

Adrenal Adaptogen Easy-Guide

Your Answer For Stress

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Thank you for downloading this Adaptogen Quick Guide.

Stress is an issue we all must deal with. The good news is that there are many plant-based foods and supplements, known as adrenal adaptogens, that may be helpful.

This quick guide describes some of the best adaptogens and how they can be helpful. Pick the one you feel is the best for you and give it a try. The good news is that many of these adaptogens are available as both powders and supplements, giving you options for adding to your daily routine.

A strategy for dealing with stress is not as simple as taking an adaptogen, but **if you pick the one that is right for you**, it can often help in a noticeable way.

I am happy to help you with this choice and with any other stress-related issues you may have regarding digestive health and your energy.

If you have any questions, please feel free to contact me at 905-716-6733 or luana@luanaflacco.com

Enjoy!

Luana Flacco



Nutritional Wellness 

Medical Disclaimer

All information contained in this document is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent health problems. For all serious health issues, please contact a medical or nutrition practitioner. The information provided in this program is based on the best knowledge of the author at the time of writing, and we do not assume liability for the information within this program, be it direct or indirect, consequential, special, exemplary, or other damages. In all circumstances, it is always wise to consult your physician before changing your diet, taking supplements, or starting any exercise or health program.

What is an Adaptogen?

This is the dictionary definition:

"Any of various natural substances used in herbal medicine to normalize and regulate systems of the body"

Usually the term is used only for foods and supplements that support the adrenals. Essentially, for lack of a better way of saying it, an adaptogen helps balance adrenal function whether the adrenals are overactive or underactive.

Issues Associated with Adrenal Issues



- Lower immunity
- Obesity – in general and around the middle
- Sleep disturbances
- Gastro-intestinal issues – there's a big gut interconnection
- Depression and anxiety, mood issues
- Allergies, asthma
- Blood sugar instability, metabolic syndrome, diabetes
- High and low blood pressure, high cholesterol
- Liver issues and nervous system issues
- Cognitive – brain issues
- Poor stamina, fatigue
- Inflammation and free-radical production
- Menopausal symptoms
- Female and male reproductive issues
- Headaches and migraines
- Addictions to caffeine, nicotine, and alcohol

There are many that you can choose, but here are some of the best.

Reishi, a mushroom, is a prebiotic, meaning that it can feed good bacteria in the gut. It helps support the liver which works with the adrenals. It's good for supporting weight loss, stabilizing blood sugar, and preventing metabolic syndrome. It may also prevent ulcers. One study of patients with chronic fatigue syndrome found that reishi significantly raised cortisol levels in the blood in comparison to the placebo. Available as a powder, dried mushroom, or supplement.





Schizandra is an amazing berry that helps stabilize blood sugar and support the liver, thyroid (specifically T₃ – the active form of thyroid hormone), kidneys, and the nervous system. It's helpful for depression, insomnia, and anxiety and supports low energy due to adrenal fatigue. Hot flashes, which are an adrenal problem, can be helped by schizandra. It also decreases bad bacteria related to obesity and increases bifidus bacteria in the gut. Available as a dried berry, powder, or supplement. The dried berries can be made into a tea, but it's not as powerful as using the powder or supplements.

Relora is made from the bark of two trees – magnolia and pheillodendron. It has been studied to be effective for weight loss around the abdomen. Belly fat has four times more receptors for cortisol. Relora helps lower cortisol and increase DHEA. This can be helpful for sleep, depression, fatigue, anger, confusion, and anxiety. Available as a supplement only.

Licorice Root inhibits the enzymes that break down cortisol. This means your adrenals don't have to make cortisol as often, thereby taking pressure off the adrenals. It also helps keep progesterone as progesterone, preventing the adrenals from converting it to cortisol. Licorice may help increase energy and endurance, boost the immune system, and protect the thymus from being damaged by cortisol. Don't use licorice root if you have high blood pressure. Available as a supplement, dried root, or powder. Licorice tea is a good option, but it's not as powerful as the supplement.

Rhodiola combats anxiety, may balance stress-related mental and physical fatigue, and may be useful as an anti-aging supplement. It suppresses the production of cortisol and increases levels of stress-resistant proteins. It can normalize patterns of eating and sleeping after stress and protect against oxidative stress, heat stress, radiation, and exposure to toxic chemicals. Rhodiola protects the heart and liver, increases use of oxygen, improves memory, and aids weight loss (in combo with citrus aurantium). Available as a tea or supplement.



Holy Basil is a different variety than sweet basil or Thai basil, the types used in cooking. Holy Basil helps with fighting fatigue and stress. It may also help with ulcers, gastritis, diarrhea, and bloating, and with regulating blood pressure and cholesterol levels. This should be used cautiously by those who have hypoglycemia, who are on anticoagulants, who are trying to conceive, or who are pregnant. Available as a supplement

Ashwagandha is a berry that is best known for supporting the immune system. High cortisol and stress can have a negative effect on our immune system, making us more prone to colds and flus. Ashwagandha may help ease anxiety and improve memory, muscle mass and recovery from exercise. It lowers cortisol and has an adaptogenic effect on the thyroid, which means it's helpful for both hyperthyroidism and hypothyroidism. Available as a powder or supplement.

Maca is a root vegetable from Peru and is often used by athletes for energy and performance. It's also known for its ability to improve sexual function and fertility, which makes sense since stress can play a role in sexual and fertility issues. Maca may be helpful for menopausal women suffering from hot flashes, vaginal dryness, and mood swings. It may help with male prostate issues and protect the skin against



ultraviolet radiation. Available as a powder or supplement.



Goji Berries have antioxidant and anti-inflammatory properties. They may help with improving energy, fatigue, and stamina. They also support immune function, help with sleep quality, and can help sugar cravings – all of which have an adrenal connection. The exact mechanisms as to how they help are not known, but since they are found mainly as dried berries, throw them in your salads, soups, and homemade muffins, or eat them as a snack. Available as a dried berry or powder.

Using an Adaptogen

- ✓ Pick the one that you feel best fits your situation.
- ✓ Don't be afraid to try another adaptogen when you finish the first one, so you can determine what works best for you.
- ✓ Try an adrenal formula which contains a combination of adaptogens. This may be a good option for you.
- ✓ Throw an adrenal adaptogen that is available as a powder into smoothies or use in recipes. Others can be used as teas.
- ✓ Consume a whole food diet as much as possible to ensure your body is receiving all the nutrients it needs. This will allow the adaptogen to work at its best. You shouldn't just depend on the adaptogen.
- ✓ Support the gut. The adrenals are dependent on proper gut function. Cortisol is the main hormone used by the body for the brain and gut to communicate. As a simple start, eat fermented foods and foods with fiber.
- ✓ Reduce stress as much as possible – develop deep breathing and other relaxation techniques to help lower cortisol, especially at night.
- ✓ Develop a good sleep routine, even if sleep isn't an issue. The body likes consistency.
- ✓ Engage in moderate exercise.
- ✓ Have more fun.

If you have trouble finding the adaptogens in your local health food store, check out these websites as possible sources.

- <https://harmonicarts.ca/>
- <http://rootalive.com/>
- <http://healthmatterscanada.com/>
- <https://www.amazon.ca/> or <https://www.amazon.com/>

About Luana Flacco



Luana Flacco, R.H.N.

Hi! I am a holistic nutrition professional and a mother of two grown sons. I remember what it was like to be so tired and not even digest my food properly.

Through much research, education and support, I was able to get my body back on track and improve my digestion and energy. I want to help you do the same!

This is why I created the Freedom From Fatigue Solution program. Visit <http://luanaflacco.com/work-with-me> to learn more.

Testimonial:

Luana has experienced firsthand healing through nutrition. This is something that she is very passionate about and she is very knowledgeable. She is very dedicated and will do her best to help you. She is very good at what she does!!

After working with Luana, I have more energy. I have lost weight and feel better. I don't get sick as much either. I can eat without having heartburn all the time. She has given me knowledge and understanding.

Brigitte C.