

# Featured Topic: Adrenal Burnout (7 slides)

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# A Few Signs Your Adrenals Need Help

- Sleep: awake at midnight or after
- Crave salt or sugar
- Generally exhausted after exercising
- Intolerant of cold
- Low blood pressure
- Feel overwhelmed or even filled with dread
- Confrontations are exhausting

Look on my website for the adrenal evaluation quiz

# Cortisol is not a bad word

- Late night TV shows would have you believe cortisol is a poison, responsible for your weight gain and health problems
- The body **needs the right amount of cortisol**
- Some of cortisol's effects relate to:
  - Blood sugar levels
  - Fat, protein and carbohydrate metabolism
  - Blood pressure levels
  - Anti-inflammatory action
- In conditions of chronic stress, **adrenal burnout** can lead to low cortisol levels
  - Fatigue
  - Brain fog
  - Inflammation
  - And many other symptoms

# Repair the Adrenal Glands: Diet is Critical

- Low carbs
- Protein
- High quality fats
- Salt – Celtic salt
  - Not refined white salt or white sea salt
- Go to [TerryTalksNutrition.com](http://TerryTalksNutrition.com) and click on Terry's Traditional Diet

# Adrenal Supportive Nutrients

- Licorice root and Rehmania
  - Prevents the breakdown of cortisol; lasts longer in circulation
  - Rehmania stimulates production of adrenal hormones
- DHEA – synthesized in the adrenal glands
- Pregnenolone – also synthesized by the adrenals; building block of DHEA
- Freeze dried adrenal extract – contains naturally occurring hormones and nutrients
- B vitamins
  - Pantothenic acid and Pyridoxal-5-Phosphate (P-5-P)
- L-tyrosine – required to produce adrenal hormones (epinephrine and norepinephrine)
- Vitamin C – adrenal glands are the only place in the body where vitamin C is temporarily stored

# Don't forget the Thyroid!

- May need to address thyroid AND adrenal function to relieve symptoms
- 12.5 mg iodine daily is a dose suggested by iodine experts
- Help relieve
  - Fatigue
  - Weight gain
  - Brain fog
  - Menopause symptoms and more

# How Coffee Protects Your Heart (1 slide)

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# Coffee is good for the heart

- Researchers have already linked coffee consumption to reduced risk of type 2 diabetes, stroke, and heart disease
- Now they know more about WHY coffee is healthy
- In an animal study, they found that caffeine from coffee increased the movement of a protein called p27 into the mitochondria (the cell's power generators)
- p27 helps repair heart muscle and protect against heart damage – even in obese, elderly, and diabetic mice
- Versus control mice, the mice who received additional caffeine
  - Had nearly double the p27 levels
  - Saw a 26% reduction in heart damage after a heart attack
- The dosage was equivalent to 4 cups of caffeinated coffee daily

**Women need more strength training!**  
**(1 slide)**

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# Women need to increase their fitness

- Ten years ago, the Centers for Disease Control set new standards for exercise
- Results: overall, **less than 1 in 4 Americans get the recommended amounts of exercise:** muscle strengthening exercise 2 times a week, and 30 minutes of moderate aerobic exercise daily
- However, results for men and women are different – in general, men are more active
  - 50% of women get aerobic exercise, but only 20% do strength training versus 56% of men getting aerobic exercise and 30% doing strength training
  - Researchers note that historically, women haven't been encouraged to be physically active, and in fact the sports bra wasn't invented until 1977

## Another reason for strength training: weight loss

- Strength training is superior to running for fitness and weight loss
- Strength training helps prevent muscle loss when losing weight – no flabby and saggy!
- You will become lighter from running but you will have a higher fat to lean muscle ratio - so you will weigh less but actually be fatter!
- Almost everyone who loses weight will eventually regain the fat but never regain the muscle. So those who are on the yoyo dieting nightmare over time will just get heavier.