



# ADRENAL HYPERFUNCTIONION

Located above the kidneys, the adrenal glands maintain a salt-water/blood pressure balance (aldosterone), help regulate blood sugar (cortisol), respond to stressful flight-or-fight situations (adrenaline), and produce small amounts of sex hormones (estrogen, testosterone, progesterone). Hyperfunctioning adrenals means they are overactive.



## Possible Contributing Factors

- High stress (physiological and/or perceived)
- Metabolic Syndrome (cluster of at least 3 of the 5 conditions: abdominal obesity, high blood pressure, high blood sugar, high triglycerides, and low HDL)
- Adrenal/pituitary tumor or adenoma

## Lifestyle & Dietary Recommendations

- Eliminate refined & processed foods, alcohol, and caffeinated foods & beverages
- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 whole fruits per day
- Eliminate fried foods, hydrogenated fats/oils
- Increase Vitamin C-rich foods
- Consider drinking stinging nettle tea or infusion
- Daily grounding and anything to help relax the body (journal, meditate, deep breaths, regular massages, warm bath, petting pet, etc)
- Avoid high intensity exercises. Yoga, Pilates, and walking are preferred
- Sleep by 10/10:30pm

## Supplement Considerations

- Bio-available B complex
- Liposomal vitamin C
- Adaptogens with calming properties (ashwagandha, holy basil/tulsi, rhodiola, magnolia)
- Calming nutrients like l-theanine, magnesium
- Adrenal or pituitary glandular
- Blood sugar support formula
- Omega-3,6,9