

Adrenal Fatigue and coping with Covid-19 lecture PDF

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<https://elementalhealth.info/>

Please email or call me if you are interested in the 6 month series of Food is Medicine. For more information:

<https://elementalhealth.info/food-is-medicine>

Being connected

<https://www.bluezones.com/>

https://www.ted.com/talks/holly_morris_why_stay_in_chernobyl_because_it_s_home?language=en

<https://www.pbs.org/video/italian-americans-introduction/>

Adrenal fatigue: Over time, sustained high cortisol levels are strongly linking to: High blood pressure: Diabetes, Increased visceral belly fat, Atrophy of the hippocampus (where memory is synthesized), Depression, Insomnia, Poor wound healing

Pineal: regulates sleep cycles

Pancreas: regulates blood sugar

Thyroid: controls energy production

Sex glands: reproductive hormones and tissue repair

Adrenal glands: Regulates other hormones, Balances electrolytes, Turns inflammation on and off, Fight or flight response, Sleep and waking cycles

Books

- The Adrenal Reset Diet by Dr. Allen Christianson
- The Hormone Reset Diet by Dr. Sara Gottfried
- The Blood Sugar Solution by Dr. Mark Hyman
- Salt sugar fat by Michael Moss

Survival mode

- Our genes adapted to stress by storing food as fat rather than burning it as fuel.
- Since our past “danger” often meant food shortages, the body makes the choice to send the calories to our visceral fat (what we call belly fat but is actually fat deposits around our organs). This is the dangerous fat.
- The visceral fat cells in the belly have four times more cortisol receptors compared to fat cells elsewhere (like under our skin).

Visceral fat

- It is sometimes referred to as “active fat” because it can actively increase the risk of many serious health problems.
- If you are a woman and your waist measures 35 inches or larger, or a man and your waist is over 40 inches you are at risk for health problems from visceral fat.
- A BMI of 30 or higher

Cortisol and melatonin:

- Cortisol wakes you up
- Melatonin puts you to sleep
- Our circadian rhythm is regulated the rising and the setting of the sun.

An alarming statistic:

(Kumari M, Shipley M, Stafford M, and Kivimaki M. 2011. "Association of diurnal patterns in salivary cortisol with all-cause and cardiovascular mortality: findings from Whitehall II study." *Journal of Clinical Endocrinology and Metabolism* 96(5):1478-85.doi:10.1210/jc.2010-2037)

Stressed: You have high cortisol levels all day long,

Solution: Reduce how much you are making and eliminate it from your body more efficiently.

- Reduce salt intake. Salt can cause the body to eliminate cortisol more slowly.
- Consider lowering coffee intake, or switch to tea
- Limit exercise after 2pm to walking or yoga
- Make good sleep a priority

Wired and tired

- Making too much cortisol in morning and evening
- Or you are making low cortisol in am and too high in the pm
- Erratic energy levels and easily become “hangry”
- Usually develops after several months of significant stressors
- Get 25 to 30 grams of complete protein for breakfast
- Add ginger and cinnamon to the diet

Crashed

Cortisol is below target all day

- Increase your sodium intake as a short term remedy
- Restorative yoga or yin yoga, not hot yoga
- Eat more frequent meals to help stabilize blood sugar
- Try to get 8 to 10 hours of sleep
- Decide what really matters

Basics for every person to consider

- Make sure your thyroid is working well
- Keep blood sugar levels stable
- Get enough vitamin D: critical for bone health, immune system support, weight loss and blood sugar balance
- Vitamins B and C
- Magnesium: adrenal glands need it to work right
- Make sure your body is detoxing well
- Eliminate sugar, gluten and dairy

Ultra bath recipe: To a very hot bath add:

- 10 drops of lavender oil (which lowers cortisol)
- Two cups of Epsom salt (which contains magnesium, the relaxation mineral)
- A half-cup of baking soda (to alkalize)
- One stressed human
- Soak for 20 minutes

Cut out coffee

- Tea also has caffeine, but it also has a calming compound called theanine that coffee does not have.
- For most, consuming tea lowers their cortisol or has little effect on it.
- Coffee tends not to raise cortisol levels, but it does prevent its reduction.
- Caffeine is most problematic after 9 AM. Those who are stressed can do better by limiting their coffee consumption to early in the day.
- Due to the theanine, tea can be a better fit for later in the day or to assist with mental energy.

Blue light blockers

- Our circadian rhythm is regulated the rising and the setting of the sun.
- Throughout the day, the sun gives color in the full spectrum: red, orange, yellow, green, blue, indigo, and violet.
- As the sun sets, the shorter wavelengths of blue, indigo, and violet become blocked
- Things take on more vivid hues of red, orange, and yellow. This is why photographers call the last hour of the day the “golden hour.”
- Our waking and sleeping are strongly controlled by these color changes.
- Computers, televisions, and display screens has more of the blue wavelengths than natural light does during any time of day.
- <https://justgetflux.com/>

Sleep hygiene

When and how you go to sleep matters

- Go to sleep and wake up at the same time
- No screen time for at least an hour prior to going to bed
- Sleep tracking apps

Wake up gently: Use reverse alarm clock, Natural light alarm clock

Self care versus selfish

- Take the perspective that self-care is your responsibility, not those around you.
- Don't expect others to create the space for it.
- No one cheers when you set a boundary. People love it when you over provide.
- The change starts with healthy boundaries. In making these shifts you may even need the support from friends or a professional.
- Be prepared for those who have enjoyed your over providing will not be cheering you on as you start to challenge them on the things they can do for themselves, and need to be doing for themselves

Coping:

- Stick to a routine
 - Find a new routine and stick to it as much as possible.
 - Routine and predictability are a powerful antidote to crisis because they create stability.
 - Think about small ways you can create routines like eating breakfast at the same time, designating specific working hours or days, watching a favorite TV show with your family
- No Doomscrolling
- Crowd out stinkin thinkin
- Grieving: <https://www.herbalist-chemist.com/shop-products/formulas-a-z/e---g/grc-grief-relief>
- Support system: <https://www.getsupporti.com/how-supporti-works>

