

THE ADRENAL RESET HANDOUT

- RULES:
 - Any "Give Up" or "Add" is applied for the entire process
 - Foods containing chemical ingredients are not allowed
 - Eat three meals a day and if needed snack on fruit or veggies
 - Avoid intermittent fasting
 - Deep breathing exercises daily
- WEEK 1
 - Give up alcohol
 - Give up refined processed carbs
 - Caffeine into half caffeine
 - Add 1/2 c veggies to every meal
 - Give up gluten
 - Stop screen time at least 1 hour before bed
 - Start day with 5 minutes of 432 Hz instrumental music
- WEEK 2
 - Give up coffee caffeine. Can do green tea caffeine
 - Add additional 1/2 c veggie at dinner
 - Drink 8 ounces water 8 times a day
 - Give up red meat/pork
 - If eating eggs, can only cooked hard boiled
 - Increase AM music to 10 min
 - Sleep 7-8 hrs, no more or less. Bedtime 10:30pm
- WEEK 3
 - Give up rest of problem foods from your list
 - Give up dairy
 - Add 1/4 c fermented veggie to a meal
 - Give up all caffeine
 - Make sure fruit equals no more than half total veggie
 - Start day with 1 c warm/hot water with 1/2 lemon or lime squeezed (if low histamine use list approved fruit)

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- WEEK 4:
 - Give up sugar
 - Give up beans, legumes and soy
 - Give up white potatoes. Can switch to sweet potatoes
 - Make your own salad dressing instead of store bought
 - Eat protein at every meal
 - Give up high sugar fruits: banana, cherry, pomegranate and mango
 - Give up the news
 - Go for a 15 minute walk outside
- WEEK 5
 - Give up peanuts
 - Use only olive oil as oil
 - Make plate is dominated by color foods such as green, orange, yellow and red.
 - Start a gratitude journal and write at least five things you are grateful for daily
 - Meet a friend and talk about only good things. Avoid emotional dumping, judging others, inner critic and putting others down.
 - Do one extra thing for your health such as IV, massage or sauna treatment
- WEEK 6-8
 - Write a love letter to yourself
 - Fulfill a love language desire for yourself
 - Find an uplifting podcast to listen to
 - Give up social media
 - Increase deep breathing exercises to 2-3x a day
- FINISH
 - Avoid going back to the way things were before
 - Determine whether you need to work on next level growth such as trauma therapy or other stress management
 - Inflammatory food and drink should be consumed less often and better quality when introducing
 - A complete return to a previous lifestyle will result in previous imbalances