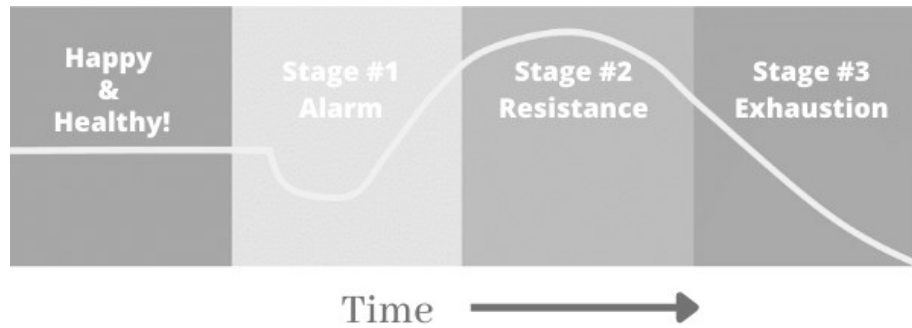


Carolyn's Best Adrenal Fatigue Lifestyle Tips



Let Your Food Be Your Medicine

- **Keto Diet:** Learn your optimal keto macros. Google “ketogenic macro calculator” and you will find a lot of resources. A healthy keto diet will lower inflammation and balance your blood sugar - 2 important steps for increased energy!
- **Blood Type Diet:** If you don't know your blood type it's time to find out so you can incorporate the Blood Type Diet into your Keto lifestyle. The one exception I make regarding adrenal health is that I recommend avocados for all blood types whereas they are only recommended for blood type A individuals in the general Blood Type Diet.
- **Avoid Bad Fats:** Avoid fried foods, trans fats, and hydrogenated oils. Read labels for the word “hydrogenated” and avoid foods with this ingredient like the plague! They lead to an inflammatory response which can significantly tax your system when inflammatory adrenal hormones are already running wild.
- **Avoid Bad Carbs:** Avoid white sugar, white flour, and processed grains. These “foods” lead to an increase in blood sugar levels, which in turn, causes cortisol to spike. Tip: the healthy fats in your keto diet will help balance blood sugar levels.
- **Celtic Sea Salt:** Use Celtic Sea Salt on your food instead of traditional “table salt” to help nourish your adrenal glands.

Optimal Remedies

Recovering from adrenal fatigue is a process that requires a three-fold approach: physical, emotional, and spiritual. On average, optimal adrenal health takes 4-6 months to create once the adrenal system is weakened.

Below are remedies from Standard Process. Please note that these are general dosage recommendations. Please seek the guidance of a qualified natural health care professional for specific recommendations.

Phase I: Until Restored (4-6 months)

Repair & Restoration

- Drenamin: 3 in the morning.
- Cataplex A-C: 6 in the morning.
- Cataplex B or Cataplex G: 3 in the morning.
- Trace Minerals B12: 2 in the morning.
- Ashwaganda Complex: 2 in the morning.
- SP Complete or Veg-E Complete Breakfast Smoothie
- Magnesium Lactate: 2 before bed.
- Calcifood Wafers: 2 before bed.

Phase II: On-Going

Maintain a Fabulous You!

- Drenamin: 1 in the morning.
- Cataplex A-C: 2 in the morning.
- Cataplex B or Cataplex G: 2 in the morning.
- SP Complete or Veg-E Complete Breakfast Smoothie
- Magnesium Lactate: 1 before bed.
- Calcifood Wafers: 2 before bed.
- Catalyn: 2 with breakfast & 2 with dinner
- Cod Liver Oil: 1 with breakfast & 1 with dinner

Breakfast Smoothie Recipe

- 4 scoops SP Complete or Veg-E Complete — chocolate or vanilla of either.
- 1/2 cup frozen mixed berries
- Handful of fresh baby kale
- 1 large avocado or 2 small avocados
- 1 cup purified water, coconut milk, or almond milk.



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Note: This information is not intended to be a substitute for taking proper medical advice and should not be relied upon in this way. Always consult a qualified doctor or health practitioner, especially if you are taking prescription medications or are diagnosed with a medical condition. The author cannot accept responsibility for illness arising out of the failure to seek medical advice from a doctor.

Carolyn's Best Adrenal Fatigue Lifestyle Tip

Key Lifestyle Tips

- **Salt n Soda Bath:** Therapeutic bathing is an excellent tool to support optimal well-being. Try 2 cups baking soda and 2 cups epsom salts in a very warm bath weekly or twice monthly. Add essential oils if desired.
 - **Sleep by 10 PM:** Optimal sleep is required for your body to heal itself and function at its best. It's also very important for weight loss and anti-aging! Do your best to be sound asleep between 10pm - 2am. These are true beauty hours!
 - **Sauna Therapy:** Consider investing in your health by purchasing a far infrared sauna for your home. The health benefits are extensive. I personally have a Health Mate sauna at home and I use it often. I do not recommend sauna usage if you are in Stage 3 of adrenal fatigue.
 - **Exercise:** Of course we know that exercise is important for optimal health! I invite you to learn about optimal exercise for your blood type and incorporate it into your life by reading "Eat Right For Your Type" by Dr. D'Adamo, ND. Make sure you obtain the "Revised and Updated" 2016 version.
 - **Emotional and Spiritual Well-Being:** In my opinion, tending to your emotional and spiritual well-being is the single most important step you can take on your quest towards optimal health. Seek God through Jesus Christ in the Holy Spirit and you will find all the peace and well-being your heart desires. In my book *Understanding The Jesus Code* I offer solutions to what I call *The Nine Faces of Struggle* - places where we often get "stuck", unable to move forward into optimal health and happiness. I invite you to consider obtaining a copy. It is available on Amazon in paperback, Kindle, and Audible.
 - **Soul Healing Retreats:** If you are seeking deeper transformation at the spiritual level I invite you to consider attending one of my Soul Healing with Julian of Norwich Retreats. On these retreats you will enjoy an immersion in the deep respite Jesus offers al who love him. My retreat schedule is on my website.
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YOUR NEXT STEP

If you are seeking personalized care for your natural health care needs I would love to help you!

- **Scheduling With Me:** I invite you to visit my On-Line Scheduler, it is available on my website listed below. I offer Zoom appointments in addition to appointments in my office.
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Helping you to LIVE Healthy, Happy, and Holy!

Blessings,

Carolyn Berghuis, MA, CTN, ND, MS

Best Selling Author, Inspirational Catholic Speaker, Traditional Naturopath

"And I have given them the glory you gave me, so that they may be one, as we are one, I in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me." - John 17:22-23



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