

# HEALING ADRENAL RESET

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## 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
- Keep your followup appt and take your supplements as they fit your functional panels

## Week 1

- Give up alcohol
- Give up refined processed carbs
- Caffeine into half caff
- 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

(Continued on Back)



# CONTINUED

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## Week 4

- Give up sugar
- Give up beans
- Give up white potatoes
- Make your own salad dressing instead of store bought
- Give up soy
- 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 (if weather good)

## Week 5

- Give up peanuts
- Use only olive oil as oil
- Eat squash or avocado to keep up meal density
- Start a gratitude journal and write at least five things you are grateful for daily
- Meet a friend and talk about only good things
- 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
- Revisit sleep schedule

## Finish

- Talk with our office about reintroduction
- 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.

