

ADRENAL GLANDS - REGENERATION

Adrenal Diet: 2-3 months

1. Foods to eliminate are: sugar (white, brown, and raw), honey, molasses, corn syrup, maple syrup, dried fruit, and fruit juices. **Read labels** - sugar is in everything.
2. No alcohol, drugs, tobacco, caffeine consumed. Oil, margarine, are kept to a minimum. (1 teaspoon daily is allowed but less or none at all is preferred.) Use olive or coconut oil.
3. No salad dressings. Lemon juice and herbs make a great summer dressing.
4. Breads have sugar in them so read the labels. Eliminate as much as possible. Gluten free or sprouted breads.
5. Fresh fruit is allowed in minimum amounts. 1-2 pieces a day. Preferably low glycemic. Go to www.glycemicindex.com for a list.
6. Eat protein of organic or natural meats and fresh Alaskan salmon preferred. Not farmed salmon.
7. Eat fresh organic vegetables, dark leafy greens, multiple colors of vegetables are best.
8. Mullein leaves steeped in hot water and made into a tea are healing to the adrenal glands. Drink 2 cups a day.
9. Get enough sleep, but don't over sleep.
10. Reduce your stress and exposure to environmental toxins and pollutants. Get an air purifier, filter your tap water, and get a shower filter as your skin absorbs the water contaminants.
11. Dress appropriately for the weather. Stay warm, as most individuals with hypoadrenia do not do well in a cold climate.
12. If you take medications that contain cortisone and epinephrine, they weaken the adrenal glands. Consult a physician who is holistically oriented to help you wean off these drugs. **DO NOT STOP TAKING ANY MEDICATIONS UNTIL IT IS DEEMED APPROPRIATE.**

***During the first one to two weeks, a person may experience withdrawals. Symptoms can be irritability, feeling edgy, craving sweets, and feeling like you're going crazy. This will pass.

Energetic techniques that will help the Adrenals to heal:

Doing these techniques regularly, will help to improve adrenal function. Improvement can be seen as soon as 2-3 days or in extreme resistant cases, 2-3 months. Harder cases are people who have been on cortisone, epinephrine, allergy medications, alcoholics, sugarholics, addicted to caffeine, marijuana, etc take more time to and a detox program is necessary to cleanse the body of these substances. Doing the techniques may go a long way in speeding up the healing process. Withdrawal from any substance has its side effects. Ride it out and honor the journey.

I recommend you buy a Touch for Health book. Go to www.tfhka.org and get the manual. This book will have all the points to rub and techniques to help you and more. You will learn how to help yourself. Take a basic TFH class to learn how to muscle test.

Energetic Techniques:

1. Stand in a shower with the hot water (as hot as you can stand) on your lower back, just below your rib cage. The adrenals sit just above the kidneys. Do this for 3 minutes followed by 30 seconds of the coldest water. Do this once daily. Mornings are best as you are arising to get going.
2. After you have done #1, cup your hands and tap hard over the adrenals on the skin for two minutes or 100 times. Do once daily.
3. In the Neurolymphatic Reflex Chart known as Chapman's Reflexes, the neurolymphatic reflex point for the kidneys is the psoas muscle. It is located one inch out from the navel and two inches up off the midline. Rub vigorously, firmly and deeply for 1 minute. They will probably be tender if the adrenals are malfunctioning.
4. Stressful situations cause the adrenals to become overactive if already stressed. To calm yourself, lie down, and place your fingertips of both hands on your forehead over the eyebrows. Stay like this for 5-10 minutes and breathe deeply. When stressed we can feel the blood flow like it is a roaring river. As you continue to hold these points, a calming comes through as a smooth hum. It is very calming.
5. Go to bed early. The right amount of melatonin secreted by the Pineal gland may aid the adrenals in combating stress. Getting to bed early is helpful for optimal production.
6. Essential Oils of myrtle and sage are good to massage on the bottoms of the feet, making sure to massage the foot reflexes for the adrenals and thyroid.
7. Get out in the sunshine. Studies suggest that sunlight helps to produce small amounts of epinephrine. This could help an overworked adrenal.

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Other Resources - Body Mechanics by Michael Lebowitz, DC

Touch For Health by John Thie, DC

