

Managing Adrenal Health to Address Hormone-Based Challenges

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Disclaimer

Dr. Nelson's recommendations for Standard Process product dosages are sometimes different than the doses that appear on the product labels. Please refer to the product labels or to the product descriptions found in the product catalog website for the Standard Process dosage recommendations.

Importance of Dietary Changes

- Maintaining stable blood sugar levels already in a normal range supports healthy adrenal function
- My general considerations include:
 - Consider eliminating refined grains, sugars, dairy
 - Include generous amounts of dietary protein, preferably from good animal sources
 - Abundance of vegetables and fruit
 - Include ample saturated dietary fat
 - Ensure adequate fiber intake

Nutritional and Herbal Considerations

My suggested foods for adrenal support:

- Almonds
- Yams
- Avocados
- Brazil nuts
- Kale
- Walnuts
- Oranges
- Celery
- Kidney beans
- Dried figs

Herbs for the adrenals:

- Rehmannia
- Ashwaganda
- Eleuthero
- Licorice
- Rhodiola
- Korean Ginseng
- Schisandra

Liquid Herbs - Rehmannia

- Rehmannia 1:2 liquid (4.0 – 8.5ml/day)
 - Supports and nourishes adrenal glands
 - Helps with energy production to combat fatigue
 - Assists with normal response to stress
 - Encourages normal fluid elimination
 - Helps prevent suppression of HP axis
 - Supports healthy morphology in adrenals and pituitary
 - Supports healthy immune and liver function
 - Can be safely used long-term
 - Supports healthy bowel function and elimination
 - Combines well with Ashwaganda

Drenamin®

- Drenamin® (3-6/day)
 - Promotes healthy adrenal gland function
 - Encourages a healthy response to environmental stresses
 - Maintains energy production
 - Supports balanced mood
 - Contains bovine adrenal PMG™ extract
 - Contains a combination of key ingredients from Drenatrophin PMG®, Cataplex® C, Cataplex® G
 - Contains other nutrients needed by the body during times of stress
 - I find it excellent for support of fatigue
 - I find effects are amplified if combined with liquid herbs



Drenatrophin PMG[®]

- Drenatrophin PMG[®] (3-6/day)
 - Source of bovine adrenal PMG[™] extract
 - Provides general adrenal gland support
 - When taken over time, helps maintain adrenal function to reduce effect of stress on nervous system and combat fatigue
 - Excellent when taken in conjunction with adrenal-supportive liquid herbs



Adrenal Complex

- Adrenal Complex (3/day)
 - Combination of rehmannia and licorice
 - Helps support healthy adrenal gland function
 - Addresses effects of stress on the body
 - Supports energy production
 - Helps combat fatigue
 - Supports a healthy immune system
 - Can be used as part of an initial protocol or for ongoing support



Adrenal *Desiccated*

- Adrenal *Desiccated* (1-3/day)
 - Whole bovine adrenal gland
 - Supports endocrine health
 - Provides short-term adrenal support for immediate energy needs
 - Supports immune system function which can be compromised when adrenal fatigue sets in
 - Should be used in conjunction with other adrenal support



Withania Complex

- Withania Complex (3-6/day)
 - Contains ashwaganda, licorice, skullcap and Korean ginseng
 - Excellent for adrenal and nervous system exhaustion
 - Works as a tonic to benefit the entire body
 - Helps the body to adapt to the changes of everyday life
 - Helps maintain general feeling of well-being
 - Promotes healthy adrenal gland function
 - Supports healthy immune system
 - Supports nervous system health
 - Promotes relaxation
 - Promotes vitality and stamina for individuals of any age
 - Supports the body as it ages
 - Helps the body deal with emotional and environmental stressors
 - Increased dose may be needed at first – can titrate down as needed
 - Discontinue if acute infection appears



Bacopa Complex

- Bacopa Complex (3-4/day)
 - Supports the hippocampus in prolonged high cortisol situations
 - Improves mental function, concentration and memory
 - Supports healthy physical endurance
 - Nourishes the nervous system
 - Can add Bacopa 1:2 liquid to any adrenal tonic (5-12mls/day)
 - Discontinue if acute infection appears








Herbal Considerations

- Adrenal Support
 - Drenamin® - 6/day OR
 - Drenatrophin PMG® - 6/day
 - Liquid herbal blend – 5 mls/day:
 - Rehmannia 1:2 90mls
 - Ashwaganda 1:1 65mls
 - Echinacea Premium 1:2 35mls
 - Licorice High Grade 1:1 10mls
 - Withania Complex - 6/day



Supplement Considerations

- Hormonal support
 - Chaste Tree – 1-2/day 
 - Symplex[®] F – 6/day 
 - Hypothalmex[®] - 6/day 
- Liver support
 - Livaplex[®] - 6/day OR 
 - LivCo[®] – 3/day 



Warning: Women who are pregnant, may become pregnant, or are lactating should limit their intake of vitamin A (retinol) and use vitamin A products only as directed by a qualified health care professional. Consumption of large amounts of vitamin A (retinol) has been linked to serious health problems.

Thank You

ANY QUESTIONS?