in line or at a traffic light, use the opportunity to do some deep breathing. These small steps can all add up to a much calmer - and healthier - life.

Be sure you are getting the nutrients you need.

3 Did you know that some of the most frustrating symptoms - weight gain, irritability, fatigue and so much more - can be a result of nutrient deficiencies? Many women are surprised to hear this news.

One of the best ways to support a healthy metabolism and adrenal balance is to take a complete, high-quality multivitamin/mineral complex every day. It can also be very useful to explore the nutrients different foods can provide, as well



as what your symptoms might be telling you about the nutrients your body needs more of. A good understanding of these topics can spur you into action so you feel better faster.

Marcelle's MultiEssentials Blend

The proprietary blend in my MultiEssentials vitamin/mineral complex is specially formulated to help give your body the support it needs, providing the essential nutritional balance that will allow you to heal from adrenal imbalance.

Some of the key nutrients you will receive from the MultiEssentials are:

- ∞ B Vitamins, along with vitamins C and E, which play a critical role in stress hormone production and activity
- ∞ Magnesium, which gives your adrenals the energy they need to work well.
- ∞ Calcium, zinc, iodine, manganese, and selenium, all of which can help relieve stress caused by adrenal fatigue and imbalance, helping your adrenals return to normal output of cortisol.

I also offer a range of targeted supplements that can help you address your specific needs. You can learn more by visiting my online store, or calling my office for guidance.



TRACKING PROGRESS

One of the most successful strategies my clients rely on is tracking the progress that we make together to notice what makes them feel great. Regular tracking of your symptoms, as well as the changes you are making to your diet and lifestyle, can give you a crystal clear picture of what works (and, sometimes, what doesn't).

I recommend that you take the **Adrenal Health Assessment** on my website at least twice each month. Progress can be slow, and difficult to recognize, if you aren't checking in regularly. And if you aren't seeing any progress at all, that's good information too! That may mean it's time to come in for a consultation so we can set up a more personalized approach for your needs.



Strategies to remember to take supplements:

- 🌀 Use sticky notes wherever you are most likely to notice them: the bathroom mirror, refrigerator door, on top of your mobile phone, or on the steering wheel of your car are all good options.
- 🌀 Use the reminder features on your phone or computer calendar.
- 🌀 Enlist help from family or friends in the first few weeks, until you have an established pattern.
- 🌀 Keep one day's supply of supplements in a pill box in your pocketbook. That way, you'll always have what you need on hand if you forget until after you leave.
- 🌀 Shoot for the same time each day to build a habit. Pairing it with another routine, like brushing your teeth, might also help.

Dietary Guidelines for Adrenal Health

I want to make regaining adrenal balance as easy as possible for you. Good adrenal (and overall) health depends on your body getting the right nutrition - and avoiding things that can throw off hormonal balance. Food truly is one of the best medicines there is -- and even organic food can be far less expensive than the medications and other treatments you require when you aren't giving your body the nutritional support it needs.

When you focus your attention on your eating habits, you can accelerate your success rate and feel better faster. And as an added bonus, you'll be building strength to aid in long term healing.

Adrenal Friendly Eating Habits:

My goal is to teach you how to plan and prepare meals that support overall health, restore balance to your life, and make mealtime a restorative, pleasant experience - not the rushed "chore" we often make it.

What you eat matters a great deal - but so, too, does when and even where you eat. If you are grabbing meals at the drive through and wolfing them down in the car, you aren't doing your body any favors. The following recommendations can help you develop regular healthy eating habits that support adrenal balance:

- ☞ Set regular eating times, and make sure you include three balanced meals and two snacks each day. Breakfast should be consumed within an hour of waking up unless you are doing intermittent fasting.



- ⌘ Keep heavy meals early in the day. Your lightest meal should be in the early evening.
- ⌘ Cut out - or reduce significantly - alcohol, caffeine, gluten, sugar, artificial sweeteners, processed food, and spicy foods.
- ⌘ Be careful with sweeteners. Cutting out sugar is important, but you don't want to replace it with something just as bad! The best sugar substitutes are stevia, xylitol, and erythritol. Agave syrup, though it has a low glycemic index, isn't recommended because of the high amount of fructose it contains. Fructose can be responsible for many issues, including increased inflammation.
- ⌘ Gluten is found in grains including wheat, barley and rye. Cross contamination in manufacturing may put oats on the list of grains to avoid as well. Gluten is also frequently added to foods as an additive – soy sauce, ketchup, wheat germ and even cosmetics can contain gluten. Read labels carefully!
- ⌘ Caffeine increases the burden on already hard-working adrenals. Try to cut back by drinking "half-caff" beverages or choosing herbal tea instead of coffee or soda.
- ⌘ Eat protein at every meal and snack.
- ⌘ Slow down and eat in a comfortable, relaxed setting. Give yourself enough time to eat slowly and truly enjoy the experience.



- ☞ Keep yourself well-hydrated. You should drink 6-10 glasses of water or herbal tea every single day.
- ☞ Be aware of portion sizes unless you are eating non-starchy vegetables. With those, you can eat all you want!
- ☞ Choose organic foods whenever possible. If affordability or availability are an issue, look at the Environmental Working Group's list of the "dirty dozen" - fruits and veggies that contain the most pesticides. Then, try to make sure you are at least eating the organic version of these. It's also a good idea to eat organic beef and chicken due to the antibiotics, growth hormones and feed given to conventionally raised cows and chickens.
- ☞ I tell women to follow the 90-10 rule. If you are following a healthy adrenal dietary plan 90% of the time, it's okay to treat yourself 10% of the time. You must be gentle with yourself, especially if you are changing lifelong habits. As you progress, you just might find that fruit is enough of a sweet treat. Until then, make sure you savor those treats you allow yourself!

Give your body the protein, fiber, fats and complex carbohydrates it needs.

Most fad diets rely on eliminating whole groups of foods entirely, but this is generally a BAD idea (unless they're only suggesting you get rid of processed foods and sugary treats)! Your body needs protein, complex carbohydrates, fats and fiber to stay healthy.

As with most things, a balanced approach is best. Making sure you include some foods from each category in each meal. This not only provides your body with the key nutrients it needs, it also gives you enough fuel for energy and keeps your blood sugar levels stable.

Here are a few important tips for each category:



Protein

- Organic, grass-fed meats or wild caught fish and seafood are the best options whenever possible.
- Good choices include nuts, beans, seeds, and other plant proteins. It's important to be sure you are chewing these well!
- Know how much protein you need so you can include the proper amount at each meal. Women usually need between 60 and 70 grams of protein per day.
- Eggs are a versatile, easy to prepare source of protein.

Carbohydrates

- When restoring adrenal balance is your goal, limit carbohydrates to no more than 66 grams per day - 16 at each meal and 7 at each snack.
- Don't eat carbohydrates on their own. Combine with healthy fats and protein to avoid quick shifts in blood sugar levels.
- Processed carbohydrates aren't what you need, especially "white foods" (white sugar or flour, refined grains). Do your best to eliminate - or drastically reduce - sugar, sweets, and "junk food" from your diet. Alcohol, which is full of sugar, is also best avoided.
- Choose complex carbohydrates - starchy vegetables, fresh fruit, and legumes are all great options.



Fats

- Include healthy fats with each meal. Fat promotes satiety (feeling full) so if you can, eat the fattiest foods at the beginning of your meal
- Avoid trans fats (partially hydrogenated or hydrogenated oils).
- Omega-3 fatty acids are the healthiest form of fat, so try to choose foods high in these.
- Preserve freshness in your cooking oils by keeping them in the refrigerator.
- Deep-fried foods are not the fats you want. Avoid them whenever possible. If you like the crispy texture of fried foods, try an air fryer! Cook fatty meats and fish at low temperatures to preserve their fats.

I know that I told you not to cut out entire groups of foods, but there is one exception. In the beginning, when you first start healing, I recommend avoiding any grains that contain gluten, including any form of wheat and rye. That doesn't mean, however, that you can't have any grains at all. My preferred choices are wild rice, quinoa, "pure" buckwheat and amaranth.

Later, you can reintroduce gluten, but if your symptoms return you may want to cut it out indefinitely.



Four key areas of change

In this section of this e-book, I'll help you learn how to make small, realistic lifestyle changes in four key areas to help restore adrenal balance by reducing stress on the hardworking glands. These may not be things you often hear about when talking to your medical professionals, but they are crucial to helping your body heal - and stay healthy! These four areas are:



You might not realize how much these areas impact your symptoms, but trust me, if you try some of the suggestions that follow, you might be happy to see how much relief being attentive to healthy daily habits can bring.



Exercise and Physical Wellness

Often, women are beating themselves up because they simply cannot muster up any energy at all for exercising. They tell me they used to exercise a lot, and be so much more physically active, but now even walking up a flight of stairs feels like too much to manage some days. I'm not surprised. These women have pushed themselves to the point of exhaustion, and their bodies are telling them enough is enough!

Exercise that is too frequent, too intense, or simply the wrong type for what your body needs right now will make your situation worse, not better. Often, pushing yourself too hard can exacerbate adrenal imbalance. That's why, for some women, I recommend they exercise less. This always surprises women, but it makes perfect sense to me. When someone is ready to drop, asking them to take a high energy aerobics class is asking for the impossible.

You must listen to your body. It's actually very good at telling you what it needs - and what it can't handle! It's critical to figure out the type of exercise that is right for your situation, and to pay attention to how physical activity makes you feel. If you are more exhausted instead of energized after a workout, you might have to take a step back on intensity until you feel better.

If you haven't been exercising regularly, it's best to start small. Commit to 15 or 20 minutes



of gentle activity three to five times per week. Don't start with Zumba, kickboxing, or running! Instead, find an activity that requires you to move - but also leaves you feeling relaxed. Whatever you choose, try to keep your heart rate at 90 beats per minute or below when you are participating in the activity.

If you already have a regular exercise routine, you don't need to stop altogether. I do recommend that you cut back a little, especially if you are exercising every day. Rest days are important! I find that no more than six hours of exercise per week, focusing on stretching and strength training, works well for many women who are battling adrenal dysfunction. In the beginning, I suggest limiting cardiovascular exercise to low-impact activities like walking. Yoga, t'ai chi, pilates, and qigong are great ways to keep yourself active while rebalancing your adrenals.

As you heal, you may feel ready for a more intense workout. When this happens, I don't recommend jumping right back into high-intensity workouts. Instead, try "bursting" during your workout. As you participate in cardiovascular routines, boost your speed to twice your normal pace for 30-60 seconds, then return to your regular pace. Alternate original pace and bursts throughout the workout. These bursts of speed build stamina and help you get the most out of your exercise - especially when you have limited time!

It's so important to allow yourself room to take things a little easier. Choosing a shorter walk or a half hour workout instead of an hour might help you get out and do something rather than staying on the couch.

When you feel exhausted and worn down, it can be hard to be motivated to do anything at all. Giving yourself permission to do a little less, and avoiding the "all or nothing" mentality, can help you look forward to exercising without all the pressure. You can always decide to do more once you're feeling better. Being kind to yourself will get you there much faster than beating yourself up!





If you:

- Can't find any time for exercise
- Find exercise boring
- Feel too tired to exercise
- Never do any exercise at all

It's time to try these quick tips to begin (or continue) moving for balanced adrenals.

First and foremost -- FIND SOMETHING YOU LOVE!

If you are enjoying every minute of the activity, it won't feel like you are exercising - it will just feel like you're having fun! Finding something that inspires you feels great - and that makes you keep doing it! To find that spark, try a completely new activity: modern dance, hiking, planting flowers, swimming -- anything that gets you moving counts.

Start slowly. Commit to being active for 15 to 20 minutes twice a week. Increase the time slowly, and only when you are feeling better.

Find ways to add more physical activity into the things you are already doing. Suggest a walk instead of coffee with a friend. Play with your children or grandchildren instead of watching from the bench. Get up and dance in your living room with friends or your partner.



Exercise can seem really intimidating if you haven't been doing anything, but often the hardest part is just getting started. Promise yourself this: no matter how tired you are, you will be active for at least 10 minutes every single day. That might just mean walking up and down the stairs a few times - and that helps!

Once you get started on something, you'll often find yourself getting so involved that you do more than you intended. And if you notice how great that feels, getting started the next time might be easier.

Stress Reduction and Emotional Wellness

I've always known that your physical health is tied to your emotional experience. This is particularly true when you're talking about adrenal health.

I also know that you can't get rid of all the negative stress in your life. And even when you can eliminate stress, it sometimes takes time. That's why I want to offer support so that you can change the way you react to those stressors that are beyond your control. Knowing that you are in charge of your own reactions can help reduce the impact that stress has on your body.

Negotiating emotional stress is a journey, and it will take time and commitment to changing your way of responding. But there are several things you can do immediately to get yourself started.



My favorite ways to begin changing your internal script:

Keep a journal

Writing things down is a great way to help you discover and explore how you're really feeling about a situation. Journaling can also help you notice patterns in your behavior and reactions, as well as recognizing emotional triggers. This awareness is the first step towards changing those patterns!

Hit the pause button

When you feel yourself beginning to fret about something stop, take a deep breath, and let it out slowly. This allows you time to choose how to react, rather than reacting out of old habits or reflex.

Slow down

Meditation and mindful practices are a great way to rejuvenate both physical and mental health. And it doesn't have to take a long time. If you haven't tried meditating before, set aside just five minutes to be totally quiet and still. Focus on your breathing. Try counting as you breathe: inhale for 7, hold for 7, exhale for 7.

Build self care routines

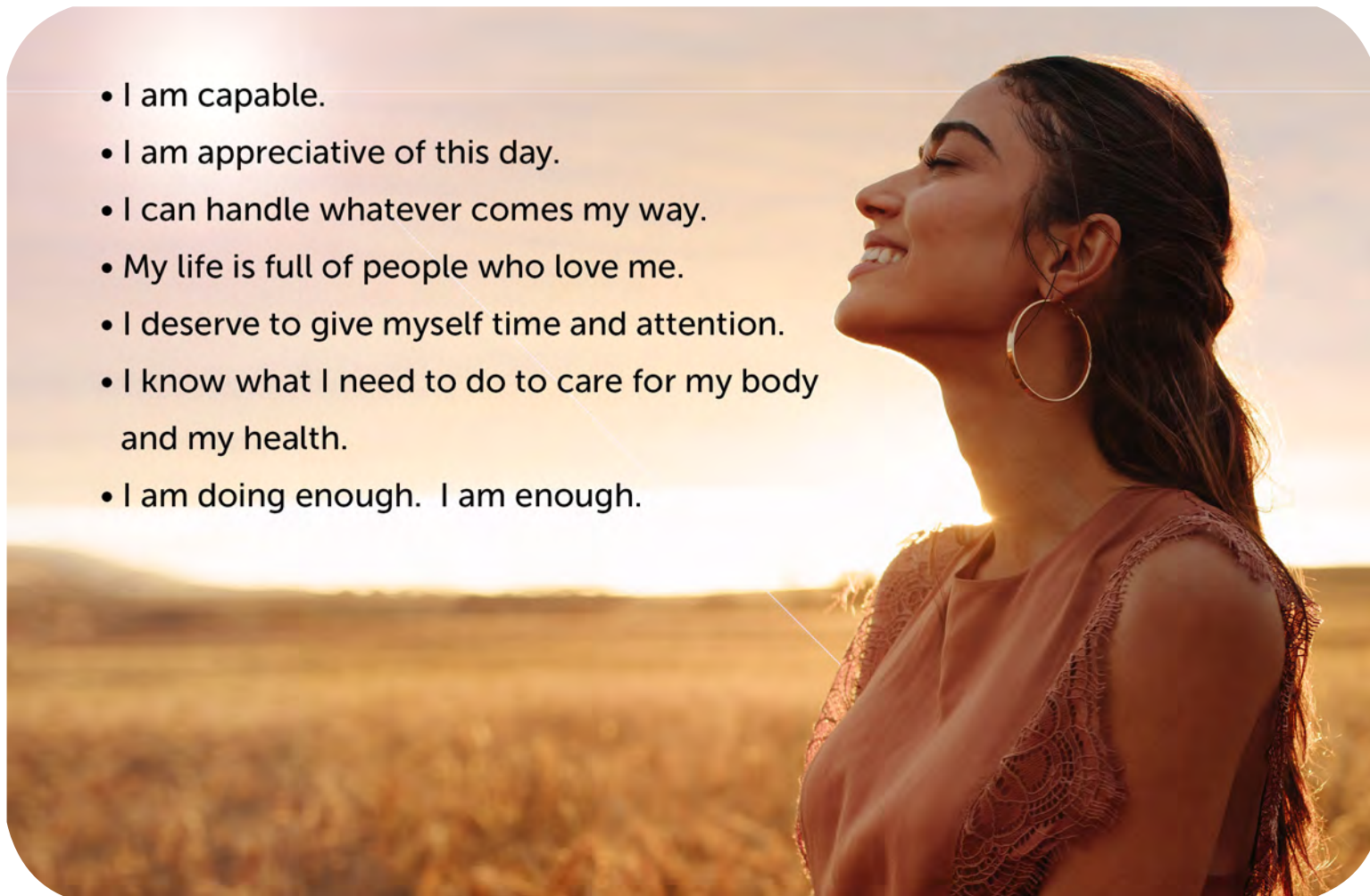
- and don't feel guilty about it! You cannot care for others constantly without taking good care of yourself as well. Be sure to build time for what you want to do into your schedule. No one can sustain only doing what they have to do for long. You deserve time to relax and do the things you like to do. Take a barefoot walk on the beach, read a book, photograph nature, play with a child (or a pet), go to a movie, sit and daydream; the list of possibilities is endless. The most important thing is to do something that brings you joy!



How daily affirmations can help

Affirmations flip the focus from negative to positive. Repeating affirmations daily allows you to zero in on what you want, instead of dwelling on what you don't have in your life. When you use the present tense to state your desires, as if they are already true, you can attract what you are looking for. Here are some examples of affirmations you can use to create the life you want:

- I am capable.
- I am appreciative of this day.
- I can handle whatever comes my way.
- My life is full of people who love me.
- I deserve to give myself time and attention.
- I know what I need to do to care for my body and my health.
- I am doing enough. I am enough.



To really be effective, affirmations need to be meaningful and relevant to your situation. Take a few minutes right now to come up with some positive affirmations. Start by thinking of three things you like about yourself, and then saying them out loud. Now, think of two things you want to attract to your life. Say them aloud, as if they are already real.

I have many articles on how your emotions are connected to health on my website, www.marcellepick.com. Visit the site today to learn more tips for addressing emotional stress.

The connection between past stress and present health

Adrenal imbalance is a result of prolonged high levels of stress. But what is the source of this stress? Most women, when asked, will name factors that are currently present - work projects and deadlines, family issues, financial trouble, or problems in their current personal relationships.

What they often don't realize is that there is a great deal of evidence that shows that periods of stress from long ago are also impacting our present stress levels, even if we aren't thinking about them on a conscious level. The Adverse Childhood Experiences (ACE) study is a large scale, long term study that demonstrated that the more "adverse experiences" (from a list of ten) a person experienced as a child, the higher the risk of developing serious health problems, including heart disease, substance abuse issues, cancer, diabetes, depression and anxiety. Even more startling is the fact that of the 17,000 study participants, almost two-thirds reported experiencing at least one ACE and more than one-fifth reported experiencing three or more.

What that tells me is that most of us are walking around with some internalized stress. And these old events can linger in our bodies, triggering our stress response without us even knowing it.



While you can't change the past, you can find ways to address it so you don't stay stuck in old patterns. For instance, if you always find yourself overreacting to a specific interaction with your spouse, reflect upon what happened in your childhood. Were your efforts always met with criticism, so you felt like you could never please your parents? Do you now blow up when your partner offers any suggestions at all?

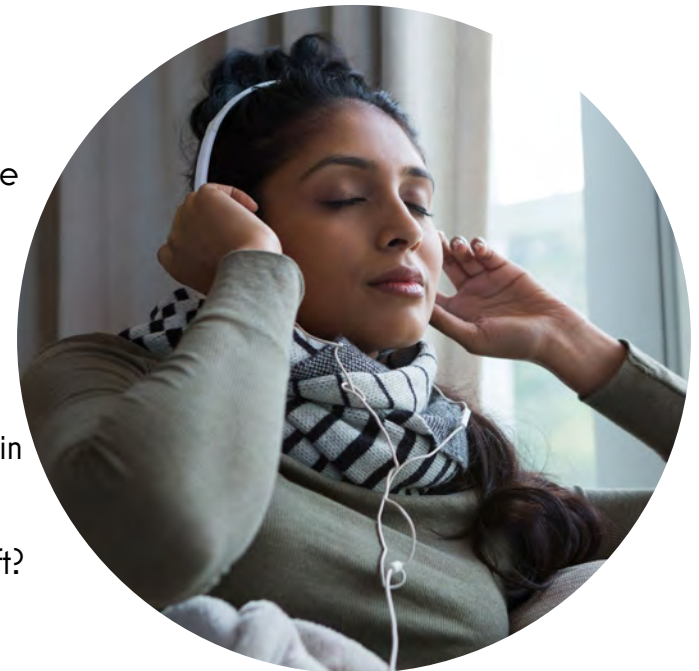
Examine family conflicts and secrets. Are there some (maybe even many) that have never been resolved? Why do you think that is? Take a look at your emotions as well. Are there some that have been stuffed down repeatedly - maybe anger, pain or grief? Now might be the time to figure out how to finally deal with those old hurts.

It can be scary to dredge up old emotional patterns, but when you take the time to notice them coming up for you, and allow yourself the space to examine where they came from, you might discover they aren't serving you well any longer. You may also gain insight that allows you to let these old issues go - which can reduce your stress and keep cortisol levels lower.

Find your safe (and happy) place

Have you ever noticed how good pets are at finding a place where they feel safe to curl up and sleep? Have you ever envied them this ability? Where would your safe space be if you could choose anywhere you wanted to sit and rest? Even if you can't physically go there now, try this breathing exercise to find it in your mind.

- 🌀 Find a comfortable position, either seated or lying down, and close your eyes. Mentally put yourself in a safe and cozy space in your home.
- 🌀 Think about the qualities you love about this spot. Is it warm? Soft? What about this space comforts you?



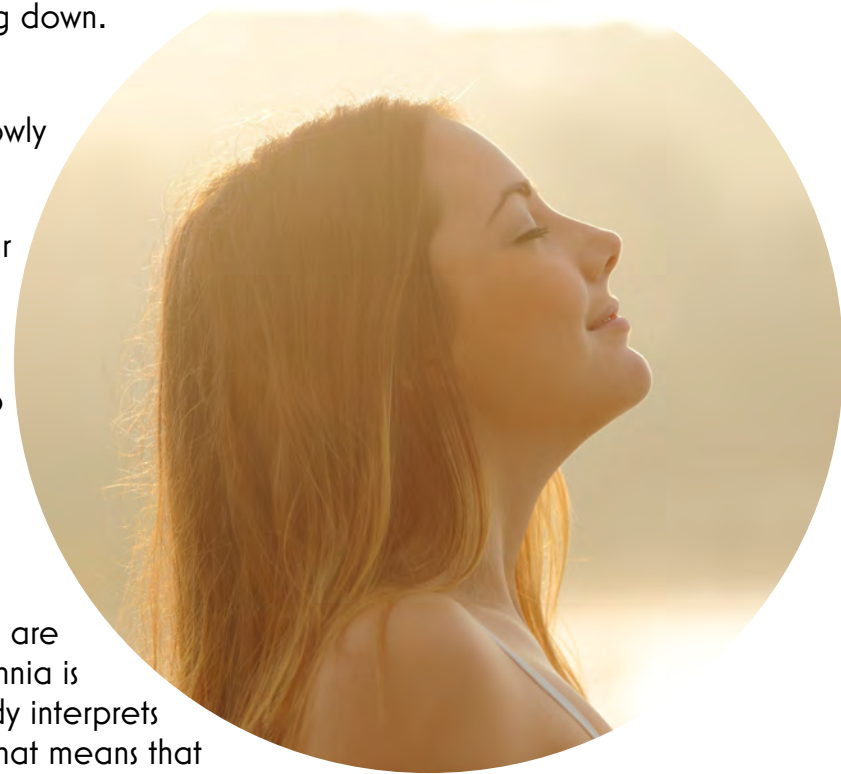
- ☞ Hold those thoughts in your body and slow your breathing down.
- ☞ Inhale through your nose, letting your lungs fill with rich, oxygenated air. Hold for a few seconds, then exhale slowly through your nose.
- ☞ Begin counting to five as you breathe, first in through your nose, then out through your nose.
- ☞ You can do this with soft music playing, or in silence. Maintain this breathing for five minutes to help you let go of stress and connect to the peace inside you.

Quality Sleep

The more stress you have during the day, the more likely you are to be up at night long after you'd like to be sleeping. Insomnia is one of the most common effects of stress, because your body interprets stress of any kind as something that could threaten survival. That means that even activities you enjoy can contribute to an inappropriate stress response.

Your body doesn't distinguish between stimulating and exciting activities - like a roller coaster ride or skydiving - and legitimately dangerous situations (like being chased by a wild animal). Even emotional stress is processed the same way. And to make matters worse, you may not be aware of the physical impact stress is having on your body when it's caused by everyday situations. What happens is that your body reacts the same way to all of these situations, and you are kept alert and aware for long periods of time - even when you don't need to be. This disrupts your natural circadian rhythm, which determines when you sleep and when you are awake.

Seven to eight hours of sleep each night is the minimum amount your body needs for its natural detoxification process, reducing stress, and managing increased symptoms of adrenal imbalance. Sleep is always important, but when your adrenals are compromised, it's even more so.



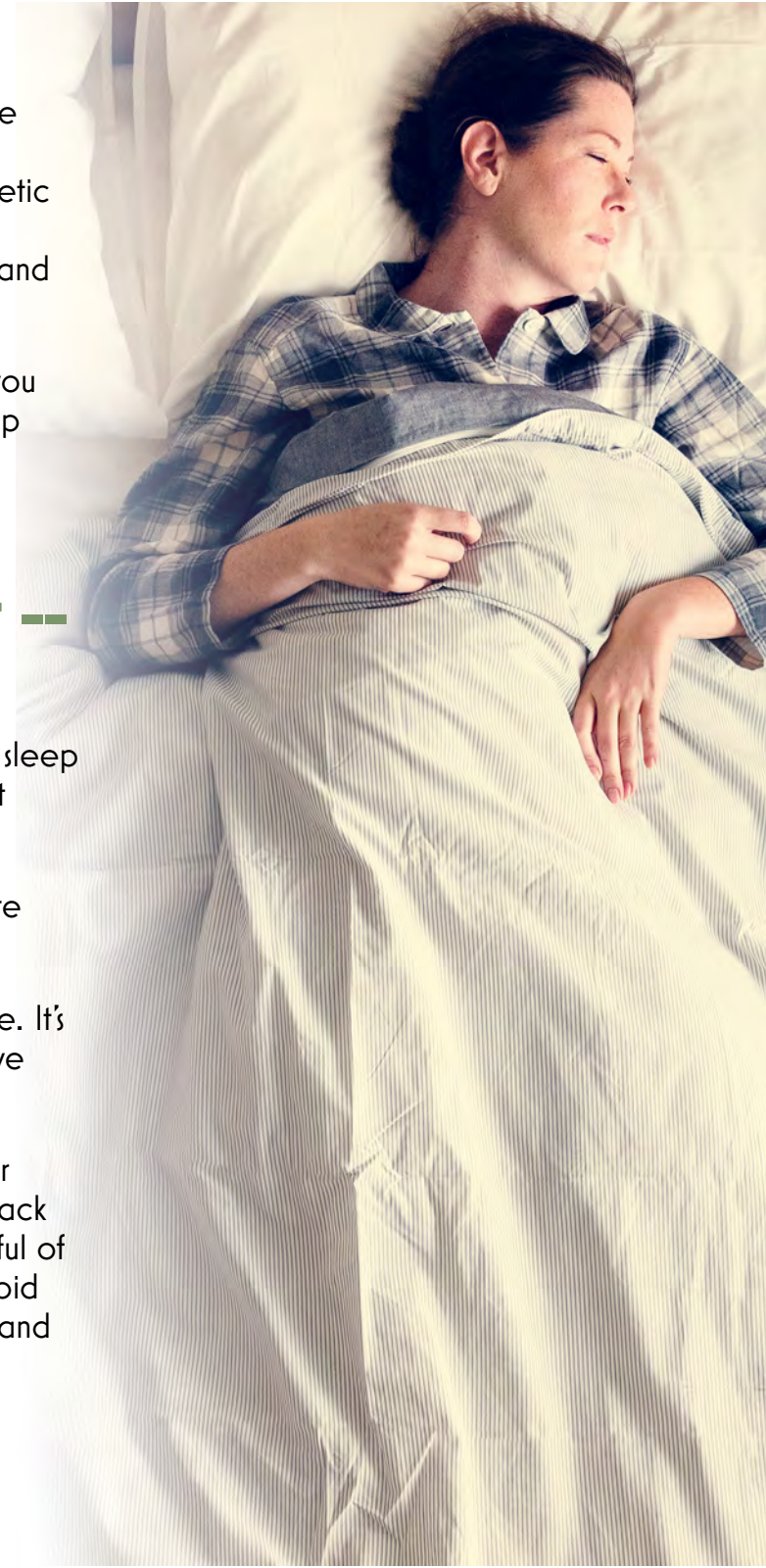
Creating a peaceful, regular, relaxing routine that you practice every night before bed can help make sure you get the sleep you need. Having this routine lets your body and parasympathetic nervous system know that it's time to unwind and get ready to sleep. But new patterns take time to settle into, so be patient and persistent in following the routine you set for yourself.

When you are aware of the factors that impact quality sleep, you can make some easy lifestyle and pre-bedtime changes to help ensure you get the sleep you need.

Strategies to get to sleep easier -- and stay asleep!

There are so many ways to be sure you can get the restorative sleep you need each night. Try the following techniques to find what makes a difference for you.

- ⌘ Be aware not only of what you are eating, but when you are eating.
- ⌘ Don't eat your largest meal of the day too close to bedtime. It's best to make your mid-day meal the heaviest meal you have each day.
- ⌘ If you're waking up at night due to hunger, your blood sugar may be dropping too low. In this case, you should eat a snack with protein about an hour before you go to bed. A handful of nuts or an apple with almond butter are great choices. Avoid white-flour, starchy and sugary foods this close to bedtime (and anytime!)



Create a relaxing sleep environment

The way you set up your bedroom, and what you use the space for, can make a big difference in your sleep patterns.

Unplug

- ⌘ All the excess input (and the blue light) from electronics can keep your mind racing and your brain on high alert. Turn off cell phones, tablets, computers and the television an hour before you need to go to sleep.
- ⌘ If television is part of your evening routine, choose comedies. Laughter is a great tool for relaxation!

Examine your evening routines

- ⌘ Everyone has different needs when it comes to getting their bodies ready for sleep. Some can make the shift in 10-15 minutes. Others need at least an hour. Take time to recognize how long you need to wind down so you can build that time into your routine.
- ⌘ Exercise can keep you awake and alert for several hours, so it's best to do your workout early in the day, instead of in the evening. Gentle stretching or yoga might be a nice addition to your evening routine, however.
- ⌘ Don't use your bed for anything but sleeping or sex.

Tips for Sleep Patterns

- ⌘ If ambient noise is keeping (or waking) you up, try earplugs, a "white noise" machine, or a fan to block it out.
- ⌘ Make sure your room is dark enough. Try blackout curtains or shades to keep outside light out.
- ⌘ Make your room a pleasant place to be. Paint the room in soothing colors that you love, and invest in bedding that is comfortable. Be sure your bedding isn't too light or too heavy for your needs. Temperature makes a big difference in your ability to stay asleep.
- ⌘ Leave work outside the bedroom. If your room must double as an office, use a screen to separate the work area from the bed.
- ⌘ Leave electronics outside the bedroom.



Know the impact your emotions can have on sleep

- ✎ Keep a dream journal to help you identify which thoughts and emotions may be behind upsetting dreams. Reflecting on your dreams and how they make you feel can also be a great way to discover what is important to you- and what you might need to change in your life.
- ✎ A notebook and pen beside the bed can help you get worries or "to do" lists out of your head so you can sleep. If you find yourself lying in bed awake, running through what you need to accomplish the next day, turn the light on and write it all down. If there's a small task nagging at you that can be easily accomplished, get up and complete it so you can release it from your thoughts.

A sleep log can uncover the root of your insomnia

A little awareness goes a long way! Writing things down allows you to look at them all in the same place to track what might be behind your inability to sleep. Identifying patterns and lifestyle choices that impact your sleep is the first step towards change.



So many things can impact your sleep, so you'll want to note the following in your Sleep Log

- ✎ Dietary information: what you are eating and when.
- ✎ Medications, including any vitamins, minerals or targeted supplements you are taking; include dosage and time you take them in your notes.
- ✎ Nicotine, caffeine and alcohol - how much and when.
- ✎ Exercise - include what you are doing and the time of day.
- ✎ Menstrual cycle patterns.
- ✎ Stress and anxiety levels
- ✎ What your sleep environment is like -- include sounds, light, bedding and temperature of the room.
- ✎ Regular bedtime routines and schedule.



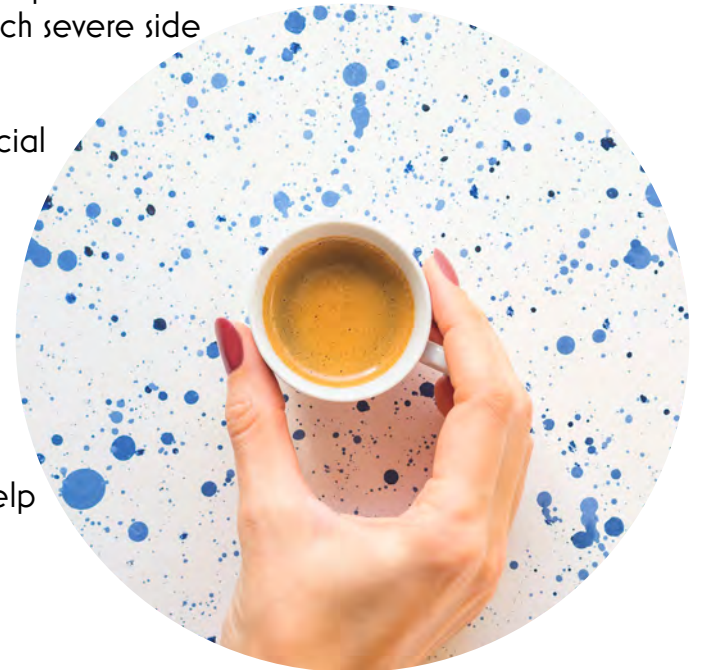
Detoxification

Our modern world is filled with toxins that our bodies absorb and often hang on to, despite their natural detoxification processes. Chemicals are everywhere, and the toxic buildup can overwhelm your adrenals, making detoxification more difficult. While your body has an amazing built-in system, sometimes it needs a little support. Supplements, probiotics, fiber, purified water, stress reduction and low-impact exercise can lend the support your adrenals need to heal.

- ☞ **Breathe deeply and deliberately.** We have to breathe to stay alive, but often our breathing becomes shallow and ineffective, especially in times of stress. Develop a pattern of deliberate breathing throughout your day. Take 3-5 deep breaths (count 7-7-7 to be sure you are breathing slowly and deeply enough) in the morning when you first get up, before each meal, and right before you go to bed.
- ☞ **Throw out processed foods - and don't buy more!** Processed foods may be convenient, but they are loaded with chemicals that don't support good health. Read labels, and get rid of anything that contains added sugar (in any form), refined flour, hydrogenated oils and other trans fats, artificial sweeteners or flavorings, dyes, and preservatives. Your body can't process all these fillers well, and they don't provide anything in the way of nutrition.
- ☞ **Choose organic, fresh, local whole foods as often as you can.** Food grown or produced locally doesn't require as many preservatives to keep it fresh. Organic is especially important in the "dirty dozen" fruits and vegetables that contain the most pesticides. Be sure you are washing fruits and vegetables - especially if they aren't organic.
- ☞ **Give massage or lymph drainage a try.** A trained practitioner can work to promote healthy lymph flow to flush out toxins. Many forms of yoga also help with lymph flow.



- ☞ **Stop smoking.** This isn't easy, I know, but it's so important to your health. When you cut back on the number of cigarettes - or cut them out completely - your adrenal glands will thank you! You don't have to quit all at once; it's a process. Maybe you've tried before without success. Don't give up! Most people who successfully give up smoking try more than once before they reach their goal. Seek out support as needed.
- ☞ **Reduce caffeine and alcohol intake.** Again, going "cold turkey" isn't the best bet. If you have had caffeine or alcohol daily, reduce it by one portion each day. By the time you eliminate it completely, you won't have such severe side effects - and you might not even miss it!
- ☞ **Go "green" with cleaning products.** So many of the commercial cleaning products are loaded with chemicals that can wreak havoc on your system. Did you know that white vinegar is as effective for disinfecting as chemical cleaners? It's true! And vinegar is non-toxic and a lot less expensive.
- ☞ **Notice food sensitivities.** Many common ingredients (gluten, dairy, nuts, eggs, etc.) induce symptoms in women who aren't even aware they have these sensitivities. Keeping a food journal, and noting any symptoms that arise after eating, can help you identify hidden sensitivities.



Reset with an Elimination Diet

One of the best ways to really notice what makes you feel poorly is to try an elimination diet that cuts out all common allergens for a period of time, and then slowly adds them back one by one. Even if you don't have sensitivities, eating "clean" once or twice each year can restore health and get you back on the right track. Spring and Fall are good times to try this. If you plan it to coincide with Daylight Savings Time you'll have a built in starting point.



Best Foods for Adrenal Health

In my Nutritional and Lifestyle Guidelines I provide general ideas on choosing a healthy diet. But when adrenal health is an issue, there are some specific foods that can really help support healing. I've listed these by each meal, as well as a category for snacks, below.

Breakfast

Eggs any style:

- Scrambled
- Poached
- Fried - over easy, sunny side up, or over hard
- Hard or Soft boiled
- Omelets
- Frittata

One serving of these cheeses (if no dairy sensitivity)

- Swiss
- Goat cheese
- Feta
- Mozzarella
- Camembert
- White cheddar
- Cream cheese

One serving of nitrate-free meat or fish

- Bacon
- Sausage
- Turkey
- Ham
- Chicken
- Pork
- Beef
- Shrimp
- Wild Salmon

Unlimited non-starchy vegetables, including:

- Spinach
- Onions
- Mushrooms
- Peppers
- Asparagus
- Tomatoes

- Eggplant
- Zucchini
- Bean Sprouts
- Lettuce
- Garlic
- Green Beans
- Broccoli
- Cucumber
- Celery
- Snow Peas
- Shallots

One carb choice from the list below:

- 1 orange
- ½ cup roasted potatoes (mix with veggies if you want)
- ½ grapefruit
- 1 cup cantaloupe
- 3 oz carrot juice
- 6 oz veggie juice



Lunch

Salad, made fresh, that can include:

Unlimited veggies (non-starchy)
Oil and vinegar dressing OR bottled dressing that is organic and doesn't contain gluten, sugar or preservatives
Hard boiled eggs
Cheese (if no sensitivity)
Olives
Salsa (no added sugar) or sour cream

One carb choice:

1 six-inch corn tortilla
¼ cup quinoa or brown rice
½ grapefruit
1 cup cantaloupe
3 oz carrot juice
6 oz veggie juice
1 orange
½ baked potato or ½ cup roasted potatoes
½ roasted or baked sweet potato
¼ cup mashed potatoes
½ cup polenta
½ cup lentils

One serving of grass-fed or organic meat or other protein, such as:

Chicken
Turkey
Pork
Pot Roast
Meatloaf (made without bread crumbs)
Steak
Lamb leg or lamb chop
Kebabs
Chicken, egg or tuna salad (with mayonnaise, celery or dijon mustard)
Grilled tofu
Fish of your choice
Broil, roast, bake, stir-fry, saute, air-fry, or grill

Vegetables - unlimited unless specified: Green beans

Asparagus
Broccoli
Brussels Sprouts
Zucchini

Squash
Cauliflower
Tomatoes
Cucumbers
Artichoke (1)

Dinner

One serving of grass-fed or organic meat or other protein, such as:

Chicken
Turkey
Pork
Pot Roast
Meatloaf (made without bread crumbs)
Steak
Lamb leg or lamb chop
Kebabs
Grilled tofu
Fish of your choice
Broil, roast, bake, stir-fry, saute, air-fry, or grill



Vegetables - unlimited unless specified:

Salads with non-starchy vegetables
Mixed veggies
Green beans
Asparagus
Broccoli
Brussels Sprouts
Zucchini
Squash
Cauliflower
Tomatoes
Cucumbers
Artichoke (1)

One carb (small amount of butter okay if desired)

½ baked potato
½ baked or roasted sweet potato
¼ cup mashed potato
¼ cup brown rice
⅓ cup quinoa
1 corn tortilla
½ cup lentils
½ c polenta

Snacks

- ☞ Choose two from the following list each day. You can also eat unlimited non-starchy vegetables if you are still hungry.
 - ☞ Celery Sticks with 2 Tbsp natural peanut butter (no added sugar) or 2 Tbsp almond butter, or 1 ½ Tbsp cashew butter
 - ☞ ⅓ cup hummus with carrot, celery and pepper sticks
 - ☞ ½ cup cottage cheese with carrots and celery
 - ☞ Olives, with or without cheese
 - ☞ ½ cup Greek yogurt. Sweeten with ½ Tbsp of unsweetened applesauce, Stevia or Xylitol only.
- ½ small apple
 - 1 tangerine
 - ½ orange
 - Handful of grapes
 - ½ cup melon
 - ¼ cup raspberries or blueberries
 - ¾ cup strawberries
 - ½ cup cherries
 - 1 plum
 - 1 apricot
 - ½ peach
 - 4 rice crackers
 - One handful of nuts or seeds (pistachios, walnuts, cashews, sunflower seeds, pumpkin seeds)

Cheese (up to 3 oz) if no sensitivity to dairy OR a hard boiled egg and one of the following:



14-Day Adrenal Friendly Meal Plan

Some people like a clear plan to follow to get them started on the right path. We've included this 14-day plan to help jumpstart your healthy eating lifestyle. Recipes for items with an * are included after the plan.

Day 1

Breakfast:

Farm Fresh Omelet*, ½ C fresh fruit

Snack:

½ C unsweetened Greek style yogurt with ½ C strawberries and 1 Tbsp crushed pecans (sweeten yogurt with erythritol, Stevia or Xylitol)

Lunch:

Tasty Turkey Cutlets*, 1 C mixed greens with 1 tsp olive oil and juice of ½ lemon, 1 small or ½ large gluten free roll

Snack:

Three Cheese Dip* with cut up vegetables or spread on large romaine lettuce leaves

Dinner:

Marinated Shrimp with Artichoke Hearts*, steamed broccoli, ½ C brown rice, millet or quinoa

Day 2

Breakfast:

Spinach Cups*, ½ C fresh berries

Snack:

½ apple with 1 Tbsp cashew butter

Lunch:

Leftover Marinated Shrimp with Artichoke Hearts*, 1 small or ½ large gluten free roll

Snack:

Creamy Guacamole* with cut-up vegetables

Dinner:

Chicken with 1 serving of Strawberry Salsa*, 1 C mixed greens with 1 tsp olive oil and juice of ½ lemon, ½ C brown rice, millet or quinoa

Day 3

Breakfast:

Tempting Turkey Hash*, melon wedge (honeydew or cantaloupe) or ½ C raspberries

Snack:

½ C unsweetened Greek style yogurt with ½ C berries

Lunch:

Italian Chicken Soup*, 2 large or 4 small gluten free crackers



Snack:

Swiss Stacker*

Dinner:

Broiled salmon, Sauteed Kale*, ½ C brown rice, millet or quinoa

Day 4**Breakfast:**

Easy Feta Omelet*, ½ C fresh berries

Snack:

½ apple stuffed with 2 Tbsp ricotta cheese and topped with cinnamon and 1 Tbsp chopped nuts

Lunch:

Leftover salmon with Minty Yogurt Sauce*, 1C mixed greens with 1 tsp olive oil and juice of ½ lemon, 1 small or ½ large gluten free roll

Snack:

2 Tbsp hummus with vegetables

Dinner:

Pork with Tomato Cream Sauce*, Cajun Rice*, Steamed Kale

Day 5**Breakfast:**

Salmon Patties*, ½ C unsweetened Greek-style yogurt with ½ C berries

Snack:

½ apple with 1 Tbsp cashew butter

Lunch:

Leftover Pork with Tomato Cream Sauce* on bed of 1 C mixed greens, 1 small or ½ large gluten free roll

Snack:

Three Cheese Dip* with cut up vegetables or spread on large romaine lettuce leaves

Dinner:

Aromatic Apple Chicken*, 1 C mixed greens with 1 tsp olive oil and juice of ½ lemon, ½ C brown rice, millet or quinoa

Day 6**Breakfast:**

Cheesy Eggs*

Snack:

½ C unsweetened Greek style yogurt with ½ C strawberries and 1 Tbsp crushed nuts

Lunch:

Quick Turkey Stir-Fry*, ½ C brown rice, millet or quinoa

Snack:

Swiss Stacker*

Dinner:

Easy Lamb Chops*, Parmesan Asparagus*, ½ baked sweet potato with ½ tsp butter, sprinkle with cinnamon if desired



Day 7

Breakfast:

Asparagus Frittata*

Snack:

Easiest Ever Strawberry Smoothie*

Lunch:

Tasty Turkey Cutlets*, Steamed spinach, 1 small or ½ large gluten free roll

Snack:

2 Tbsp hummus with vegetables

Dinner:

Lentil Casserole*, 1 C mixed greens with 1 tsp olive oil and juice of ½ lemon

Day 8

Breakfast:

Homemade Turkey Patties*, ½ C unsweetened Greek style yogurt with fruit

Snack:

Dilly Devils*

Lunch:

Italian Chicken Soup*, 1 C mixed greens with 1 tsp olive oil and juice of ½ lemon, 1 small or ½ large gluten free roll

Snack:

2 Tbsp hummus with vegetables

Dinner:

Garden-Inspired Baked Haddock*, ½ C brown rice, millet or quinoa

Day 9

Breakfast:

Easy Feta Omelet*

Snack:

½ apple and 1 Tbsp almond butter

Lunch:

Leftover Lentil Casserole*

Snack:

Turkey Poppers*

Dinner:

Easy Lamb Chops*, ½ C steamed vegetables, ½ baked sweet potato with ½ tsp butter; sprinkle with cinnamon if desired

Day 10

Breakfast:

½ C unsweetened Greek style yogurt with ½ C strawberries and 2 Tbsp crushed pecans

Snack:

½ apple stuffed with 2 Tbsp ricotta cheese and topped with cinnamon and 1 Tbsp chopped nuts

Lunch:

Waldorf Turkey Salad* over 1 C mixed greens with 1 tsp olive oil and juice of ½ lemon

Snack:

Salmon Roll-up*



Dinner:

Easy Chicken Stir-Fry, ½ C brown rice, millet or quinoa

Day 11

Breakfast:

Savory Artichoke Squares*, melon wedge (honeydew or cantaloupe, or ½ C berries

Snack:

½ C unsweetened Greek style yogurt with 1 C strawberries and 1 Tbsp crushed pecans

Lunch:

Spicy Shrimp and Brown Rice*, 1 C mixed greens with 1 tsp olive oil and juice of ½ lemon

Snack:

Three Cheese Dip* with cut-up vegetables or spread on large romaine lettuce leaves

Dinner:

JASS-Y Salad*, 1 small or ½ large gluten free roll

Day 12

Breakfast:

Homemade Turkey Patties*, 2 eggs any style, melon wedge (honeydew or cantaloupe) or ½ C berries

Snack:

Orange Ricotta Dream*

Lunch:

Leftover JASS-Y Salad*, 1 small or ½ large gluten free roll

Snack:

Three Cheese Dip* with cut-up vegetables or spread on large romaine lettuce leaves

Dinner:

Turkey Creole*, ½ C brown rice, millet or quinoa, Creamy Cucumber Salad*

Day 13

Breakfast:

Tempting Turkey Hash*, ½ C raspberries

Snack:

½ apple with 1 Tbsp cashew butter

Lunch:

Speedy Beef Stir-Fry*, 1 small or ½ large gluten free roll

Snack:

½ C unsweetened Greek style yogurt with 1 C strawberries and 1 Tbsp crushed nuts

Dinner:

Chicken - grilled or roasted, Roasted Brussels Sprouts*, ½ C brown rice, millet or quinoa



Day 14

Breakfast:

Spinach Cups*, ½ C fresh berries

Snack:

Salmon Roll-up*

Lunch:

Spicy Crab Salad* over 1 C mixed greens with 1 tsp olive oil and juice of ½ lemon, 1 small or ½ large gluten free roll

Snack:

2 Tbsp hummus with vegetables

Dinner:

Mary's Stuffed Chicken*, 1 C mixed greens with 1 tsp olive oil and juice of ½ lemon, ½ baked sweet potato with ½ tsp butter; sprinkle with cinnamon if desired



Restoring gut health and adrenal function naturally is possible, and it all starts with understanding how connected these two areas really are. Keep these connections in mind as you go along your healing journey, and know that I really believe you can get to the bottom of your adrenal fatigue and any gut imbalances, and feel like the best version of yourself!

Recipes



Aromatic Apple Chicken

- 1 tsp olive oil
- 2 boneless skinless chicken breasts
- Salt and pepper to taste
- 1/2 C thinly sliced Granny Smith apples
- 1/2 medium shallot, thinly sliced
- 1/2 Tbsp fresh thyme leaves
- 3 Tbsp balsamic vinegar

Preheat oven to 375 degrees. Lightly oil a shallow baking dish. Place chicken in baking dish and season with salt and pepper.

Arrange apple slices, shallots and thyme leaves over and around chicken breasts. Pour balsamic vinegar over all.

Bake for 15 to 20 minutes, or until the chicken is cooked through. Serve.

2 servings

Asparagus Frittata

- 1 teaspoon of olive oil
- 1/2 onion, finely chopped
- 1/2 pound asparagus, cut into small pieces
- Salt and pepper to taste
- 4 eggs, beaten
- 1/2 cup shredded Swiss cheese

Preheat broiler. Wrap skillet handle in foil if not oven-proof. In large skillet, heat olive oil over medium heat. Add onion and cook until translucent.

Add asparagus, salt, and pepper, and cook until desired tenderness is reached.

Pour eggs over asparagus and onions. Cook until mixture is almost set. Sprinkle cheese on frittata then place pan under broiler until cheese is hot and bubbly. Watch closely. Do not allow cheese to brown. Serve.

Note: Use oven mitts to carefully remove hot skillet from oven.

2 servings

Cheesy Eggs

- 2 Tbsp ricotta cheese
- 1 Tbsp shredded Parmesan cheese
- 1/2 tsp olive oil
- 2 eggs, beaten
- Salt and pepper to taste

In a small bowl, combine cheeses. Heat olive oil in small skillet over medium heat. Add eggs. Lift edges of egg mixture as it cooks to allow uncooked mixture to move to bottom of pan. When center is almost set, add cheese mixture, and salt and pepper. Fold in half using spatula and serve.

1 serving



Creamy Cucumber Salad

2 medium cucumbers, peeled and thinly sliced
Salt and pepper to taste
4 Tbsp Greek-style yogurt
1 tsp red wine vinegar
2 Tbsp onion, minced
1 Tbsp chopped dill

In colander, generously salt cucumber slices and let drain approximately 1 hour.

In large bowl, combine remaining ingredients and mix well. Add cucumbers. Add salt and pepper, and serve.

4 servings

Creamy Guacamole

1/2 ripe medium-sized avocado, peeled, pitted, and chopped
4 tablespoons sour cream
1 tablespoon chopped green chilies
Juice of 1/2 lemon

- ✎ Chop avocado and place in a small bowl and prepare to desired consistency.
- ✎ For creamy guacamole, mash with the backside of a fork. Add remaining ingredients and mix well.
- ✎ For smooth guacamole, process all ingredients in a blender or food processor. Keep refrigerated until ready to serve.

2 servings

Dilly Devils

1/4 C shredded cucumber
1/2 tsp salt
3 hard-cooked eggs
2 Tbsp Greek-style yogurt
1 Tbsp chopped dill

In a small bowl, toss cucumber and salt, and mix until well combined. Set aside.

Slice eggs in half. (Have fun and cut them in half crosswise!) Remove yolks and, in a small bowl, mash yolks with the back of a fork. Set aside egg-white halves. Add yogurt and dill to yolks.

Place cucumber mixture on towel and gently press out extra moisture. Combine with yogurt mixture. Fill egg-white halves with 1 well-rounded teaspoon of mixture. Serve.

2 servings: 3 egg-white halves for each serving

Easiest-Ever Strawberry Smoothie

7 large or 10 medium fresh strawberries
1/2 C Greek-style yogurt
1 scoop whey or soy protein powder (Use the scoop that comes with the powder.)
1/2 C ice cubes

Place all ingredients in a blender and mix to desired consistency. Serve in a glass.



*For an extra boost, you can add flax or greens, such as kale.

1 serving

Easy Chicken Stir-Fry

1 Tbsp olive oil
1/2 medium onion, chopped
1 large boneless skinless chicken breast, about 6 oz, cut into cubes
2 C fresh spinach, washed and stems removed
2 oz fresh mushrooms, washed and sliced
1 Tbsp gluten-free soy sauce
1 C cooked brown rice

In large skillet, heat the olive oil over medium heat. Add onion, stirring occasionally until translucent. Add chicken and stir until chicken is no longer pink and juices run clear. Add spinach and mushrooms. Stir and continue cooking until vegetables reach desired doneness.

Add soy sauce and stir well. Serve over 1/2 cup brown rice.

1 serving

Easy Feta Omelet

1/4 tsp olive oil
1/2 C torn fresh spinach leaves

1 egg, beaten
1 Tbsp crumbled feta
1/2 medium tomato, diced
3 Kalamata olives, chopped

In a small skillet, heat oil over medium heat. In a small bowl, mix spinach leaves with beaten egg.

Pour egg mixture in pan and cook 2–3 minutes, or just until egg starts to set. Reduce heat to low, crumble cheese over egg, and cook for approximately 2 minutes.

Top with tomato and olives. Gently fold omelet in half and serve.

1 serving

Easy Lamb Chops

2 loin lamb chops
1/2 C chopped onion
1 Tbsp dried mustard
2 Tbsp shredded Parmesan cheese
3 Tbsp unsweetened Greek-style yogurt

Preheat oven to 425 degrees.

Place chops on roasting rack in pan. In a medium bowl, mix remaining ingredients and spread evenly over chops.

Bake approximately 40 minutes, or until the lamb reaches desired doneness. Serve.

2 servings



Farm Fresh Omelet

4 eggs
Salt and pepper to taste
1 Tbsp butter
1/2 small onion, chopped
1/4 C chopped green pepper
1/2 small zucchini, chopped
1/3 C shredded Swiss cheese
3 Tbsp heavy cream
1/2 C chopped tomato
Pinch, dried oregano

In small bowl, beat eggs. Add salt and pepper.

In medium pan over medium heat, melt butter, and then add onion, green pepper and zucchini. Sauté until vegetables reach desired tenderness. Remove from pan. Increase heat to medium-high, pour egg mixture into pan. Lift cooked edges to allow uncooked eggs to move to bottom. When last of mixture shifts to bottom of pan, reduce heat to low. Add cheese, cream, cooked vegetables, tomato and oregano. Fold egg mixture in half. Continue cooking until cheese melts and vegetables are heated through. Serve.

2 servings

Garden-Inspired Baked Haddock

1/2 lb haddock
1 Tbsp olive oil
1 clove garlic, minced
1/2 onion, finely chopped

1/2 green pepper, chopped
1 medium tomato, diced
2 Tbsp chopped fresh basil
2 tsp lemon juice

Preheat oven to 375 degrees.

Wash haddock and pat dry. Set aside.

In large skillet, heat oil over medium heat. Sauté garlic and onion until tender. Add green pepper, then reduce heat. Sauté over low heat until peppers reach desired tenderness. Add tomato and basil, stirring gently to combine all ingredients.

Place half of vegetable mixture in bottom of 8" x 8" baking dish. Place haddock on top of vegetable mixture and top with remaining vegetable mixture. Drizzle with lemon juice. Cover and bake for 15 minutes or until fish flakes easily. Serve.

2 servings

Homemade Turkey Patties

(adapted from The Core Balance Diet)

1 lb ground turkey
4 egg whites
1/4 C minced green onion
2/3 C dried parsley
3/8 tsp dried marjoram
Salt and pepper to taste
1/2 Tbsp olive oil



In medium bowl, crumble turkey. Mix in egg whites, green onion, parsley and marjoram. Add salt and pepper. Shape turkey mixture into 12 small patties.

In large skillet, heat olive oil over medium to medium-high heat. Cook for 5–6 minutes on each side, or until patties are cooked through. Serve.

Refrigerate or freeze leftovers.

6 patties; 2 patties per serving

Italian Chicken Soup

One 14-ounce can low-sodium, gluten-free chicken broth

One 14.5-ounce can stewed tomatoes

1 clove garlic, minced

1 teaspoon basil

2 boneless skinless chicken breasts, cooked and chopped about 1 to 1½ cup chopped escarole

1½ tablespoons olive oil

In large saucepan over medium-high heat, bring chicken broth, tomatoes, garlic, and basil to a boil.

Reduce heat to low and add chicken, escarole, and oil. Simmer for 10 minutes, and serve.

4 servings

JASS-Y Salad

(Jícama, Avocado, Spinach and Shrimp)

1½ C cooked shrimp

2 C fresh spinach, washed and trimmed

½ ripe avocado, peeled, pitted and cubed

½ medium jícama, diced

2 Tbsp olive oil

Juice from ½ lime

½ clove garlic, crushed

½ tsp chili powder

Salt and pepper to taste

To make the salad: In a large bowl, toss together shrimp, spinach, avocado and jícama.

To make the dressing: In small bowl, mix together olive oil, lime juice, garlic, chili powder, and salt and pepper. Drizzle dressing over salad and serve.

2 servings

Lentil Casserole

1 C gluten-free chicken or vegetable broth

¼ C lentils

¼ C uncooked brown rice

1 clove garlic, minced

⅓ C chopped onion

1 tsp oregano

1 tsp dried basil

⅓ C grated Parmesan cheese



Preheat oven to 300 degrees.

Mix all ingredients except cheese in shallow baking dish. Cover and bake for 75 minutes.

Remove cover, sprinkle with cheese, and bake an additional 15 minutes, or until cheese is melted. Serve.

2 servings

Marinated Shrimp with Artichoke Hearts

1 lb uncooked shrimp, peeled and deveined
Two 7 oz jars marinated artichoke hearts, reserving 1/3 C marinade
2 large garlic cloves, coarsely chopped
1/2 C olive oil, separated into two 1/4 C
2 Tbsp chopped fresh basil
Salt and pepper to taste

Preheat oven to 400 degrees.

In large bowl, combine shrimp, artichoke hearts and liquid, garlic, 1/4 C olive oil, 1 Tbsp basil, and salt and pepper. Mix well. Cover and marinate at least 20 minutes, stirring several times.

Remove shrimp from marinade and place in a glass baking dish. Pour remaining olive oil and reserved artichoke marinade over shrimp. Cover tightly and bake 15 to 17 minutes, or until shrimp are pink and cooked.

Sprinkle with remaining basil and serve.

4 servings

Mary's Stuffed Chicken

1/2 tsp olive oil, plus extra for baking dish
1/2 lb chopped fresh spinach
1/4 part-skim ricotta cheese
1/4 C chopped onion
2 Tbsp grated Parmesan cheese
1 egg white, lightly beaten
2 boneless skinless chicken breasts, about 4 oz each
1 Tbsp chicken broth

Preheat oven to 350 degrees.

Prepare 8" x 8" glass baking dish by lightly rubbing with olive oil. In large bowl, combine spinach, ricotta, onion, cheese and oil. Mix well. Reserve 1/2 C mixture and set side. Add egg white to remaining mixture.

Flatten chicken breasts to about 1/2-inch thick. Spread 2 Tbsp mixture over each chicken breast. Tightly roll up chicken breasts and press edges together, using toothpicks if necessary. Place in prepared pan, seam side down. Bake about 25 minutes, or until cooked through.

Put reserved spinach mixture and broth in a blender and process until smooth. Spoon over top of chicken and continue to cook for 5 more minutes. Serve.

2 servings



Minty Yogurt Sauce

2 heaping Tbsp chopped mint sprigs
1/2 large English cucumber, chopped
1 1/2 C unsweetened Greek-style yogurt
1 clove garlic, finely chopped
Salt and pepper to taste

In large bowl, combine all ingredients. Chill before serving.

4 servings

Orange Ricotta Dream

1 C part-skim ricotta cheese
1/2 tsp grated orange zest
1/2 tsp freshly squeezed orange juice
1/2 tsp gluten-free vanilla extract
1 1/2 tsp Stevia
2 dashes cinnamon
1 Tbsp blueberries, strawberries or raspberries for topping (optional)

In a medium bowl, mix all ingredients together. Refrigerate for 1 hour. If desired, top each serving with 1 Tbsp blueberries, strawberries or raspberries.

2 servings

Parmesan Asparagus

1/2 lb thin asparagus spears, ends trimmed
1 1/2 tsp olive oil

3 Tbsp shaved Parmesan cheese
Freshly ground black pepper to taste
2 Tbsp balsamic vinegar

Preheat oven to 450 degrees.

In baking sheet, toss asparagus with olive oil, then arrange in single layer. Sprinkle cheese, then season with black pepper. Bake 12–14 minutes, or until cheese is melted and asparagus is tender-crisp. Sprinkle with balsamic vinegar and serve.

2 servings

Pork with Tomato Cream Sauce

1 Tbsp plus 1 tsp olive oil
Two 4-oz pork loin steaks
1/2 medium onion, chopped
1 clove garlic, finely chopped
1 plum tomato, seeded and chopped
1 Tbsp oregano
1/3 C heavy cream
1/3 C shredded Parmesan cheese

In large saucepan, heat 1 Tbsp oil over medium heat.

Add pork steaks and cook 5 minutes per side, or until done. Remove pork from pan and set aside. Add remaining olive oil to pan and heat. Add onion and garlic, and cook until onion is translucent. Add tomato and oregano. Stir in cream and cheese until cheese melts. Spoon sauce over pork and serve.

2 servings



Quick Turkey Stir-Fry

- 1/2 Tbsp cornstarch
- 1/2 Tbsp chopped ginger
- 1/2 Tbsp gluten-free soy sauce
- 1/4 C gluten-free chicken broth
- 1/2 Tbsp olive oil
- 1/4 medium onion, thinly sliced
- 1/4 medium red bell pepper, thinly sliced
- 1/2 C broccoli
- 2 Tbsp cashews
- 1 1/2 C diced cooked turkey

In a small bowl, combine cornstarch, ginger, soy sauce and broth. Mix well. In frying pan or wok, heat oil over high heat. Add onion and stir constantly for approximately 1 minute or until the onions are translucent. Add bell pepper, broccoli and cashews, and continue stirring until vegetables reach desired crispness.

Stir in turkey and ginger-soy sauce and continue cooking 4 to 6 minutes, or until sauce thickens and turkey is heated through, stirring constantly.

1 serving

Roasted Brussels Sprouts

- 1/2 lb Brussels sprouts, washed and trimmed
- 1 Tbsp olive oil
- Salt and pepper to taste

Preheat oven to 400 degrees.

In large bowl, combine ingredients until Brussels sprouts are well coated. Place vegetables on baking sheet and place on center rack in oven. Roast for approximately 35 minutes, turning every 6 minutes, until Brussels sprouts are dark brown and tender. Serve over 1/2 C brown rice, along with grilled or roasted chicken.

2 servings

Salmon Patties

- 6 oz salmon, flaked
- 1 egg, beaten
- 1/2 small onion, diced
- 1 tsp lemon juice
- 1/2 tsp marjoram
- 1–2 tsp olive oil, for skillet

In large bowl, mix all ingredients (except olive oil), then divide into four equal portions. Form 1/2-inch-thick patty from each portion.

In large skillet, heat olive oil over medium heat. Cook patties 3–4 minutes per side, or until salmon is cooked through.

2 servings: 2 patties per serving

Salmon Roll-Up

- 1 oz cream cheese, softened
- 1 tsp fresh lemon juice
- 1 tsp capers (optional)
- 4 oz cured salmon or lox



In a small bowl, combine cream cheese, lemon juice and capers, if using. Spread over salmon. Roll up salmon and serve.

1 serving

Salmon Surprise

3/4 cup water
1/4 cup white wine
1 bay leaf
1 1/2 tablespoons scallions, thinly sliced
1 pound fresh salmon
1 teaspoon of olive oil
1 cup fresh spinach
1/4 teaspoon ground nutmeg
1/3 cup shredded Parmesan cheese

In large skillet, heat water, wine, bay leaf, and scallions to a boil. Add salmon and return to boil.

Cover, reduce heat to simmer, and cook for 6 to 8 minutes, or until fish flakes easily.

Drizzle olive oil on cookie sheet. Remove fish from skillet and place on cookie sheet. Set aside.

Add spinach to liquid mixture in skillet. Stir gently over low heat until spinach wilts. Season with nutmeg.

Remove spinach and layer over salmon. Sprinkle with cheese. Broil for approximately 2 minutes, or until cheese is melted and lightly browned. Serve.

4 servings; approximately 4 ounces per serving

Sautéed Kale

1 Tbsp olive oil
1 clove garlic, minced
1/2 head kale, washed, trimmed and cut into small pieces
1/2 C vegetable broth
1 1/2 Tbsp freshly squeezed lemon juice, or to taste
Salt and pepper to taste

In large sauté pan, heat olive oil over medium heat. Add garlic and cook for 3 minutes, or until garlic is lightly browned. Add kale, stirring constantly and cook for 2 more minutes. Add vegetable broth and cover.

Simmer for 5 minutes, or until kale reaches desired tenderness. Add lemon juice, salt and pepper. Serve.
Note: This dish freezes well.

3–4 servings

Savory Artichoke Squares

1 Tbsp olive oil
One 7-oz jar marinated artichoke hearts, marinade reserved
1 large clove garlic, minced
1/2 small onion, finely chopped
2 large eggs, beaten
1 C shredded sharp cheddar cheese
2 Tbsp gluten-free bread crumbs
Salt and pepper to taste



Preheat oven to 325 degrees and lightly oil a 11"x7" loaf pan. In a small sauté pan, combine marinade from artichoke hearts, garlic and onions. Sauté until onion is translucent. Set aside in medium bowl.

Chop artichoke hearts and add to onion mixture. Add eggs, cheese, bread crumbs, and salt and pepper. Place mixture in prepared loaf pan, and bake 23–27 minutes, or until mixture is firm. Cool and cut into 4 pieces.

Note: This dish freezes well.

4 servings

Speedy Beef Stir Fry

1/2 cup chicken broth
1 tablespoon gluten-free soy sauce
1/2 teaspoon cornstarch
2 tablespoons olive oil
1/2 pound round steak, cut into thin slabs
1/2 cup onion, diced
2 cups broccoli florets
1/2 cup water chestnuts

In a small bowl, combine broth, soy sauce, and cornstarch. Set aside.

In large skillet, heat oil over medium-high heat. Add beef and brown on both sides. Remove beef from pan and set aside.

Add onion and broccoli, stirring constantly, until onion is translucent and broccoli reaches desired tenderness.

Add beef, broth mixture, and water chestnuts to skillet. Stir well and continue cooking over medium heat, stirring constantly, until liquids thicken and all ingredients are heated through. Serve.

2 servings

Spicy Crab Salad

2 tablespoons fresh lemon juice
1/2 tablespoon olive oil
1/2 teaspoon hot sauce, or to taste
1/2 pound crabmeat, well drained
1/2 ripe avocado, peeled and diced
Salt and pepper to taste
Mixed greens

In a small bowl, combine lemon juice, olive oil, and hot sauce.

In separate small bowl, mix crabmeat and avocado together. Add lemon juice mixture, and gently combine. Add salt and pepper.

Serve over mixed greens.

2 servings

Spicy Shrimp and Brown Rice

1/2 lb shrimp
1 Tbsp olive oil
1/2 medium red onion, diced
2 cloves garlic, minced
Salt to taste



1 C broccoli florets
1/2 small jalapeño or chili pepper, seeded and chopped
1 Tbsp Worcestershire sauce
1/2 C uncooked brown rice
1 C water

Peel and clean shrimp. Set aside. In large skillet, heat olive oil over medium heat. Add

onion and garlic, sautéing until onion is translucent. Add remaining ingredients and bring to boil.

Reduce heat to medium, cover skillet and simmer for 30 minutes, or until rice is soft. Add shrimp, re-cover and simmer for an additional 5–7 minutes, or until shrimp is cooked through. Serve.

2 servings

Spinach Cups

6 ounces fresh spinach
1/2 cup part-skim ricotta cheese
1/2 cup shredded Parmesan cheese
2 large eggs, beaten
1 clove garlic, minced
1/4 teaspoon salt

Freshly ground pepper to taste

Preheat oven to 400 degrees.

Finely chop spinach, using food processor if preferred. Then in large bowl, mix ingredients together well.

Lightly grease 4 muffin cups. Divide mixture among the 4 cups. Bake 17 to 20 minutes, or until the spinach cups are set.

Strawberry Salsa

1 cup fresh strawberries, sliced
2 medium tomatoes, seeded and chopped
jalapeño pepper to taste, seeded and minced
1 clove garlic, minced
1 lime, juiced
1 tablespoon olive oil
2 tablespoons fresh cilantro

In large bowl, combine all ingredients until well blended. Cover and chill for one hour. Serve.

2 servings

Swiss Stacker

1 tablespoon olive oil
Juice from 1/2 lemon
Salt and pepper to taste
1 medium tomato, sliced into 4 thick slices
1 slice Vidalia onion, separated into 4 rings
1 ounce Swiss cheese, cut into 2 slices
2 slices cucumber
1 teaspoon chopped basil

To make dressing: in a small bowl, combine oil, lemon juice, and salt and pepper. Set aside.



To make stacker: begin with tomato slice, top with cheese, and sprinkle with basil. Repeat.

Drizzle dressing over stackers, then top with cucumber slice, onion ring, and remaining tomato slice. Serve.

1 serving

Tasty Turkey Cutlets

Two 2- to 4-oz turkey breasts
1 Tbsp lemon juice
1/2 Tbsp olive oil
1 clove garlic, minced
1/4 tsp dried oregano
Salt and pepper to taste

Preheat broiler. Place turkey breasts in shallow pan. In a small bowl, combine remaining ingredients and mix well. Pour mixture over turkey and marinate in refrigerator for 15–30 minutes. Broil turkey slices for 4–6 minutes, or until turkey is fork-tender. Serve.

2 servings

Tempting Turkey Hash

1 1/2 teaspoons olive oil
1/2 red or green bell pepper, chopped
1/2 small onion, chopped
1 medium sweet potato, diced
1 teaspoon fresh thyme
1 1/2 cups cooked turkey, cubed

Salt and pepper to taste
3 tablespoons cream

In a medium skillet, heat oil over medium heat and sauté pepper and onion approximately 2 minutes, or until softened.

Add sweet potato and thyme, stirring occasionally, and cook for 10 to 12 minutes, or until potatoes are fork-tender.

Add turkey, and season with salt and pepper. Slowly stir in cream and simmer for 2 to 4 minutes, or until mixture thickens. Serve.

2 servings

Three Cheese Dip

3 oz cream cheese
3 oz goat cheese
1/4 C shredded Parmesan cheese
3/4 C chopped spinach
3/4 C chopped red bell pepper
1/2 Tbsp chopped basil
Salt and pepper to taste

In a small bowl, blend cheeses together, then add remaining ingredients. Cover and chill. Serve with cut-up vegetables or romaine lettuce leaves.

Note: This dish will keep for approximately one week in the refrigerator.

Approximately 6 servings



Turkey Creole

Two 3-4 oz turkey cutlets
1 C fresh mushrooms, washed and sliced
1/2 medium onion, finely chopped
3 Tbsp water
1/2 clove garlic, minced
1/2 medium green bell pepper, thinly sliced
1 C stewed tomatoes, chopped

Preheat oven to 375 degrees. Place turkey cutlets in shallow baking dish and set aside.

In large saucepan, combine all remaining ingredients. Cook over medium heat, stirring frequently, for 10 minutes. Spread mixture evenly over turkey cutlets and bake for 20 minutes, or until turkey's juices run clear. Serve.

2 servings

Turkey Poppers

1 medium jalapeño pepper, seeded and halved
2 Tbsp cream cheese, separated
2 slices nitrate-free turkey bacon

Fill each jalapeño half with 1 Tbsp cream cheese. Wrap in turkey bacon.

In small pan, cook poppers over medium-high heat for 6–8 minutes, or until bacon is cooked. Serve.

1 serving

Waldorf Turkey Salad

1 C cooked turkey breast, cubed
2 celery ribs, thinly sliced
1/2 C chopped Granny Smith apple
1/2 C halved seedless grapes
1/4 C chopped walnuts
1/4 C unsweetened Greek-style yogurt
3 C mixed greens

In large bowl, combine first 6 ingredients. Mix well. Serve over greens.

2 servings



Vegetarian Recipes



Vegetarian Recipes

Here are some adrenal-friendly vegetarian recipes that can be used to replace recipes in the 14-day eating plan.

Crunchy Tofu Stir-Fry

- 1/2 Tbsp cornstarch
- 1/2 Tbsp chopped ginger
- 1/2 Tbsp gluten-free soy sauce
- 1/4 C gluten-free vegetable broth
- 1/2 Tbsp olive oil
- 1/4 medium onion, thinly sliced
- 1/4 medium red bell pepper, thinly sliced
- 1/2 C broccoli
- 2 Tbsp cashews
- 1/2 C firm tofu, cubed

In a small bowl, combine cornstarch, ginger, soy sauce and broth. Mix well and set aside.

In frying pan or wok, heat oil over high heat. Add onion and stir constantly for approximately 1 minute or until onions turn translucent. Add bell pepper, broccoli and cashews, and continue stirring until vegetables reach desired crispness. Stir in tofu and ginger mixture, and cook for 4–6 minutes, or until sauce thickens and tofu is heated through.

1 serving

Italian Quiche

- 1 C chopped eggplant
- 1/2 C chopped zucchini
- 1/2 C chopped red bell pepper
- 1/3 C chopped onion
- 1 clove garlic, minced
- 1 tsp olive oil, plus extra for loaf pan
- 4 eggs, beaten
- 1/3 C heavy cream
- 1/2 C shredded mozzarella cheese
- 1 tsp fresh oregano
- 1/2 C chopped basil

Preheat oven to 400 degrees. In large skillet, heat olive oil over medium heat. Sauté eggplant, zucchini, bell pepper, onion and garlic until onion is translucent and vegetables reach desired tenderness. Remove from heat.

In a medium bowl, combine eggs, cream, cheese and spices. Stir well.

Lightly oil 7" x 11" loaf pan. Pour mixture in pan and bake for 20 minutes or until center is set. Remove from oven and let cool 10 minutes before serving.

2 servings



Savory Quinoa

1 C lentils
2 C quinoa, well rinsed
1 large onion, diced
5 C vegetable broth
1 tsp dried Italian herbs
1/2 to 1 tsp sea salt

Preheat oven to 350 degrees. Combine all ingredients in a casserole dish and bake for 45–60 minutes.

4 servings

Veggie Burger

1/2 medium onion, chopped
1 clove garlic, minced
1 1/2 tsp olive oil
One 15 oz can pinto beans, drained and rinsed
1/2 C shelled sunflower seeds
1 tsp chopped basil
1 tsp salt
1 1/2 C cooked brown rice

In large skillet, sauté onion and garlic in 1/2 tsp olive oil until onions are translucent. Remove from pan.

In large bowl, mash pinto beans with back of fork. Add cooked onions and garlic and all remaining ingredients, except olive oil, and mix well. Form mixture into 4 patties.

Back in large skillet, heat remaining olive oil over medium heat. Cook patties 4–6 minutes per side or until evenly browned on both sides.

4 servings

Gluten-free alternatives

IF avoiding gluten, try these substitutions in our 14 day meal plan and recipes.

- Brown rice
- As a wrap: seaweed wraps, rice paper wraps, lettuce, specialty gluten-free wraps
- Corn tortillas
- Brown rice crackers or lentil crackers
- Shirataki, rice or buckwheat noodles
- Quinoa or millet bread
- Make protein and colorful vegetables the star of your meals, and leave out the bread and pasta entirely.



The best sweetener options

We've been conditioned to expect our food to be very sweet, and it may be difficult to adjust to unsweetened flavors at first. You don't have to give up the sweet taste, but try some of these lower-carb sweeteners instead of sugar or artificial sweeteners. They have all the great taste without blood sugar regulation issues. It's still good to use these in moderation. You just might discover that whole, unprocessed foods prepared with a variety of spices tastes better than the overly sweet options you are used to!

Here are some things to try, if you need to add a touch of sweetness:

- ☞ Unsweetened applesauce
- ☞ Stevia. This is a natural sweetener that is VERY sweet. Try to find one that is diluted to the same sweetness as refined sugar.
- ☞ Honey or maple syrup (limit to 1/2 Tbsp)
- ☞ Another trick to add a hint of sweetness and make foods like yogurt, fruit or oatmeal feel like a treat is to add warming spices like cinnamon or nutmeg, unsweetened cocoa powder or unsweetened coconut flakes.



Healthy Adrenals e-book

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