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ADRENAL-BOOSTING Herbs and Supplements

IMPROVE YOUR SLEEP, ENERGY AND IMMUNITY



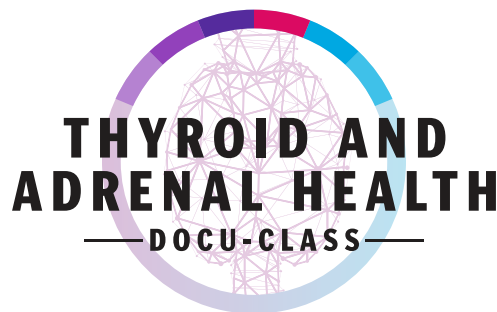
Jonathan Landsman

**THYROID AND
ADRENAL HEALTH**
— DOCU-CLASS —

18

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ABOUT JONATHAN LANDSMAN

As the creator of NaturalHealth365 Programs, I've worked with some of the brightest minds in natural health and science. Having been in the health and fitness industry for over 35 years, I've produced over 500 health programs with over 300 of the finest integrative healthcare providers in the world.



Reaching millions of people, worldwide, I am committed to educating the public about the importance of eating a healthy, organic (non-GMO) diet; consuming high-quality nutritional supplements, as needed and participating in healthy lifestyle habits like, exercise, detoxification protocols and mind/body work, on a regular basis.

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“Tired and wired.” “Burned out.” “Stressed.” These phrases describe an uncomfortable state - a mixture of physical and mental fatigue, tension and anxiety - that, for many people, is all too common. In search of relief, some turn to sugar-laden coffee or highly caffeinated energy drinks, only to find that a brief jolt of energy is followed by a “crash” in which they are left feeling worse than before.



Does this scenario sound familiar? If so, it's worth a visit to your holistic doctor to see if you could be suffering from a condition known as adrenal dysfunction. Also called adrenal imbalance, adrenal dysfunction is a result of your body's attempts to respond to chronic, unresolved stress.¹ Many holistic doctors believe that – in addition to causing a litany of uncomfortable symptoms - adrenal dysfunction can trigger a host of ailments, including autoimmune diseases, leaky gut, fibromyalgia, hypothyroidism, arthritis and chronic fatigue syndrome.

HEALTH ALERT: OVERSTRESSED ADRENAL GLANDS WILL CAUSE THE BODY TO “FALL OUT OF BALANCE”

The adrenal glands, a pair of small organs situated above the kidneys, are responsible for producing over four dozen different hormones, including cortisol. Sometimes called the “stress hormone,” cortisol's job is to mobilize carbohydrates and fats for instant energy – readying the body for a fight-or-flight stress response. Other important tasks on cortisol's “to-do” list include managing blood pressure, converting food into energy, regulating the effects of insulin, reducing inflammation and supporting normal sleep/wake cycles.²

So far, so good ... right?

The problem is that chronic, unresolved stress can cause the adrenal glands to send cortisol levels soaring - that is, until they can't anymore. Proponents of adrenal dysfunction maintain that the adrenal glands can't keep up with the demand, and eventually become depleted.

By the way, adrenal dysfunction is not to be confused with adrenal insufficiency, a rare medical condition. Sadly, the concept of adrenal

dysfunction tends to be “controversial,” with many conventionally trained physicians refusing to recognize it as a diagnosis. Holistic doctors, on the other hand, have long maintained that adrenal dysfunction is a legitimate condition that can cause problems with adrenal gland function, increase chronic inflammation and decrease the effectiveness of the body’s natural detoxification and defense system.

Dr. Andrew Neville, an adrenal gland expert and the director of the Clymer Healing Center, describes the problem succinctly. “When the adrenals are overstressed,” reports Dr. Neville, “the whole body falls out of balance.”³

WHAT ARE THE CLASSIC SIGNS OF ADRENAL DYSFUNCTION?

In addition to fatigue and anxiety, signs of adrenal dysfunction include confusion, memory problems and difficulty concentrating (“brain fog”). Aches and pains in muscles and joints, sleep disorders - such as insomnia - and changes in weight can also be a testament to the presence of adrenal dysfunction. Frequent colds and slowed wound healing might also occur, along with symptoms such as darkened patches on the skin, dry, itchy skin and thinning or falling hair. Finally, frequent, powerful food cravings - particularly for sugary or salty foods - can be a clue to the presence of adrenal dysfunction.⁴

WHY ADRENAL DYSFUNCTION CAN BE CHALLENGING TO DIAGNOSE

Unfortunately, labs are often “normal” in cases of adrenal dysfunction, despite the presence of symptoms. (Many holistic doctors chalk this up to inconsistent standards and irrelevant tests that measure the wrong factors). And, many conventionally trained doctors are trained to detect only extreme pathologies, such as Addison’s disease and Cushing syndrome, while ignoring smaller variations in cortisol that may nonetheless be a sign of adrenal dysfunction.⁵

To diagnose adrenal dysfunction, many holistic healthcare providers use a four-point saliva test. This test is considered superior to both urine and blood tests because it evaluates levels of “unbound,” or free fraction, hormones, and delivers a more accurate picture of how the body is being

influenced. In addition to testing cortisol and insulin levels, a saliva test can detect gluten antibodies, allowing the doctor to see if food intolerances are stressing the adrenals.⁶

Once the diagnosis is made, a trained holistic doctor can recognize the level of exhaustion in your adrenals and advise appropriate support, thereby helping you take the first steps towards recovery.

NURTURE HARD-WORKING ADRENAL GLANDS WITH NATURAL INTERVENTIONS

Fortunately, an assortment of herbs, vitamins and minerals can offer a much-needed assist to overstressed adrenals. While there is no “silver bullet” against adrenal problems, these natural interventions are believed to help restore normal adrenal function and promote healthy production of cortisol, thereby helping to rebalance the body’s “fight or flight” stress response. Of course, before attempting to address adrenal dysfunction with these natural interventions, consult an experienced doctor for guidance.

With no further ado, let’s look at 18 natural herbs and supplements to support adrenal health.



REISHI MUSHROOMS BOOST YOUR GUT HEALTH AND OVERALL IMMUNITY

Botanically classified as *Ganoderma lucidum* and sometimes called “lingzhi,” reishi mushrooms have been revered in traditional Chinese medicine for thousands of years. These medicinal mushrooms are classified as adaptogens, meaning they can help the body cope with the effects

of stress. In fact, the reishi mushroom has such a glowing reputation for promoting health and longevity that it has been nicknamed the “Mushroom of Immortality.”

Reishi mushrooms also have prebiotic qualities, meaning they can support the immune system by providing fuel for beneficial gut bacteria. In a review published in *Food and Functions*, researchers report that polysaccharides in reishi mushrooms can improve gut health by favorably affecting the ratio between different types of gut bacteria.⁷ Research has supported the ability of reishi mushroom compounds to boost immune health, with one study showing that they could increase the number of white blood cells in people with colorectal cancer, and another demonstrating that they can improve the function of lymphocytes (the white blood cells that engulf and destroy pathogens).

Holistic doctors typically recommend reishi extracts in amounts ranging from 1.5 grams to 9 grams a day, but check with your own doctor before using them.

ASHWAGANDHA IS PERFECTLY SUITED FOR SUPPORTING ADRENAL HEALTH

Ashwagandha, which is botanically known as *Withania somnifera* and sometimes called winter cherry, is utilized in both Ayurveda and traditional Chinese medicine for its ability to balance and support the endocrine and immune systems. Like reishi mushrooms, ashwagandha is an acknowledged adaptogen, and has traditionally been used to fight exhaustion, relieve insomnia and ease depression – three classic symptoms of adrenal dysfunction.

With antioxidant, anti-inflammatory and mild mood-stabilizing effects, ashwagandha has been shown in controlled human trials to directly benefit thyroid health, which is closely linked to that of the adrenal glands. In a study published in *Journal of Alternative and Complementary Medicine*, 600 mg a day of ashwagandha for eight weeks improved thyroid levels in patients with subclinical hypothyroidism.⁸ Before trying ashwagandha, check with your doctor or health coach for guidance.



MAGNESIUM, THE “MELLOW” MINERAL, CAN SUPPORT CALMER MOOD AND BETTER SLEEP

Magnesium supports production of calming neurotransmitters and promotes a restful night's sleep - two benefits which may help reduce the anxiety and insomnia that can accompany adrenal dysfunction. Although the Office of Dietary Supplements recommends consuming between 320 mg to 420 mg of magnesium a day, almost half of all American adults fail to meet this goal.⁹

In addition, the chronic stress behind adrenal dysfunction can deplete existing levels. You can protect against magnesium shortfalls and support your adrenals by eating healthy amounts of organic leafy greens, pumpkin seeds, almonds, bananas and legumes. Dark chocolate, as well, is a respectable source of magnesium, but should be enjoyed in limited quantities due to the high amounts of sugar and calories. (Avoid milk chocolate and Dutch chocolate, which lack the beneficial flavanols and antioxidant “punch” of darker varieties).

Magnesium is also available in supplementary forms, with holistic doctors typically recommending 400 mg to 1,000 mg a day. Check with your doctor, however, before adding supplementary magnesium to your healthcare routine.

SIBERIAN GINSENG (ELEUTHERO): A PROVEN WAY TO ELIMINATE THE THREAT OF CHRONIC FATIGUE

Siberian ginseng, botanically classified as *Eleuthero*, has been extensively studied for its impact on chronic stress and fatigue. Despite its common name, this Arctic herb is technically not a member of the ginseng family at all. It is, however, a powerful adaptogen that may be helpful in combating the fatigue that can accompany overstressed adrenal glands.¹⁰



It's worth noting that Russian athletes have traditionally used this energizing herb to increase stamina and physical performance in Olympic

training routines. Plus, Siberian ginseng may be able to boost the immune system, helping to reverse the heightened susceptibility to infections that can result from adrenal dysfunction. Before using Siberian ginseng, get the go-ahead from your doctor.

PROMOTE ADRENAL HEALTH WITH B-COMPLEX VITAMINS

When it comes to healing adrenals, the B vitamins can be important allies. Vitamin B5, also known as pantothenic acid, supports the adrenal glands by helping to balance cortisol production in times of stress. Vitamin B6, or pyridoxine, can also help the adrenals deal with an overactive stress response by supporting the manufacture of calming neurotransmitters such as serotonin, dopamine and GABA (gamma-aminobutyric acid).¹¹

Vitamin B12, also known as cobalamin, is another important contributor to adrenal health. Deficiencies in this water-soluble essential vitamin can cause fatigue - the last thing those with adrenal imbalances need - along with problems such as anemia and neurological dysfunction.

Because vitamin B12 is often found in animal-based foods, vegans tend to be at risk for a deficiency in this important vitamin, if they're not careful. According to a study published in *Nutrients*, up to 90 percent of older adults consuming a vegetarian diet - along with up to 40 percent of vegetarian teenagers - are deficient in vitamin B12.¹²

You can increase your dietary intake of B vitamins by eating grass-fed beef, wild-caught seafood, cage-free eggs, dairy products and chicken. Good vegan sources include organic tempeh, chlorella, and sea vegetables like, nori. In addition, fortified plant-based foods such as nutritional yeast can serve as a source of B12 for those who don't eat animal products.

Your holistic doctor or health coach can help you decide if supplementary B-complex vitamins are needed.¹³

RHODIOLA ROSEA MAY HELP PREVENT CHRONIC STRESS

Rhodiola rosea, also known as goldenroot, is valued for its ability to ease the fatigue, anxiety and depression that can accompany work-related stress, or "burnout." Proponents also credit this energizing herb with

improving performance during stressful situations, and with helping to fine-tune and enhance physical performance. In 2018, a review of studies published in *International Review of Psychiatry in Clinical Practice* helped burnish rhodiola's reputation as an adaptogen.

The researchers reported that rhodiola can prevent chronic stress and stress-related complications by boosting energy metabolism and regulating the release of stress hormones.¹⁴ Check with your holistic doctor before trying rhodiola.



GINGER HELPS BREAK THE “FEEDBACK LOOP” BETWEEN CHRONIC STRESS AND INFLAMMATION

Ginger root, botanically known as *Zingiber officinale*, is rich in antioxidant compounds known as gingerols and shogaols. The antioxidant and anti-inflammatory powers of ginger make this spicy herb a “natural” for controlling the inflammation of adrenal

dysfunction. And, a new study shows that even modest quantities of ginger - such as amounts normally found in food - are sufficient to help activate white blood cells and modulate cellular responses.¹⁵

Use fresh or powdered ginger liberally in salads, dressings or marinades, or make an energizing tea by boiling and steeping an inch of sliced ginger root in hot water for five or ten minutes. Supplementary ginger is also available in capsules and extracts, but get the “thumbs-up” from your healthcare provider before adding them to your health routine.

D-RIBOSE MAY SPARK ENERGY, OPTIMIZE SLEEP AND IMPROVE WELL-BEING

D-ribose is a naturally occurring carbohydrate important in forming ATP, the “energy” molecule. Shown to increase energy synthesis in the muscles and heart, this natural nutrient is believed to be particularly well-suited to easing adrenal dysfunction. While research on D-ribose's effects on

adrenal dysfunction is limited, older studies have shown that D-ribose can help improve related conditions, such as chronic fatigue syndrome and fibromyalgia.

For example, one study in *Journal of Alternative Complementary Medicine* showed that D-ribose significantly improved energy, sleep, mental clarity and well-being while decreasing pain in people with chronic fatigue syndrome. In fact, two thirds of the participants reported up to a 45 percent increase in energy - a considerable improvement.¹⁶ D-ribose is normally advised in amounts ranging from one to 10 grams a day, but get the “all-clear” from your healthcare provider first.

TURMERIC HAS COGNITIVE BENEFITS TO COMBAT “BRAIN FOG”

More than just a cooking spice, turmeric can be a valuable member of your adrenal-boosting toolbox. Its active ingredient, an orange-yellow plant pigment known as curcumin, has antioxidant, anti-inflammatory and antimicrobial benefits, allowing turmeric to ease the symptoms that accompany adrenal dysfunction. Curcumin appears to reduce inflammation in the brain while boosting production of brain-derived neurotrophic factor, a protein needed for survival and growth of brain cells. This may allow turmeric to promote clear thinking and mental focus. And, that’s not all.



This brightly colored spice may have the ability to increase levels of serotonin, therefore potentially brightening mood as well. In fact, one study cited in the *Scientific World Journal* showed that it was just as effective as Prozac (fluoxetine) in reducing symptoms of depression.¹⁷ holistic healthcare provider may recommend between 500 mg and 1,000 mg of turmeric extract a day. Check with your own doctor before supplementing. For maximum benefit, take turmeric extract with a healthy fat, such as avocados or nuts.

QUENCH INFLAMMATION WITH QUERCETIN

Found in vividly colored organic fruits and vegetables, this antioxidant flavonoid helps to fight back against chronic stress and adrenal dysfunction with its potent anti-inflammatory and antioxidant benefits. Like other natural interventions for adrenal dysfunction, quercetin helps to suppress excess cortisol production. It also scavenges free radicals that would otherwise cause oxidative stress, reduces pro-inflammatory cytokines, boosts immune function and promotes healthy blood vessels and efficient circulation - thereby helping to combat sluggishness and fatigue.

You can increase your dietary intake of quercetin with unpeeled apples, leafy green vegetables, tomatoes, and citrus fruits.¹⁸ Quercetin is also available as a supplement. Holistic doctors typically advise between 500 mg and 1,000 mg of quercetin a day, but, as always, consult with your own doctor before supplementing.

GLUTATHIONE IS A TRUE WINNER FOR ADRENAL HEALTH

The body's most important antioxidant and detoxifier, glutathione is produced in the liver from three amino acids: glycine, cysteine and glutamine. This powerful enzyme protects against a wide array of health problems by attacking pathogens, neutralizing toxins and helping to clear the system of heavy metals and pesticides.¹⁹

In addition, it fights the oxidative stress that contributes to adrenal dysfunction. Clearly, having optimal levels of glutathione is important for overall health, as well as the health of the adrenal glands.

Health experts say that the best way to increase levels is to boost consumption of foods that contain the glutathione "building blocks," such as cysteine-rich pastured raised eggs and organic cruciferous vegetables like broccoli and Brussels sprouts. Although glutathione is available as an oral supplement, it breaks down quickly in the body, causing some holistic doctors to question its effectiveness. If you do decide to try supplemental glutathione, a liposomal formulation is your best option - and most bioavailable form to consume. As usual, check with your doctor before supplementing.

SUPPORT HEALTHY CORTISOL LEVELS WITH VITAMIN C

Did you know the adrenal glands contain one of the highest concentrations of vitamin C in the body? In addition to acting as a powerful antioxidant with immune-boosting properties, vitamin C is a cofactor needed for production of cortisol.



Unfortunately, deficiencies of this indispensable nutrient are common in adrenal dysfunction.²⁰ You can increase dietary intake of vitamin C with organic citrus fruits, strawberries, red bell peppers and Brussels sprouts. Potatoes are also surprisingly good sources, with a single baked “spud” delivering over one quarter of the adult daily recommended amount.²¹ While the Office of Dietary Supplements advises that adults consume 90 mg of vitamin C a day, forward-thinking health experts insist that this low amount is simply the minimum needed to protect against severe deficiency, or scurvy - and that larger amounts are necessary to maintain health and well-being.

If you choose to supplement with vitamin C, the best forms are a high-quality powder or even a liposomal formulation, for best absorption. Recommended amounts of vitamin C can range from 200 mg to 3,000 mg - and more - per day. Your holistic doctor or health coach can suggest an amount tailored to your individual needs.

ASTRAGALUS: A TIME-HONORED HERBAL “MVP” FOR AVOIDING PROBLEMS WITH FATIGUE

This ancient adaptogenic herb has a long history of use in traditional Chinese medicine, where it is known as *huang qi* and often advised to treat chronic fatigue syndrome. It supports adrenal gland function, cortisol production and normal blood sugar levels, and is believed to help increase energy and overall well-being.

According to research published in Integrative Cancer Therapies, astragalus assists the immune system by optimizing the production of white blood cells. The scientists also noted the herb's satisfactory safety profile.²² Astragalus is available in the form of capsules and extracts, and can also be brewed into an energizing tea. Naturally, check with your doctor before adding astragalus to your health routine.

PROMOTE A CALMER, MORE STABLE MOOD WITH L-THEANINE

Theanine, an amino acid present in green tea, appears to have mild antidepressant and calming effects. By lowering levels of stress hormones, theanine appears to help the brain enter a more relaxed state - a definite benefit for those with chronic stress and adrenal dysfunction.²³

One study showed that theanine prevented and relieved psychosocial stress by modulating the activity of the HPA (hypothalamus-pituitary-adrenal) axis and helping to normalize production of cortisol.²⁴ Human clinical studies have shown that theanine reduces anxiety in people experiencing stressful situations.²⁵ By taking theanine as a standalone supplement, you can access one of the soothing benefits of green tea, while avoiding the caffeine that might further stress your adrenals. Of course, get the go-ahead from your doctor first.

BROMELAIN FIGHTS HARMFUL “BUGS” AND RAMPS UP IMMUNE SYSTEM HEALTH

This helpful enzyme, which comes to us courtesy of the pineapple, has powerful anti-inflammatory properties to reduce pain and promote healing in muscles and joints. It also promotes healthy digestion, stimulates the immune system and has antimicrobial effects that allow it to inhibit pathogenic bacteria - such as E. coli - in the gut microbiome.²⁶

Typical recommendations range from 400 mg to 800 mg a day. But, get the “OK” from your doctor before trying bromelain, especially if you are taking a blood thinner. Look for a high-quality formulation that also contains quercetin, and take it on an empty stomach.

PASSION FLOWER RIVALS PRESCRIPTION DRUGS FOR STRESS-RELIEVING EFFECTS

With its somewhat lurid name and its extravagant, showy appearance, this wildflower, botanically known as *Passiflora incarnata*, might seem more appropriate as a perfume ingredient than as an intervention for adrenal support. But it offers some very down-to-earth (and evidence-backed) abilities to promote restful sleep and relaxed mood.



Many studies have shown that passion flower extracts can bind to GABA receptors in the brain, reducing stress and anxiety as effectively as prescription benzodiazepine medications - without the dangerous side effects or risk of addiction. Holistic doctors typically advise a liquid passion flower extract, taken three to four times a day, or a dried herb, also taken three to four times a day.²⁷ Passion flower tea is also available. However, consult your doctor before using passion flower.

CORDYCEPS MAY BE YOUR ADRENAL GLANDS' "NEW BEST FRIEND"



Cordyceps sinensis, a fungus that grows on the larvae of ghost moths found at high altitudes on the Tibetan Plateau, is another unlikely-seeming candidate for promoting adrenal health. This super healthy mushroom has been utilized in traditional Chinese medicine for many centuries as a trusted treatment for nourishing the adrenals and promoting physical stamina and immune health.²⁸

A powerful adaptogen, cordyceps contains a constituent known as cordycepin that appears to help regulate and balance the inflammatory response. Look for a high-quality product from a reputable vendor that specifically lists *cordyceps sinensis* on the label, and seek guidance from your doctor, herbalist or experienced health coach before trying it.

NOURISH ADRENAL GLANDS WITH ALPHA LIPOIC ACID

Alpha lipoic acid, or ALA, is an organic compound found naturally in many foods. With antioxidant and anti-inflammatory effects, ALA is believed to support adrenal function, reduce inflammation, boost energy and promote weight loss. You can increase your dietary intake by consuming spinach, tomatoes, Brussels sprouts and broccoli.²⁹

ALA is also available as a supplement. Holistic doctors typically recommend starting at around 600 mg a day.³⁰ Naturally, check with your healthcare provider before supplementing.

Ultimately, let's be honest: aren't you sick and tired of being "tired and wired?" Let's make the time to show your overworked adrenal glands some love and support.

We, your friends at NaturalHealth365 Programs, hope that these natural interventions can lead you to better sleep, a brighter mood and increased energy. All these positive changes will help your adrenals to stay healthy, all the years of your life.

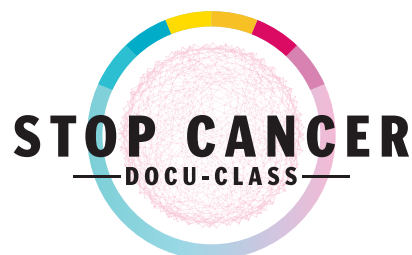
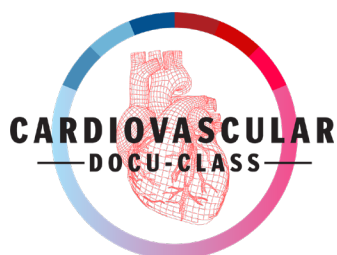


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