

# All About Adrenals

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## What are Adrenals?

### **CORTEX**

- **Production of DHEA and other sex hormones**
- **Production of corticosteroids**  
control our sleep/wake cycle, suppress inflammation, help generate energy from non-carbohydrate foods and even regulate our blood pressure.
- **Production of mineralocorticoids**  
Aldosterone, which regulates our fluid and mineral excretion

### **MEDULLA**

- The medulla secretes epinephrine (adrenaline), norepinephrine, and dopamine. (Also known as neurotransmitters) = STRESS RESPONSE
- They slow down our digestion, increase our awareness and divert blood flow to important areas like our brain and muscles.

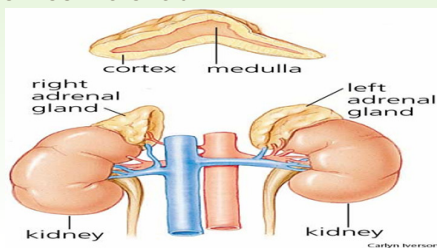
## Objectives

- Understanding what the adrenals are and what they do
- Implications on health and results of your clients
- Practical strategies to bring back to your clients immediately
- MCI-Measurable constant improvement

## History of Adrenal Fatigue

- It all starts with Stress: *A factor that causes bodily or mental tension and may be a factor in disease causation.*
- Dr. Hans Seyle credited with defining stress and explaining its implication in disease (1936)
- General Adaptation Syndrome
- The term Adrenal Fatigue wasn't used until 1998 (but adrenal health recognized as early as 1800s) – previously hypoadrenia
- Addison's disease recognized by Dr. Thomas Addison in 1849
- Recognition of adrenal disorders still varies, but saliva cortisol testing has helped since 1990s.

## Meet Your Adrenals



## Do they get fatigued?

- They don't really get tired
- The body starts to run out of the hormone precursor material that it uses to make certain hormones
- Difficult for body to produce the required levels of stress hormones, sex hormones, and other hormones and neurotransmitters.
- HPA-D

### Pregnenolone Steal

- It is required to make all other hormones in the body
- In the case of 'the steal' pregnenolone is used as raw material to make cortisol instead of thyroid and other sex hormones
- The issue is too high cortisol levels for extended periods of time.
- Result is tiredness, low libido, possibly fibromyalgia, Chronic fatigue
- Adrenal exhaustion

### The Stages of Adrenal Fatigue



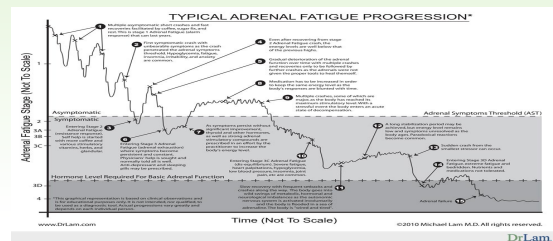
1. ALARM
2. RESISTANCE
3. EXHAUSTION



### Are you affected? Your clients?

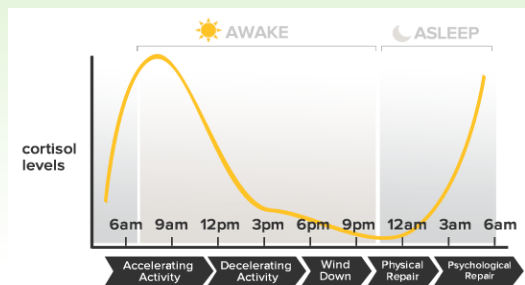
- Do you have difficulty awakening from sleep in the morning, often hitting the snooze button multiple times?
- Do you need coffee to get going in the morning?
- Have you recently gained weight, especially around the middle?
- Do you feel like you get every cold and flu bug that is going around, that your immune system is shot?
- Do you have more difficulty dealing with stress and deadline pressure than you used to?
- Do you have a lack of interest in sex?
- Do you frequently feel lightheaded upon standing quickly?
- Do you struggle with poor memory or "brain fog"?

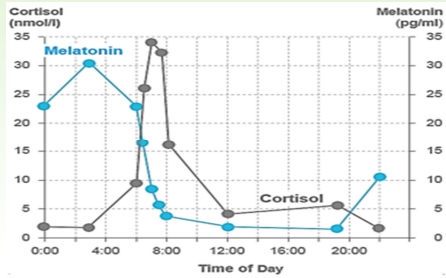
### Progression of Adrenal Fatigue



### Cont...

- Do you feel especially tired in the mornings and afternoons between 3-5pm?
- Do you feel the need to snack or eat frequently to maintain a normal blood sugar?
- Do you crave salty foods?
- Do you feel extremely tired between 7-10pm but get a second wind if you stay up later?
- If you are female do you struggle with PMS: heavy bleeding, moodiness, fatigue during menstrual cycle? If you are male, do you feel like your stamina, energy and ability to maintain muscle are decreased?
- Do you frequently have pain in the upper back or neck with no apparent reason?
- Do you notice improvement of symptoms stress levels are lower, such as during a vacation or time away from work?





### Exercise

- Necessary and what we promote, BUT...
- Limit cardio to 40 mins
- Resistance = Increase rest time, decrease volume and intensity
- Parasympathetic activities
- Mindful of sleep time and exercise

What do we do about it?



### Lifestyle Recommendations

- Reduce/eliminate caffeine- NONE after workouts
- Be aware of posture
- Lights out 10pm! Reduce stimulus before bed
- Sleep hygiene
- Practice stress reducing habits
- Fresh air
- Breathing

### Nutrition

- ✓ REAL food
- x Packaged and processed
- x Additives, colour, preservatives, hormones, pesticides, antibiotics
- x Sugar and even starchy carbs (gluconeogenesis)
- ✓ Non-starchy carbs
- ✓ Protein
- ✓ Fats (omega-3)
- ✓ Water

### Supplements

- 1000mg fish oil (3x daily with meals)
- 1000mg Vitamin C (3x/day)
- Vitamin B spectrum
- Rhodiola 100mg-200mg (2x/day) = Aptogenic herbs
- 500mg Magnesium citrate (before bed)
- Essential oils: citrus to uplift early in day
- Vetiver, lavender, woods, frankincense to ground and calm

**Breathing**

- Underrated!
- Improve Blood pressure
- Lower heart rate
- Reduce nervous system stress
- Shallow, rapid breath when stressed

Breathing: HOW TO

**Success Tips for Adrenal Health**

- One change at a time
- Develop a plan
- Frequent follow up
- Journal feelings
- Adapt or move onto next step