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ADRENAL FATIGUE GUIDELINES

ADRENAL FATIGUE DIET	
Goals	
1) Eat before 10:00 a.m.	
2) Eat frequent, small meals: 6-8 am (breakfast), 12 noon (lunch), Snacks - 10am, 3pm and Bedtime	
3) Eat 30-40% whole grains, 30-40% Vegetables (50% should be raw), 10-15% Beans, seeds & nuts, 10-20% animal foods, 5-10% fruits	
Avoid	
Banana, dried figs, raisins, dates, oranges, grapefruit	High in sugar potassium - make adrenal fatigue worse
Fruit and juices in the morning	High in potassium and fructose (sugar)
Refined flour products: pasta, white rice, bread, pastry, baked goods	Drop blood sugar fast, robbed of nutrients
Honey, sugar, syrups, soft drinks	Drop blood sugar too fast in one hour
Dried fruits, fruit juices	Most detrimental food early in the day - drop blood sugar too fast
coffee, tea, black tea, hot chocolate, alcohol, colas, chocolates	Drop blood sugar too fast in one hour
Avoid Foods you are Addicted to or Allergic or Sensitive to	These food cause more stress on your body.
Avoid fruits for breakfast	Raise and drop blood sugar fast (Roller Coaster)
Avoid rushed and hectic meals	Create more stress for your body. Elevates Cortisol
Avoid deep-frying and browning; hydrogenated oils	Transfat
Most Beneficial	
Eat before 10am	Replenish waning glycogen supply
Eat frequent small meals	Coast through low energy time
Bedtime Snack (use soaked raw nuts)	Help to have more peaceful sleep.
Combine fat, protein and whole grains at every meal and snack.	Provide a steady source of energy over a longer period of time
Mix 1-2 tbsp essential oils into grains, veg, and meats daily	Stabilize blood sugar
Good quality protein (meat, fish, fowl, eggs, dairy), legumes)	Provide good protein and fats
Take digestive enzymes and HCL with meals	Help to properly break down protein and high fiber foods in the stomach
Eat 6-8 servings of a wide variety of bright	You will not gain weight; provide vitamins, minerals,

colored vegetables	phytochemicals, antioxidants which are crucial for optimal health.
Sprouts	High quality concentrated nutrients
Sea vegetables	Rich in trace minerals, good quality vegetable protein, easily digested.
Monounsaturated fats	used for low heat cooking, put a little water in the pan before the oil to keep the oil from getting too hot
Fresh and Raw nuts & seeds (soaked in water) - store in freezer	Good source of essential fatty acids
Acceptable - take in moderation	
Whole unrefined grains	provide sustained energy and nutrients Caution: take it easy as breakfast food. Some people may need to avoid for breakfast.
Limited intake of fruits: Papaya, mango, plums, pears, kiwi, apples, few grapes, cherries	
Polyunsaturated fats (corn, safflower, sunflower, peanut oil)	Never cook with this oil, add after the food is cooked. Provide essential fatty acids

TIPS FOR A HEALTHY ADRENAL GLANDS

- **Sleep by 10 p.m.**
- **Sleep in until 9:00 a.m., if possible**
- **Do the things that you like**
- **Avoid coffee or other caffeine containing beverages**
- **Eat early**
- **Have a glass of water in the morning with $\frac{1}{2}$ to 1 teaspoon of salt**
- **Avoid grains such as bread**
- **Avoid starchy foods such as potato**
- **Avoid trans-fat such as French fries**
- **Laugh several times a day**
- **Take vitamin C, B vitamins, magnesium, and vitamin E as prescribed**
- **Take pregnenolone and DHEA as needed as prescribed**
- **Avoid getting over-tired**
- **Avoid sugary fruits such as melons**
- **Never skip breakfast**