



# Restore Wellness Adrenal Recovery Support Program

You will Experience: More Vitality,  
Better Sleep, More Energy, Weight  
Loss, Improved Skin, Greater  
Focus, and better sleep.

# Why do we offer this program?

Our practice frequently observes the following patterns:

- Fatigue
- Emotional and Physical Stress
- Sleep Disorders
- Pain

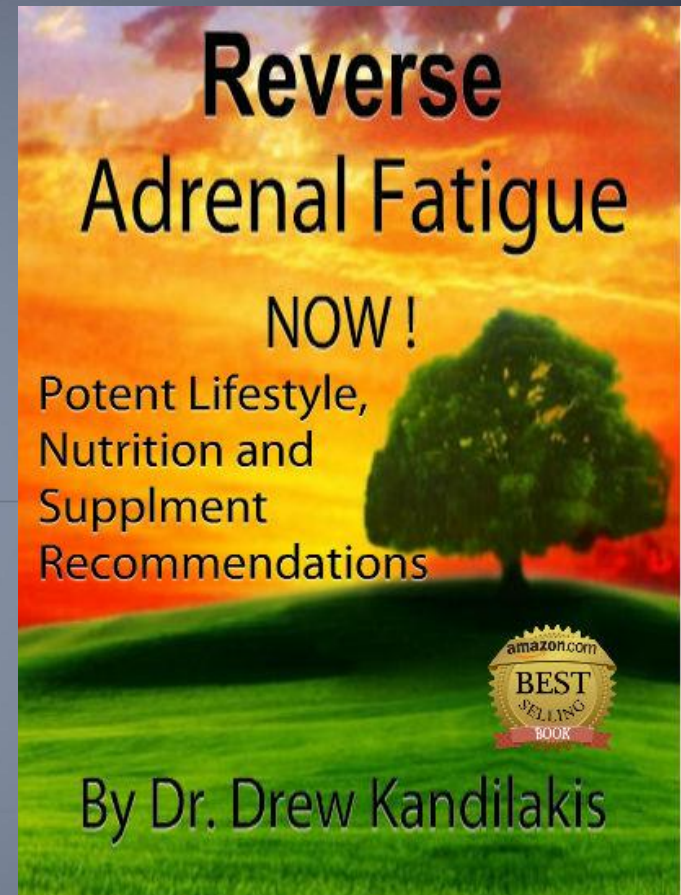


These are **FREQUENTLY** symptoms of adrenal fatigue!

This 34-page booklet is an educational tool to help you make the lifestyle changes to reverse low adrenal function and facilitate change.  
Are You Ready!

### **Inside we will cover:**

- Your bodies stress reaction and how It affects other hormones /systems
- The Blood Sugar-Adrenal-Cortisol and energy production
- Adrenal Testing Procedures
- Our Program



# History of Stress

Is Your Stress Slowly Killing You?



- Little Exercise
- Poor Diet
- Financial Stress
- Stressful Relationship
- Too Much Work Stress
- Toxic Environment

# How do you react to stress?

Our central nervous system is a survival mechanism born out of a “fight or flight” response.

## Sympathetic

### Division

- Stomach Problems
- Cold Sweats
- Loose Stools
- Body “Racing”
- Incomplete Digestion

VS.

## Parasympathetic

### Division

- Slow Pulse
- Tears and Saliva Increased
- Restless Legs at Night
- Low Back Pain
- Histamine Activity

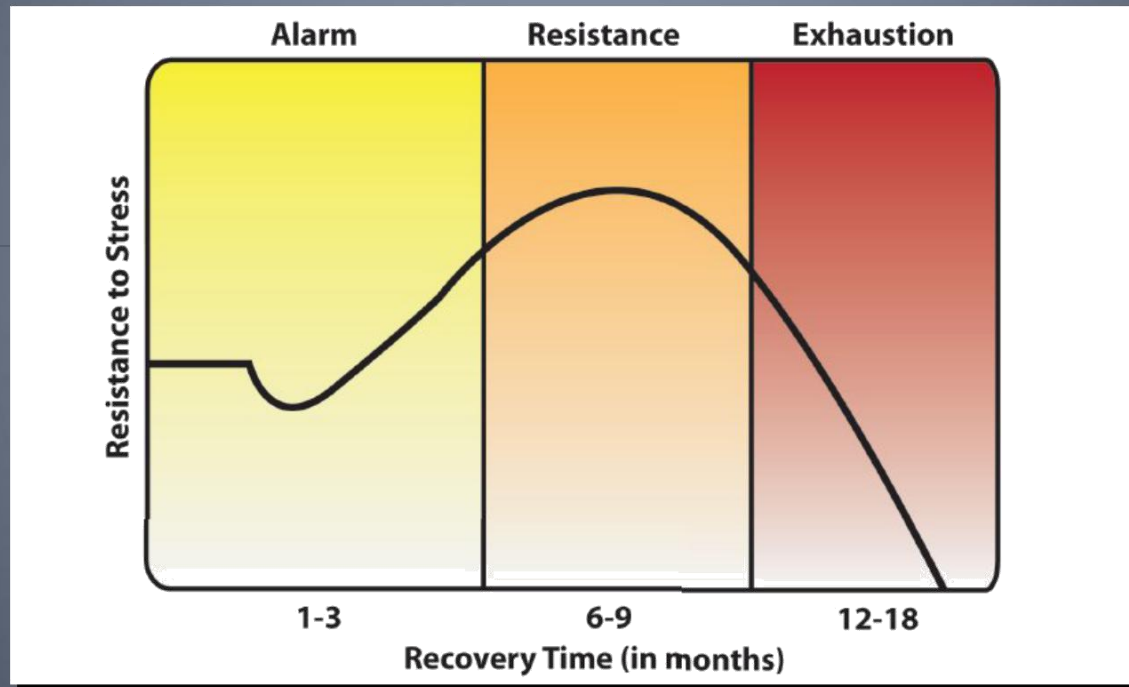
# Which is your body type?

The adrenal stress changes your body type:



# Are you running out of gas?

Dr. Hans Selye, MD, found a relationship between the resistance to stress and the amount of time exposed to stress.

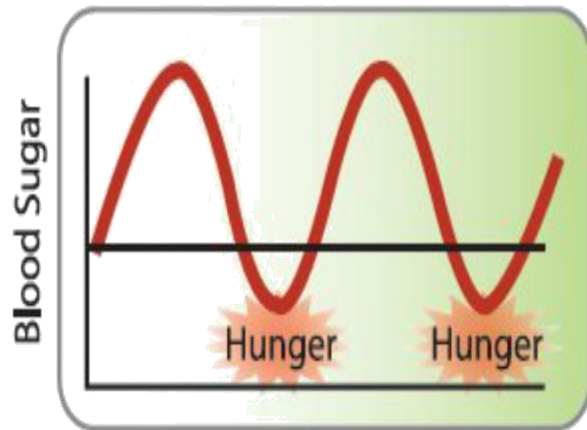


We will use testing techniques and questionnaires to determine what phase you fit into.

# What is the glycemic index and how does it affect you?

High glycemic index foods cause blood sugar spikes and dips can make you stressed and fat and prevent restful sleep!!!!!!!!!!.

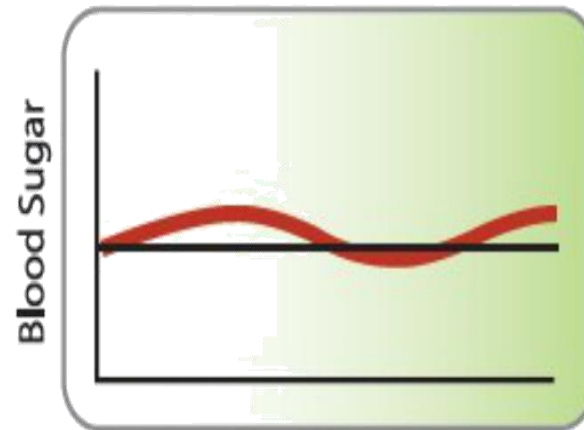
**High-glycemic Chart**



Time

**Release Energy Quickly** → **Feel Hungry Sooner** → **Eat More!**

**Low-glycemic Chart**



Time

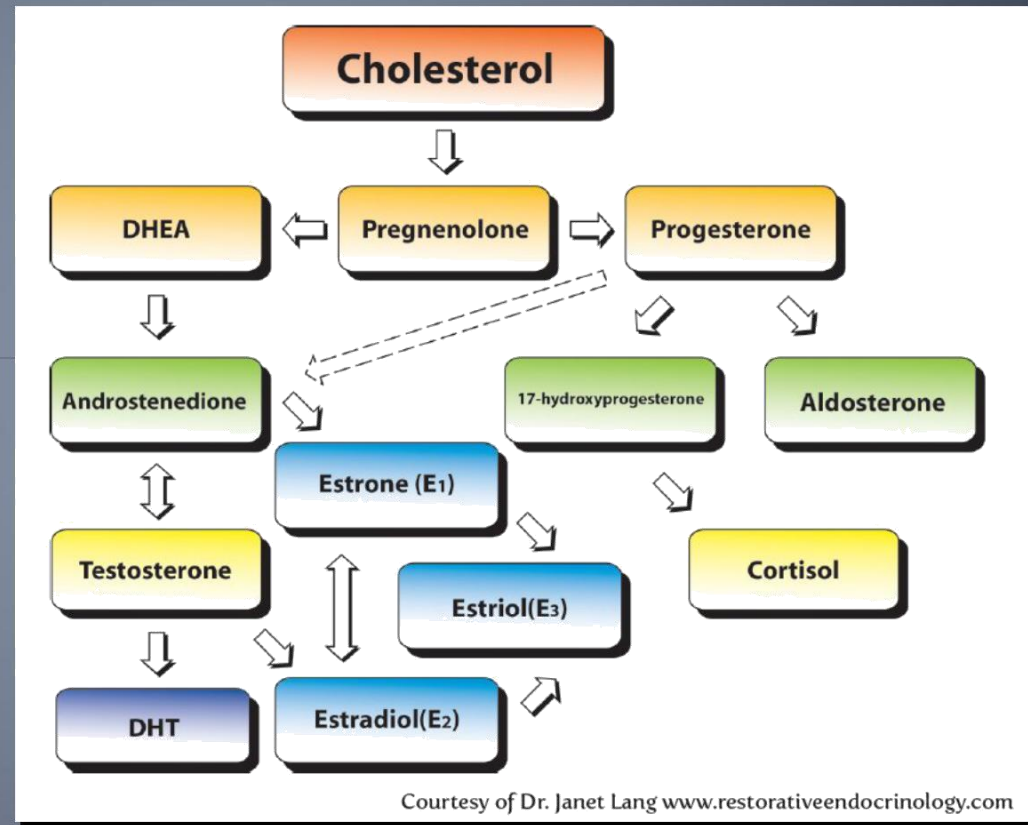
**Release Energy Slowly** → **Feel Satisfied Longer** → **Eat Less!**



# It's all about the hormones!

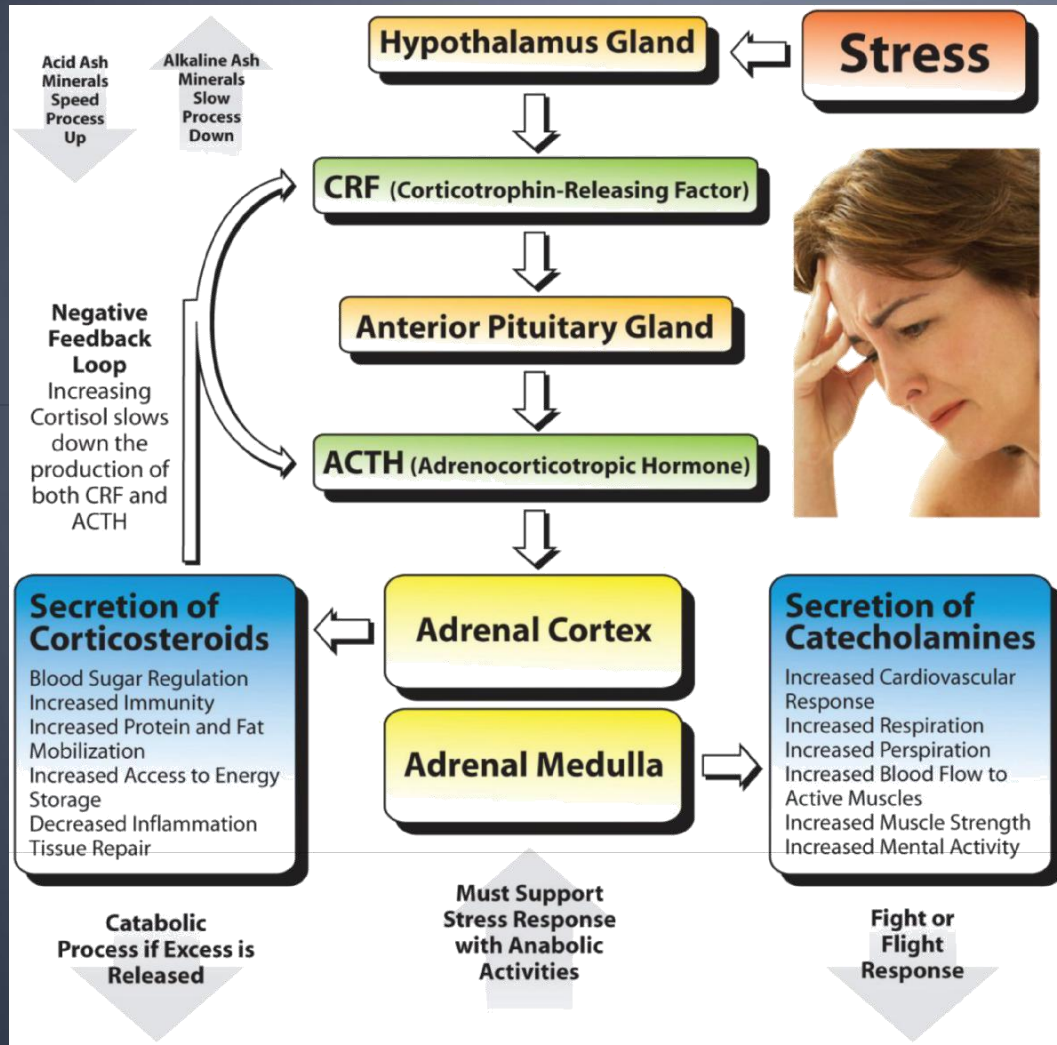
Roles of steroid hormones include:

- Stress Handling
- Reproduction
- Energy Production
- Stable Blood Sugar
- Anti-Aging
- Strength, Stamina, and Vitality
- Brain Function, Mood, Cognition and Memory



# How do you deal with stress?

Is your feedback loop functioning correctly?



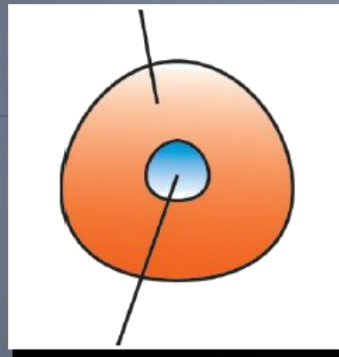
Prolonged stress can shut down the negative feedback loop and cause problems such as adrenal hypo-responsiveness and major depression.<sup>(1)</sup>

1) Dawson G., Ashman SB. The Effects of Early Adversity on Neurobehavioral Development. Volume 31, Page 256-257.

# What is an adrenal gland?

Small yet powerful!

The outer zone, or cortex, accounts for 80% to 90% of the gland and secretes the corticosteroids, commonly called the adrenal steroids (cortisol and DHEAs).



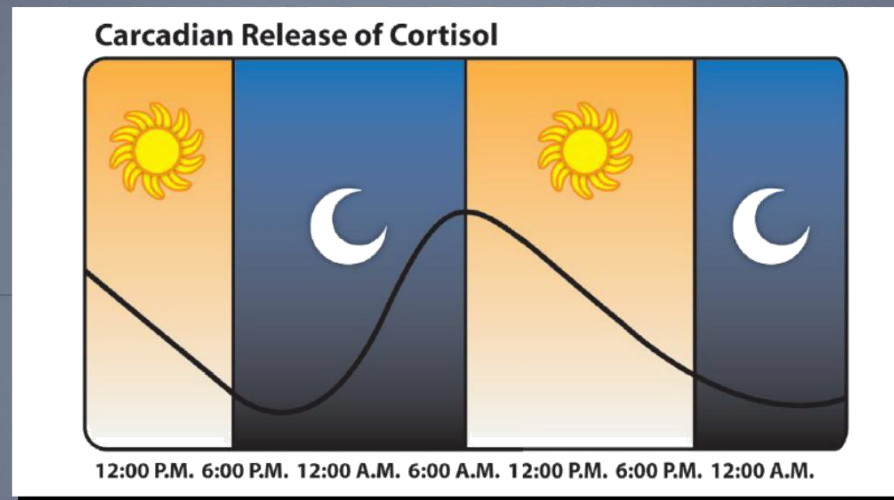
The inner zone, or medulla, comprises 10% to 20% of the gland and secretes the catecholamine's epinephrine and norepinephrine.

**Pop Quiz:**

Why is whole food vitamin C more important than the synthetic version?

# Circadian Rhythm

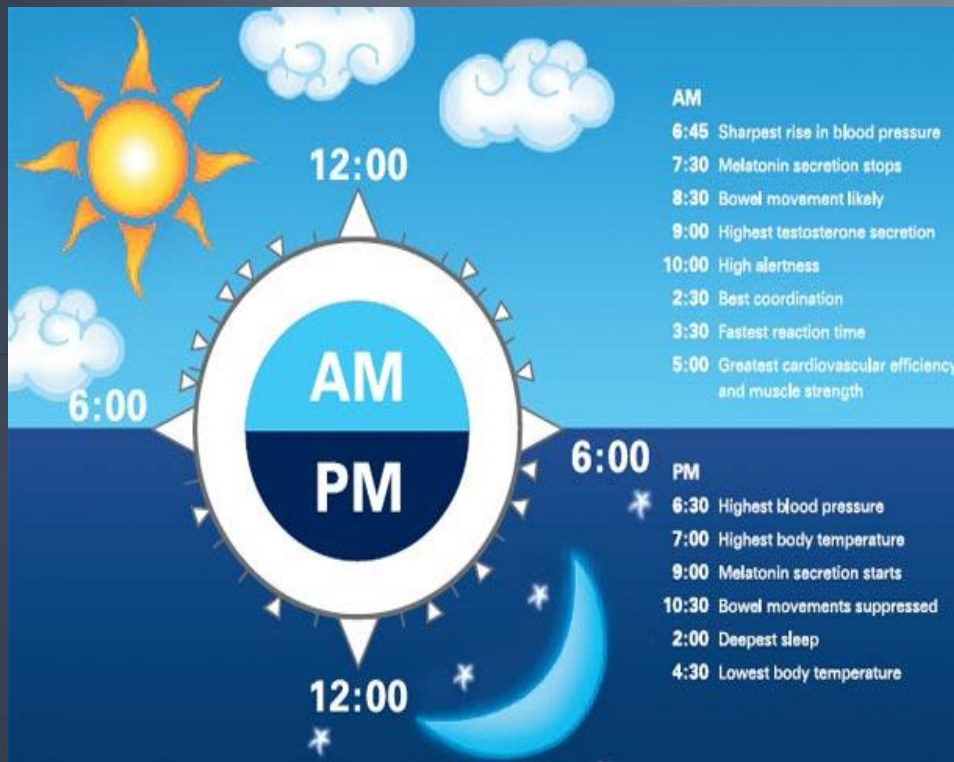
Is supposed to be highest in the morning and lowest at night



If you are waking up tired and having trouble getting to sleep, you probably have high Cortisol at night and low Cortisol in the morning.

# Your Circadian Clock and Sleep

Tips to improve your sleep environment and habits:

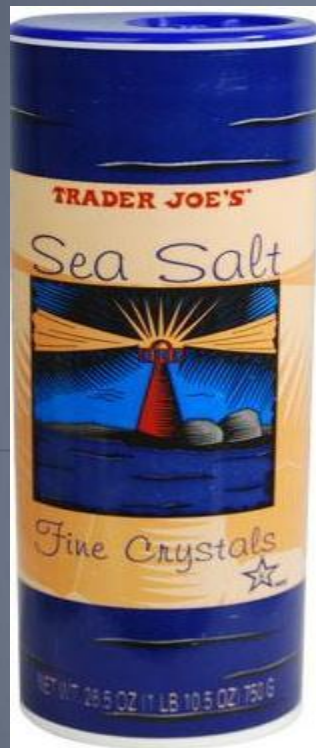


- Turn off your lights and TV an hour before you plan on sleeping
- Try monochromatic green lighting
- Remove your TV from your bedroom
- Try using earplugs
- Try deep breathing
- Make sure your room is dark
- Try meditation
- Do not eat sugar or carbs before bed
- Try reading one hour before bed
- Exercise only in the morning or afternoon (never at night before bed)
- Reduce afternoon napping

If you are waking up at specific times during the night, you may have an organ imbalance.

# Depleted Adrenals Need High Quality Salt?

Salt is an electrolyte that balances fluids in the body.



Salts with high amounts of trace minerals and naturally occurring iodine will never be white. Look for a sea salt with a little color.

# Test Time!

Now let's get out the flashlights and blood pressure cuffs.

## Postural Hypotension Test

- Lie down for 5 to 10 minutes in a quiet room with no distractions
- Take a blood pressure reading
- Stand and immediately take another blood pressure reading
- In a healthy individual, blood pressure should rise 15-20mm Hg
- If the second blood pressure reading falls, it indicates adrenal fatigue
- If you feel light-headed or dizzy when standing up from lying down, you may have adrenal fatigue or be dehydrated

## Iris Contraction Test

- From one side of the head, shine the light across the eye
- Start timing when the pupil contracts
- A healthy adrenal response is over 30 seconds
- With adrenal fatigue, the pupil will be unable to hold a contraction
- Mark the time when the pupil begins to dilate

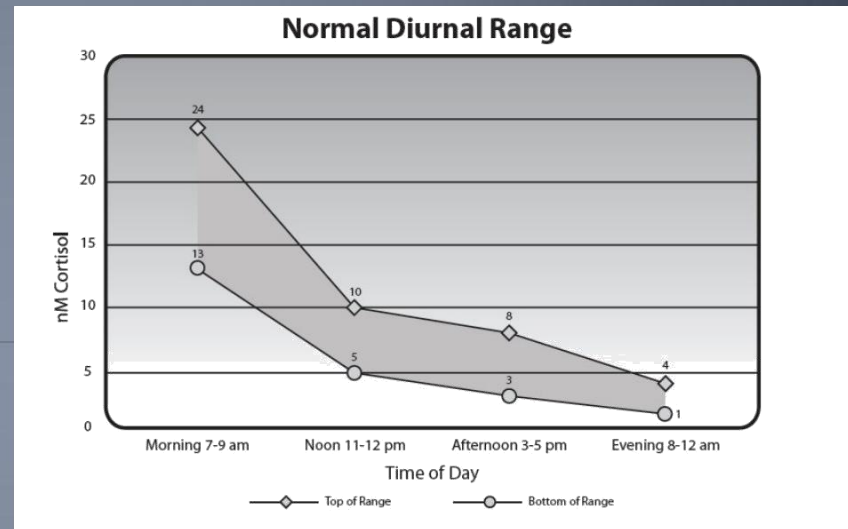
Now complete page 19  
of your guide

# Saliva Lab Test

Let's find out exactly where you stand.

One of the most common ways to measure stress response is through cortisol. Cortisol can be measured through blood, saliva, or urine samples. We recommend testing the free and circulating hormones, because that is what your body is actually using.

Now complete page 21  
of your guide

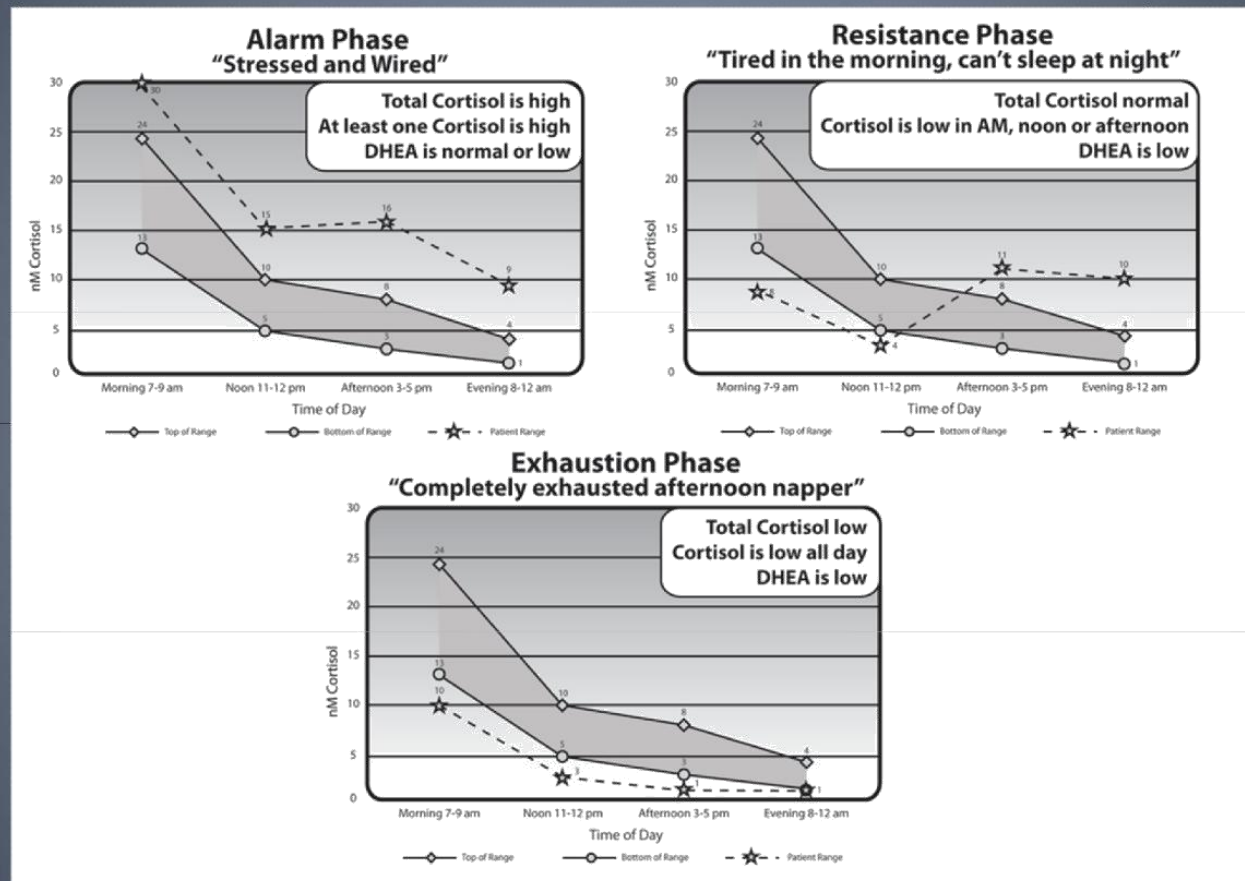


- 4 x cortisol: helps evaluate stress response
- 2 x insulin: helps investigate blood sugar control
- DHEA: helps determine stress adaptation
- Secretory IgA: helps evaluate toll on immunity
- 17-OH progesterone: helps determine adrenal reserve
- Gluten antibodies: helps identify grain intolerance



# Common Cortisol Ranges

Which one do you most resemble?



This saliva test can be done at home. It comes with four vials that you spit into then place into the freezer. One vial upon waking, one at late morning (10 am), one at early afternoon (2 pm), and one at bedtime. Mail the next day.

# Adrenal fatigue is serious!

A custom program for you.

## Do these:

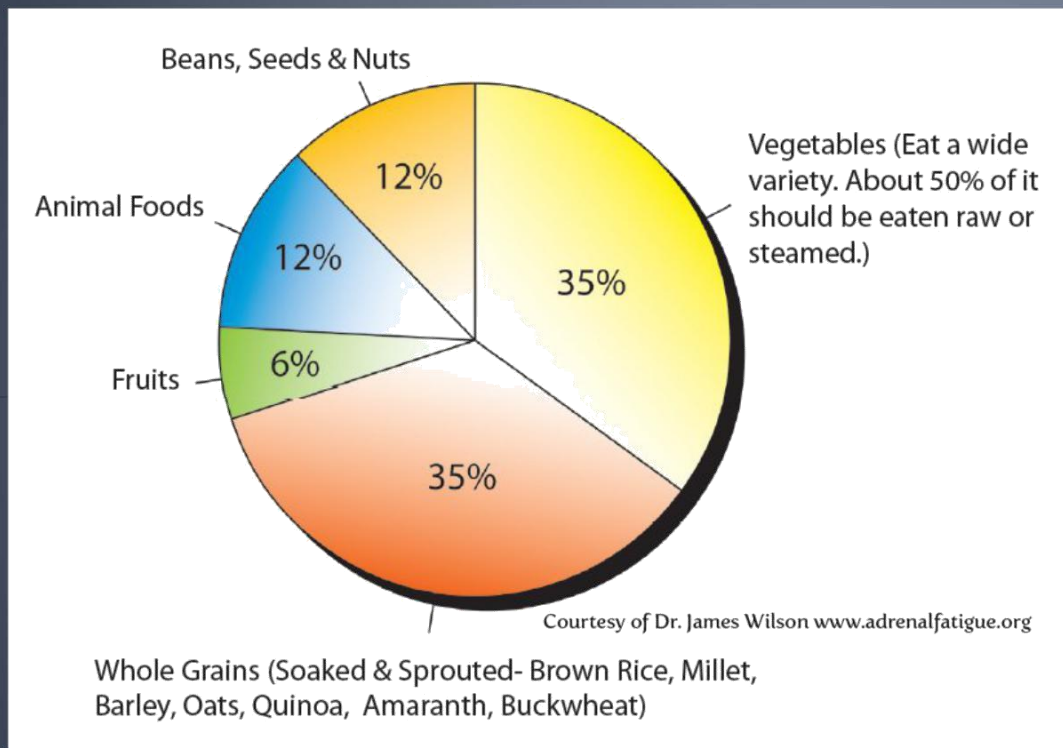
- Eat a mixed meal before 10:00 am
- Avoid high-sugar fruits
- Eat every 2 to 3 hours
- Chew food over 30 times
- Sleep until 6-8 am
- Exercise mildly
- Eat whole, fresh food
- Eat sea salt (moderately)
- Always eat protein and fat with carbohydrates
- Mix 1-2 tablespoons of fresh essential oils (cold pressed olive, grape seed, safflower, flax, etc.) into grains, vegetables, and meats daily
- Combine beans with seeds and nuts
- Snack at the adrenal drop times (10, 2, 4)

## Avoid these:

- Catching your second wind
- Taking care of everyone
- People who “steal” your energy
- Common allergy foods
- Eating large meals before bed
- Skipping meals
- Sugar and white flour
- Being critical of yourself
- Deep-fried foods
- Drinking sodas, juice, coffee, and alcohol
- Making someone else responsible for your health

# The Adrenal Fatigue Diet

## No Cheating!



### Meal Planning Tips:

- Smaller meals throughout day
- Handful of raw nuts throughout day
- Preferred fruits: papaya, mango, plums, pears, kiwi, apples, grapes (only a few), cherries
- Avoid fruit juices, bananas, raisins, dates, figs, oranges and grapefruit
- Combine carbs, fats, and protein
- Eat every two to three hours
- Goat's milk instead of cow's milk
- Carob instead of chocolate
- Avoid hydrogenated and partially hydrogenated oils
- No deep frying
- Avoid fruit in the morning
- Worst thing: wake up, drink coffee or juice, go all day long without eating, then have one or two large meals in the evening

**Pop Quiz:**  
What should you eat  
before 10 am?

# Supplements and Herbs

## A drug-free approach

### Common Stress-Related Areas:

- Detoxification
- Structural
- Sugar Imbalances
- Stress Modification
- Sleep
- Electrolyte Balancing
- Immune Support
- Diet

We will be recommending whole food supplements and pharmaceutical-strength herbs based on the outcomes of your tests and symptoms in order to balance the nervous system.

Now, let us achieve a more enjoyable life.



# Thank you for Investing in Yourself!

Call (877) 278 - 1437

Restore Wellness Centers  
To schedule your appointment with  
Dr. Kandilakis - Dr. Gould