



## More tips for improving your Adrenal fatigue

- Never, ever skip breakfast. Avoid fruit (on it's own) in the morning. Keep away from fruit juice in the morning.
- Never eat starchy carbohydrates (breads, pastas) by themselves. Reduce or avoid caffeine, sugar, alcohol and white flour products. Much better to avoid coffee, even decaf if you have adrenal fatigue.
- Eat the foods your body needs, not what you crave & feel guilty for having eaten it. Learn the foods which make you feel bad, and keep a mental list of them.
- Avoid if possible the foods you are addicted to, like chocolate, alcohol, breads, sweets, etc.
- Avoid or reduce foods with which you suspect an allergy or are sensitive to. (e.g. milk, eggs, oranges, bananas, peanuts, wheat).
- Have salt in your diet, particularly if you crave salty foods like chips. Have salt on your food, or you can add a little salt to your water.
- Avoid foods that make you feel worse, cloud your thinking or pull you down in any way.
- Don't get over tired, and recognise when you do have fatigue you also need ample rest by allowing yourself some time every day to relax.
- You will benefit from a 20 minute relaxation period three times weekly between 2.00PM—4.00PM. Massage, reflexology or a session of meditation are all ways of relaxing your body.
- For the sake of building up your adrenal gland energy, try to be in bed BEFORE 10:00PM. Sleep in until 9.00AM whenever possible in the weekends. DON'T stay up past 11.00PM.
- Don't feel sorry for yourself, or be harsh or negative with yourself. Avoid pushing yourself. Take the power and responsibility of your health into your own hands.
- Make whatever lifestyle changes you need to make to regain your health.

**Nutrisearch Ltd.**  
20 Village Court  
Havelock North  
Hawke's Bay  
Ph: 06 877 1155  
Email: [info@adrenalfatigue.co.nz](mailto:info@adrenalfatigue.co.nz)  
Web: [www.adrenalfatigue.co.nz](http://www.adrenalfatigue.co.nz)

## Dr. Wilson's Adrenal Fatigue Program



## Recommendations and Treatments for Adrenal Fatigue

[www.adrenalfatigue.co.nz](http://www.adrenalfatigue.co.nz)

# Adrenal Fatigue

**Adrenal Fatigue: one of the most pervasive, under-diagnosed health conditions affecting people today.**

Most people would agree: unless you live on an enchanted island, life in the 21st Century is filled with one stress after another. Anxiety about your job, an argument with your spouse, a poor night's sleep, travel, family illness, financial worries, even a positive experience like a new job or marriage—all contribute to STRESS. Luckily, nature has provided us with the *adrenal glands*—little organs responsible for helping your body respond to stress, cope with it, and survive it. Yet, how you bounce back from the stress of an illness, a devastating accident, heartbreak, or disappointment, all depends on the health and efficiency of *your adrenal glands*. Do you have Adrenal Fatigue?



**Doctors see Adrenal Fatigue (AF) suffers in their clinics every day.** At least 50% of adults who seek medical treatment in NZ self-diagnose themselves as being afflicted with fatigue.

AF occurs both as a distinct clinical disorder and as a contributing factor to many chronic illnesses. Adrenal Fatigue is seldom detected by most practicing health care professionals.

**Adrenal Fatigue is:**

- Not generally looked for.
- Not diagnosed when signs & symptoms are present.
- Seldom properly treated even if it is recognised.

## Onset of Adrenal Fatigue

- **After a long period of stress or several stressful events** (mental stress, trauma, burns, car accident, etc).
- **Someone may have driven themselves to exhaustion**, long hours, can't switch off, problems with sleeping. Overwork with little play or relaxation for long periods. "Nervous break-down" or history of previous heavy, binge drinking or drug intake.
- **After extended or severe respiratory infections** - flu, bronchitis, pneumonia, glandular fever, After (one or more very stressful events in your life), I was never the same". "I don't laugh much anymore", or "I don't even enjoy a holiday or a night out".

## Signs & Symptoms of Adrenal Fatigue

- **Difficulty getting up in the morning.** Could easily sleep in. Fatigue not relieved by sleep. Not really fully awake until after 9.00am. an energy drop between 2.00 – 4.00pm. Feel better after evening meal, 'second-wind' late from 10.00 – 11.00pm, may stay up to 1.00 am or beyond.
- **Less enjoyment or happiness in life, lethargy.** Everything seems like a chore. Fuzzy mentally, losing track of thought, short-term memory problem. Diagnosed as depression. Panic attacks, anxiety, poor sex drive.
- **Decreased ability to handle stress**, the small things that never got to you finally are. You get anxious more easily, you may have become more irritable with the children or your co-workers lately. Could have a "short fuse".
- **More time required to recover from an illness, injury or trauma.** The cough you got two months ago is still lingering on. Recurrent colds, flu, sore throats, skin infections, etc. History of antibiotics several times in the past few yrs. Recurrent sinusitis, asthma, hay fever, pneumonia or bronchitis.
- **Increased PMT**, bloated, tired, cranky, craving chocolate.
- **Menopausal issues**, hot flashes, tiredness, poor libido, etc.



## Benefits of Adrenal Fatigue Treatment

- Plenty of energy, not being tired during the day, stamina.
- Good focus and concentration, good short-term memory.
- Good immunity, no allergies or infections, good recovery.
- Improved mood, you don't get irritated or anxious easily.
- Improved digestion, no bloating, constipation or diarrhea.
- No puffiness in lower body, no hormone imbalances.
- Sex drive improved, improved interpersonal relationships.
- You enjoy life, become more positive, no depression.
- Better sleep, you wake up feeling more refreshed.

## Dr. Wilson's Adrenal Fatigue Supplements

**Specific, targeted supplemental support** can aid in maintaining healthy adrenal tissue structure and function, and contribute to overall good health and vitality during times of stress, as well as to the ability to handle additional stress. Drawing from 30 years of research and clinical work, Dr. Wilson's supplements provide the best way to support your fatigued adrenal glands and to promote their proper structure and function. Each of the 4 adrenal products is effective when used alone, but they were designed to be used together for optimal results. (see pamphlet *Dr. Wilson's Supplements for Adrenal Fatigue*)

These great products work as a team as part of a program (see pamphlet *Dr. Wilson's Program for Adrenal Fatigue*) to promote optimal adrenal function by nourishing and supporting a healthy adrenal gland structure. The precise combination of ingredients that makes them succeed when others fail is the result of Dr. Wilson's exceptional understanding of the effects of nutrients and stress on the body. Dr. Wilson's product range and Adrenal book are available from your practitioner.



## Adrenal Fatigue Programme



The Dr. James Wilson Adrenal Fatigue Program is the world's first program is specifically designed to help you recover from adrenal fatigue. The first step is to take the questionnaire found on page 61 of Dr. Wilson's book *Adrenal Fatigue: The 21<sup>st</sup> Century Stress Syndrome*. Your practitioner can also give you this questionnaire. After your scores are determined, you generally start on the "Mild Adrenal Fatigue Program" for the first few weeks to allow your body to slowly adjust. Then, depending on your scores, you may increase the supplement regime to the "Moderate Adrenal Fatigue" level. The Adrenal Fatigue program is effective when used in addition to the exercises and lifestyle changes described in the easy to read Adrenal book, and also [www.adrenalfatigue.co.nz](http://www.adrenalfatigue.co.nz)