

## RECOMMENDATION SHEET FOR ADRENAL SUPPORT

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Take the supplements listed below as directed. Strict adherence to the directions is not essential, but close adherence yields better results. Many of the supplements recommended below are available at most health food stores.

**Start taking the supplements at half dose. Increase to full dose by end of \_\_\_\_ days/weeks.**

**Basic Cell Energy™:** \_\_\_\_ tablets in the morning and \_\_\_\_ at noon. This is a very complete B complex/multivitamin supplement whose purpose is to provide support for adrenal function and repair as well as general support for metabolism and energy production. It contains a high level of vitamin B5 and the rest of the B-complex group including support nutrients and cofactors. The usual dose is 4 daily: 2 in the morning and 2 at noon. Taking this late in the day may interfere with sleep. Start slowly as tolerated and build the dose up to the full dose at a rate comfortable for you. Some people can only tolerate ½ tablets in the morning and slowly need to build up to their full dose which may only be one or two tablets daily. This dose is designed for a 70 kg individual so a larger person may require more. Since this is a very potent vitamin complex, it is not recommended during pregnancy. Improved adrenal function can raise blood sugar and blood pressure. If either of these is a problem for you, you may need a lower dose or a different supplement. Basic Cell Energy™ can only be obtained through Dr. Rind.

**Hydrolyzed Collagen:** \_\_\_\_ tbsp daily. Protein is made up of amino acids. Poor adrenal function is often associated with poor ability to digest protein. Just as sugars and carbohydrates seem to weaken the adrenals, amino acids seem to strengthen them. Hydrolyzed collagen is an excellent complete source of amino acids. It can be from beef, chicken, or fish source. I've found the best quality to be that of beef origin. The liquid may be mixed with some water for improved taste. The typical daily dose is approximately 10 grams (two tablespoons). Anyone with serious kidney problems should only take conservative doses of amino acids. We carry Rid-Cal from Healthy Associates Products. **This may be taken any time with or without food.** You may ignore the "bedtime/empty stomach" instruction on the bottle.

**Free-Form Amino Acids:** \_\_\_\_ tsp daily. If you are a vegetarian or choose to avoid beef products, free-form amino acids are a good second choice. They typically do not contain the essential amino acid tryptophan because of the FDA ruling that tryptophan requires a prescription. Some tryptophan is likely to be derived from the diet. The total daily dose for an average adult is 1 to 2 teaspoons daily. It can be taken all at once or spread out throughout the day – e.g. sipped throughout the day in a drink. Anyone with serious kidney problems should only take conservative doses of amino acids. We carry Amino Balance from Anabol Naturals

**Proline:** \_\_\_\_ 500mg capsule(s) daily. Approximately 500 mg daily (one capsule) is helpful to rebuild connective tissues. This can be taken to augment the free-form amino acids if desired. Weak adrenals are often associated with poor quality connective tissues. Whatever helps connective tissues seems to help adrenals as well. We carry L-Proline from Douglass Labs

**Adrenal glandular:** \_\_\_\_ tablets \_\_\_\_ times daily. This is desiccated adrenal gland. It is extremely important in the initial phases of adrenal repair since it provides raw materials to support adrenal function. It also contains some important adrenal hormones. Helping to relieve the adrenal glands' burden allows the following to occur:

- Relief from the symptoms of poorly functioning adrenals much sooner than waiting for the adrenals to become healthy again – a process that can take weeks or months.
- Faster adrenal recovery.

The dose depends on the amount of material contained in each pill. We carry Cytozyme-AD from Biotics Research Corp. Typically one to two tablets three times daily is required.

**Cordyceps:** \_\_\_\_ capsules \_\_\_\_ times daily. This is a Chinese mushroom used for supporting the adrenal gland. The typical dose is one to two tablets three times daily. We carry Cordyceps from R-Garden International.

**Pregnenolone:** \_\_\_\_ mg. Pregnenolone is a precursor to many of the hormones produced by the adrenal glands. It is a raw material that supports basic adrenal function. Pregnenolone is best taken towards the evening but may be taken earlier if it interferes with sleep. The usual dose is 25 mg. We carry Pregnenolone from Douglas Labs.

**Vitamin C:** The vitamin C is known to help support adrenal function and is best taken with bioflavonoids which help recycle the vitamin C thus prolonging its functional life. If you are taking Basic Cell Energy™ you may take plain vitamin C formula, because Basic Cell Energy™ already contains citrus bioflavonoids. You may take 1-3 grams of vitamin C daily. Bowel tolerance is a term used to describe the maximum dose an individual can tolerate before getting bowel symptoms such as gas, cramps, or diarrhea. Some people find a beneficial to take vitamin C to bowel tolerance when rebuilding the adrenals. It is best taken in divided doses throughout the day. Many people with chronic adrenal fatigue have a low bowel tolerance and may tolerate only a total of 500 mg (½ gram) daily. This level may increase with time. Some people, on the other hand, can tolerate 10 grams or more daily. We carry Vitamin C tablets from Jarrow and Vitamin C Powder from Allergy Research Group.

Your Name

Your Address, Contact information, and Website

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**5-HTP:** Sleep is essential for helping the adrenal glands recover their health. *If you are not taking an SSRI type of antidepressant, you may try 5-HTP at bedtime.* The optimal dosage is as follows: start with 50 mg.; if after three nights sleep is not obtained with this dose, increase to 100 mg. Keep increasing the dose by 50 mg every three nights until you either obtain good sleep (stay at that dose) or until you reach a maximum dose of 500 mg. Tablets are available in 50 mg and 100 mg size. Eventually you may try to reduce the dose. If you wake up sleepy, try taking 5-HTP earlier in the evening. If you haven't used this before, start with the 50mg size. Once you know your best dose, you may wish to use the 100mg size capsules. We carry 5-HTP from Jarrow.

**Digestive Enzymes:** Poor adrenal function is often associated with poor digestion and low gastric acidity. It is probably best to use digestive enzymes that contain hydrochloric acid (usually found as Betaine Hydrochloride). Typically one would take 1-2 capsules during each meal (amount depends of the size of the meal). We carry PanPlex 2-Phase from Integrative Therapeutics. Getting heartburn or acid reflux may not mean that you make too much acid. Often, not enough acid is present and the reason for the burning is insufficient protection of the stomach lining. This can be improved by:

**Water:** Drinking adequate amounts of water daily, 8-10 glasses or more.

**DGL:** Sucking or chewing on DGL (deglycerrhized licorice) 5-30 minutes prior to eating. This stimulates the production of protective gastric (stomach) mucous secretions. We carry DGL from Scientific Botanicals.

**Slippery Elm** taken 5-30 minutes before a meal also helps produce protective gastric secretions. We carry Slippery Elm Bark from Douglas Labs.

Rarely, burning can be due to excessive acid production. This can be established by performing a Heidelberg test for gastric acidity or by doing the 'poor man's test' of taking the digestive acid after several days of building up the mucous lining of the stomach. If there is a burning sensation with the added acid, and there is a good chance the acid is not needed. A half teaspoon of bicarbonate in a half glass of water or some over-the-counter antacid should relieve the burning immediately. In such a case, one should not take the additional hydrochloric acid with the digestive enzymes. Instead, one may only need plain digestive enzymes without acid or not need the digestive enzymes at all. Do not try this if you have a history of bleeding ulcers.

**Magnesium:** \_\_\_ capsules \_\_\_ times daily. Magnesium is important for cellular energy (ATP) production. It is also helpful for relaxing tense muscles such as those found in fibromyalgia. Magnesium orotate is a highly absorbable form of magnesium. The typical dose is 2 to 3 tablets daily. Other highly absorbable forms of magnesium are also good to use. We carry Magnesium Orotate from Priority One.

**GABA:** \_\_\_ tablets \_\_\_ times daily. Gamma-aminobutyric acid stimulates GABA receptors. This is what Valium does. The typical effect is decreased anxiety. The typical dose is approximately 500 mg two to three times daily. Sometimes one pill in the morning and one before bedtime is sufficient. We carry GABA from Priority One.

**DHEA:** \_\_\_ mg each morning. DHEA is a basic adrenal hormone that the adrenals will convert into other hormones including sex hormones. If someone is very deficient in this hormone they may only be able to tolerate a small amount such as five mg. The average adult dose ranges between 10 and 25 mg. DHEA will also go on to become sex hormones (testosterone and estrogen). It might be best to avoid it if there is a history of sex organ cancers such as prostate, uterine or breast. We carry DHEA from Anabol Naturals.

**7-Keto DHEA:** \_\_\_ mg each morning. This form does not convert to sex hormones but will still give support to adrenal functions. The typical dose is 25 mg each morning.

**MSM:** approximately \_\_\_ gram(s) daily. MSM is a nutritional form of sulfur and supports connective tissue health such as hair, skin, nails, tendons, ligaments, bones etc. Some people cannot metabolize the sulfur well and can not take MSM. The typical dose is 2 to 3 grams daily. We carry MSM from Priority One.

**Essential Fatty Acids (EFA):** The reason they are called essential is that our body needs them for good health but cannot manufacture them. It supports the healing process. It may be taken in capsule form or as a liquid. I find Udo's Choice from Flora Inc. an easy one to use because it comes in a bottle and the taste is tolerable. Some people prefer to mix it into their daily protein or health drink. I've found the easiest way to take it is to make a salad dressing out of it. You can become creative. A typical dressing might be made this way:

**Recipe:** Pour the Udo's Choice (oil) into a large glass bottle that will be used for stock solution. Into that bottle pour an equal amount of a vinegar that you like such as balsamic, wine vinegar, or combination of these. Add spices according to taste. This may include garlic, oregano, salt etc. Use larger quantities of spices and than you are used to since you are making a large quantity of dressing.

Unlike water-soluble vitamins such as C and B-complex that need to be taken daily, oil soluble vitamins and nutrients do not require daily consumption. You may use a small quantity of this dressing daily or a larger quantity every once in a while. Enjoy and use in good health!