

# ADRENAL SUPPORT APPROACH AND PRODUCTS PROTOCOL



## *Initial Assessment :*

- Complete Health Assessment Questionnaire
- Complete Additional Questions Sheet
- Adrenal Stress Index Laboratory Test results



## *Depressed Cortisol Levels :*

- **Licorice Root-V (glycyrrhizin):** 2 – 3 capsules away from food early AM for 15 days, then 1 capsule away from food early AM for 15 – 30 days , then discontinue. This allows cortisol levels to rise by inhibiting its breakdown. Also inhibits the breakdown of cortico-steroids. **CAUTION : Do not use with patients on blood pressure medications or high blood pressure.**
- **Stressplex Forte:** 1 tablet BID for 60 days. Provides targeted B Complex vitamins for adrenal support and energy production.
- **Adrenplus-300:** 1 capsule BID for 30 days. Provides adrenal glandular and support nutrients for adrenal health.
- **911 Stress Relief:** 2 sprays as needed for stress (homeopathic)
- **Constitutional Enhancer:** 2 sprays to support general health (homeopathic)

## *Glycemic Control Problems :*

- Use low glycemic index foods and 3 – 4 meals per day to keep blood sugar and insulin levels stable. Ingest most daily protein at breakfast and lunch.
- **Wellness Power Shake:**
  - 1/3 cup of nuts (cashews, almonds, walnuts, pecans) NO peanuts raw nuts are preferred soak nuts overnight in filtered water.
  - 2 scoops of Wellness Shake powder
  - 10 – 12oz. filtered water (for a thicker smoothie use less water and ice cubes)
  - Blend at high speed
- **Fiber-Plex 2:** capsules with meals for modulating blood sugar uptake and stability
- **Chromium-GTF:** 1 capsule BID for improved glucose sensitivity
- **Vanadyl Sulfate:** 1 tablet daily for improved glucose metabolism
- **Ayur-Gymnema:** 1 – 2 capsules per day to improve insulin response

## *Elevated Cortisol :*

- May be caused by chronic pain, blood sugar imbalances, chronic high stress
- Reduce or eliminate pain and stress, use low glycemic index foods
- **Phosphatidyl-Serine:** 1 capsule BID for lowering cortisol stimulation and response.
- **911 Stress Relief:** 2 sprays as needed for stress (homeopathic)
- **Constitutional Enhancer:** 2 sprays to support general health (homeopathic)

