



## Adrenal Rescue!

**It's important, especially this time of year to protect and heal your adrenals, so your stressors don't cause chronic illness such as hypothyroid or autoimmune conditions. Read below for healthy tips to rescue your adrenals.**

### 1. Breathe

Individuals who practice deep breathing have a better memory and an enhanced ability to cope with stress.



### 2. Eat a balanced diet

Vegetables are high in antioxidants and can slow down aging. They fill you up and provide much needed fibre for a healthy gut. Healthy proteins help

modulate your blood sugars. Notice the feeling of fullness and respect that. It's best to sit down to eat and not multi-task by working. Introduce new foods into your diet such as dulse, germinated brown rice, quinoa, bok choy, swiss chard, collard greens, kale, sprouted seeds, mung beans, aduki beans, and cold water, wild caught fish.

### 3. Get sleep

During sleep your body focuses on detoxifying your tissues and reversing the harmful effects of pollution, poor eating, and stress. Sleep is almost always one of the things we skip if we don't have time.

### 4. Correct imbalances

Lifestyle imbalances, whether energetic or dietary, use up valuable energy and resources without giving you anything in return.



### 5. Honour yourself

When you are giving yourself what you need, your body has a wonderful way of healing itself and attracting more goodness into your life.

### 6. Exercise and get outside

Increasing your heart rate and moving your muscles increases the ability of the body to fight stress, illness and injury. Book it into your schedule. Being in touch with the outdoors makes you aware of natural rhythms and improves mood and energy.

### 7. Eat organic and drink purified water

When you give your body the right building blocks, you build better tissue leading to improved health. Avoid sugar, alcohol and caffeine. Yes, it is possible; try chaga or dandelion tea instead.

#### Relaxation Herbs

- *Catnip* – anti-stress, sedative
- *Skullcap, Lemon balm and Chamomile* – nerve tonics, sedatives

These herbs calm your body so that you can calmly deal with situations.



## 8. Make connections

The number and quality of relationships is directly proportional to the perceived quality of life in several studies. Build and maintain relationships to live a longer, happier life!

## 9. Detoxify

Exposure to daily hazards leads to a buildup of chemicals in the body. Only when these toxins are removed can the body function normally.

## 10. Play and Be Creative!

As we get older, we forget to really enjoy life. Plan a fun activity every day, whether it is a hobby, a chat with a friend or skydiving. Nurture your inner child. You deserve it!

### Consider supplementing with:

- Vitamins B5 and B6: help us manage stress by making adrenal hormones
- A quality omega 3 with more EPA than DHA: is anti-inflammatory
- Vitamin D: at least 1000 IU per day
- Probiotics: important for digestion of fibre and improves our immune defenses

- Phosphatidylserine: improves the HPA axis, lowers cortisol, enhances brain function and memory, decreases anxiety and depression, improves mood and enhances metabolism

### Mexican Quinoa Salad\*



- 5-6 cups mixed greens
- 1 cup cooked quinoa (red or white)
- ½ cup fresh or canned corn
- 1 cup cooked black beans (seasoned with equal pinches sea salt, cumin, chili, garlic powder)
- ¼ cup red onion, diced
- 1 orange, segmented
- ½ ripe avocado, chopped
- ¼ cup fresh cilantro, chopped

Begin preparing quinoa first by thoroughly rinsing 1/2 cup quinoa in a fine mesh strainer then bringing to a boil with 1 cup water in a small saucepan. Once boiling, reduce heat to simmer, cover and cook on low for 15-20 minutes. Meanwhile, prepare salad ingredients by chopping vegetables, segmenting orange, and warming black beans and seasoning with salt, cumin, chili and garlic powder. Serve with your favourite dressing. Pairs well with salsa, fresh lime juice and tortilla chips.

\*Recipe from Minimalist Baker

## Herbs that rejuvenate your adrenals

*Licorice root* – normalizes estrogen metabolism, supports the immune system; DO NOT USE if you have high blood pressure

*Rhodiola* – supports heart, immune and brain function

*Magnolia* – promotes relaxation and well-being

### Adaptogens:

*Holy Basil* – supports blood sugar, anti-allergy, improves the GI mucosa, immune function and athletic performance

*Ashwaganda*: normalizes adrenal response (hormone output)

*Astragalus*: supportive for autoimmune conditions

*Eleuthrococcus*: helps the HPA axis, enhances athletic performance

*Panax*: alleviates adrenal fatigue

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