



Adrenal Fatigue – the Basics.

The adrenal glands sit on top of your kidneys & are part of the endocrine system – keeping some of your hormones, blood pressure & immune system in check. When you're always under pressure, you put stress on your adrenals by constantly having aldosterone & cortisol pumping around the body....leading to fatigue, anxiety &/or depression & poor immunity.

Other signs & symptoms are:

Tendency to perfectionism; insomnia; emotional instability; low libido; muscle aches/weakness; restless mind/worry; talking really fast & excessive dry throat or thirst.

Here's some simple tips to help you out:

- Decrease saturated fats, dairy & other inflammatory foods
- Don't 'over-exercise' – moderate exercise (25mins) 3-4x's week maximum
- Try meditation, yoga or tai chi regularly
- Go to bed at a reasonable time each night
- Maintain balance with work, play & time-out
- Learn to say "NO" – share the load at work & home
- Avoid caffeine, alcohol, cigarettes & drugs
- Try my 'Balance-Me' or 'Bliss' organic herbal teas.
- Drink plenty of water
- Try a relaxing bath once a week with Epsom Salts & few drops of lavender or geranium essential oils – let the stress melt away.
- Treat yourself & take time out for yourself by having a regular massage – your body & mind will thank you for it.

Eat "A" Grade Foods:

- **Complex Carbohydrates** – oats, barley, brown rice, wholegrain or rye breads
- **Veggies** – broccoli, cauliflower, Brussel sprouts, mushrooms, turnips, asparagus, artichoke, spinach & carrots
- **Fruit** – avocado, apple, pear, pineapple, berries
- **Protein** – salmon, tuna, herring, mackerel, seaweeds, tofu, eggs, walnuts, Brazil nuts, sunflower, pumpkin & sesame seeds, linseeds, sprouted seeds & grains, chickpeas & lentils

Try these fresh ideas....

Juices/shakes:

- Apples, carrots, tomato, kiwi fruit, watercress, spinach
- Apples, kiwi fruit, pears, celery, capsicum
- Oranges, lime, banana, soy/almond milk, yoghurt, wheat germ & LSA
- Lime, mango, pineapple, yoghurt, ginger & LSA

Quick Breakfast Ideas:

- Avocado & tomato on rye toast (an egg is a great option too)
- ABC spread (Almond, Brazil, Cashew nut spread) on rye toast
- Scrambled eggs with fresh herbs & diced tomato, baby spinach, mushrooms
- Smoothie with yoghurt, berries, LSA, Chia Seeds & coconut water/milk
- Porridge with banana & cinnamon
- Smoothie with banana, LSA, soy/almond milk & cinnamon

Lunch Ideas:

- Tuna/salmon & salad
- Garden salad with avocado, feta &/or boiled egg
- Delicious soup from your “batch” cook
- Bean, chickpea & quinoa salad with fresh basil & balsamic vinegar
- Veggie frittata & salad



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Call Kristy on 0411 378 997 for an appointment TODAY.