



Live Well
It's Simple

Adrenal Abundance

What are your adrenal glands?

Your adrenal glands are two glands which sit on top of your kidneys, you will find them just below your rib cage on either side of your spine

Your adrenal glands produce hormones, or messengers which affect your

- Hormones
- Appetite
- Blood glucose levels
- Response to stress
- Digestion
- Energy levels
- Sleep
- Blood pressure



Hormones produced by the adrenal glands include:

Cortisol

Cortisol is the "stress" hormone that often gets a bad wrap however it is necessary for:

- regulating your body's use of fats, proteins and carbohydrates
- a healthy response to inflammation,
- blood pressure regulation
- blood sugar regulation
- control your sleep-wake cycle.

Cortisol is released during times of stress to enable your body to respond to an "emergency situation"

Aldosterone:

Aldosterone is a hormone that plays a central role in regulating blood pressure and the levels of sodium and potassium (electrolytes) in your blood. This means aldosterone helps regulate your blood pH (how acidic or basic it is) by controlling the levels of electrolytes in your blood.





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DHEA

Dehydroepiandrosterone (DHEA) is a hormone that your body naturally produced by your adrenal glands. DHEA helps produce other hormones, including testosterone and estrogen. Natural DHEA levels peak in early adulthood and then slowly fall as you age.

People use DHEA as an anti-aging therapy and to improve physical performance. DHEA may also be used to treat depression and symptoms of menopause.

Adrenaline

Adrenaline is known as the "fight or flight" hormone. It causes the heart to beat quicker subsequently offering extra oxygen to your muscles and subsequently permits extra glucose into the blood stream for more energy. Adrenaline also controls the squeezing of your blood vessels (vasoconstriction), which helps maintain blood pressure. Your adrenal glands often release these hormones, like other adrenal hormones, when you're in physically and emotionally stressful situations.

Type of Stress:

Long-term stress

- Grief
- Family situations
- Trauma
- Poor wound healing
- Long-term illness
- Work

Short-Term Stress

- Work
- Family
- Some exercise
- Poor nutrition
- Sugar
- Caffeine
- Alcohol
- Poor sleep
- Rushing
- Skipping meals (low blood glucose, inadequate carbohydrate consumption)
- Our perceptions of pressure and urgency
- Worrying about what others think of us, consciously or unconsciously



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STRESS!



Adrenals produce adrenaline and cortisol



Lower DHEA
Lower estrogen and progesterone



Pregnenolone Steal
Pregnenolone is the precursor hormone to both cortisol and progesterone
In cases of real or perceived stress the adrenals will "steal" pregnenolone to make cortisol, leading to lower production of progesterone

Hormone deficiency and imbalance



sleep issues
painful periods
periods too long/too short
low energy
low immunity
bad skin
grumpy/angry
hot flushes
libido not great
unable to shift extra kilo's
infertility
thinning hair
premature aging
brittle bones
inflammation





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Adrenal Fatigue – HPA axis dysfunction (hypothalamic-pituitary-adrenal axis)

When the HPA-axis functions in a healthy way cortisol is high in the morning and low level in evening, allowing you to wake up with energy and vigour and to fall into a restful sleep at the end of the day. However, constant real and perceived stress cause the signals in our bodies to “malfunction:” more and more cortisol is released.

Eventually our adrenals no longer respond to the hormone ACTH (a hormone that stimulates the adrenals to produce cortisol).

This leads to one of the following:

- Cortisol remains high all the time.
- Cortisol is low in the morning and high at night.

This communication breakdown causes primary functions like digestion, reproduction, growth, and the sleep-wake cycle to be compromised

Typical symptoms of high cortisol levels include:

- Unexplained weight gain
- Increased body fat around the mid-section
- Disruption to blood glucose, cholesterol and triglyceride levels
- Poorer immune responses
- Feeling “tired but wired”
- Lower hormone levels, including estrogen, progesterone, and testosterone
- Lowered production of thyroid-stimulating hormones, decreased T3, and increased reverse T3
- May lead to hypothyroidism
- Hair loss/thinning
- Sleep challenges
- Fluid retention
- PMS
- Hot flushes
- Low libido
- Irregular, painful or absent cycles

Typical symptoms of low cortisol levels include:

- Fatigue, despite having adequate sleep and rest
- Depression and anxiety
- Fibromyalgia
- Hypothyroidism
- Increased susceptibility to autoimmune and inflammatory diseases
- Body pain and stiffness
- Conditions of increased inflammation
- Best energy is in the evening



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Love on Your Adrenals!

Practice mindfulness meditation:

Sit quietly for at least 10 minutes daily.

If you are new to meditation or need guidance "Insight Timer" is a useful App

Frequently incorporate deep belly breathing into your day

By ensuring that your exhale is longer than your inhale you send a message to your body that all is safe and well

Click [here](#) for a demonstration

Establish a Bedtime Routine:

End all screen time at least 90 minutes hour before bedtime

Aim to go to bed early – before 10:00 pm if possible in order to get 7-8 hours of sleep. Longer periods of sleep may be needed in case of severe adrenal dysregulation.

Practice strategies that help you to relax and slip into a deep and restful sleep

- journaling
- gentle stretching or yoga
- reading
- applying or diffusing quality essential oils – my preference is Young Living for their effectiveness and purity
- Click [here](#) for my Essential Oils for Sleep Resource

Earthing:

Develop a ritual of walking barefoot on the earth or even lying down in the grass. Earthing sheets or mats can also be purchased.

Practice saying "no" or "not now":

Learn how to prioritise and create healthy boundaries.

Take a pause:

Pausing even a few moments and a few deep breaths before making decisions can make a big difference.

Ask for help:

Perfectionism can be addictive and is draining and often inefficient in the long run.

Exercise:

Select suitable physical activity.

Social interaction:

Spending time with friends in a social environment can help to reduce stress on the brain.

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- Eat within one hour of waking up.
- Drink water and eat food (ideally protein and fats) before caffeine in the morning
- Ideal time between meals is 3-4 hours
- Avoid snacking before bedtime.
- Drink plenty of water
- Limit caffeine and alcohol
- Design meals and snacks with high-quality protein, good fats, unrefined carbohydrates, and fibre
Combining protein, fat, and carbohydrates in each meal will prevent blood sugar spikes and crashes.
- Never carb alone! Carbohydrates should always be paired with protein and/or fat. An example of this for meat eaters would be a palm-sized portion of meat or fish with a larger portion of vegetables and half a cup of whole grains cooked in butter, ghee, or coconut oil. Vegetables should take up half the plate.
- A balanced plate for a plant-based diet might look like a protein-rich food, such as beans or lentils, with a generous portion of vegetables and half a cup of whole grains cooked in butter, ghee, or coconut oil. Vegetables should take up half the plate.
- Snacks should also follow this guideline. An example might be half an apple with a tablespoon of almond butter.



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Supplementation:

Add in supplements for general adrenal support to boost your efforts.

Certain supplements can help decrease the effect of stress and maintain even blood sugar levels

Calcium promotes calming effects and helps restore normal cortisol levels. Calcium acts like a shock absorber for the adrenals during times of stress by assisting in restoring calm to the body after the stressor has passed

Magnesium Magnesium is a cofactor in more than 325 enzymatic reactions

Magnesium supports balanced blood glucose metabolism and neurotransmitter production, helping stabilize mood and increase feelings of calm. Most of us don't get anywhere near enough magnesium in our diets. Chronic stress further depletes magnesium, leaving you at much higher risk of deficiency.

B-complex:

B vitamins help restore equilibrium to your nervous system by supporting the manufacture of key neurotransmitters, including serotonin, dopamine and gamma-aminobutyric acid (GABA).

B Vitamins also support balanced cortisol production and reduce levels of excess cortisol

Vitamin C:

The adrenals secrete vitamin C during their response to a stressor thus chronic stress and acute depletes vitamin C stores.

Plant medicine

Licorice:

This is a root commonly used in Chinese medicine. It has been shown to strengthen the adrenals and hypothalamus and helps restore normal levels of cortisol.

Rhodiola

Lowers cortisol

Improves energy

Improves body's reaction to stress

Magnolia

Helps to decrease nervous tension

Helps with quality sleep

Astragalus root

Enhances the body's natural ability to adapt to stress, bolstering the immune system so that you stay well. Astragalus root even helps maintain normal blood sugar levels and alleviates insulin resistance.



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EnRGee Essential Oil by Young Living

EnRGee is a blend of essential oils that may help improve one's energy in a natural way without overstimulating or creating problems that may be uncomfortable. It may also help with mental alertness.

Nutmeg Essential Oil by Young Living

This oil has adrenal cortex-like activity that helps support the adrenal glands for increased energy.

Black Pepper Essential Oil by Young Living

Indian monks ate several black pepper corns a day to maintain their incredible stamina and energy!

Adrenal Loving Cocktail

What's in the adrenal cocktail?

Freshly squeezed citrus juice (eg orange, lemon, lime or grapefruit or a mixture).

Why? Vitamin C is essential to the adrenal glands and the body's ability to cope with stress

Either coconut water or filtered water with a pinch of Celtic Sea Salt

Why? A pinch of sea salt containing many vital electrolytes can really boost your adrenals for an instant energy lift.

Coconut cream

Why? To help stabilise your blood sugar

Collagen powder or hemp protein powder

Why? Again, for blood sugar stabilisation which works hand in hand with adrenal health

Ingredients:

½ cup freshly squeezed citrus juice of choice

½ cup coconut water or filtered water with a pinch of Celtic Sea Salt

1 TBSP hemp protein powder

1 TBSP coconut cream

Method

Blend all ingredients together in a blender or food processor and enjoy!



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Red Lentil Dhal

Ingredients

- 1 tablespoon cumin seeds
- 1 tablespoon mustard seeds (yellow or black)
- 5 fresh curry leaves
- 1/2 teaspoon ground turmeric
- coconut oil for frying
- 1 clove garlic, finely chopped
- 1 1/2 tablespoons fresh ginger, finely chopped
- 1 onion, finely chopped
- 1 teaspoon fresh chilli, finely chopped (optional)
- 3 cups whole red lentils
- 3 litres (10 1/2 fl.oz) filtered water
- 1 small sweet potato, cubed
- 1 tablespoon ground cumin
- 4 large tomatoes, thickly chopped
- 1 bunch of fresh coriander, roughly chopped
- salt and pepper



Method

1. Heat a large saucepan over high heat and toast the first 4 ingredients until the seeds pop and the fragrance of the spices is released—take care they do not burn as they will make the dish taste bitter. Remove the pan from the heat.
2. Add a little coconut oil to the pan and stir in the garlic, ginger, onion and chilli, if using. Season to taste with salt and pepper, and cook for 1–2 minutes until softened but not browned.
3. Add the red lentils and water to the pan, stirring well. Bring to the boil. It's important to taste the liquid at this point to check the seasoning; adjust as necessary. Boil for 10 minutes, then add the sweet potato and turn down the heat to a low, slow simmer. Cook for a further 15 minutes, stirring regularly. Turn off the heat, and stir in the ground cumin. The mixture should resemble a thick soup.
4. Stir through the tomato and coriander. Serve with steamed brown or red rice, along with a green salad splashed with apple cider vinegar and some olive oil.

Nutritional Information

The nutrient-rich legumes in this dhal are packed full of protein and fibre, both of which have satiating properties that help you stay fuller for longer.





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Superstar Breakfast!

Ingredients

- 4 eggs
- 1/4 cup filtered water
- coconut oil for frying
- 2 spring onions, finely chopped
- 8 cherry tomatoes, halved
- 1 avocado, roughly diced
- 1/4 cup whole raw walnut kernels
- generous handful of rocket or any leafy greens
- sprouts and sunflower seeds to garnish
- salt and pepper

Dressing

- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- salt and pepper
- 1/2 tablespoon maple syrup

Method

Make the dressing first. Combine all the ingredients and mix well. Set aside.

In a bowl whisk the eggs with the water.

Heat a little oil in a frying pan on medium and sauté the spring onions. Season well.

Add the egg mixture to the pan and turn down the heat to low-medium heat. Cook for 30 seconds without stirring.

Turn off the heat and fold to lightly scramble. Transfer to two serving plates.

In a bowl mix together the tomatoes, avocado, walnuts, and rocket. Season to taste with salt and pepper then add the dressing and toss to combine.

Top each egg portion with some salad, then garnish with sprouts and sunflower seeds.



How Can You Further Support Your Wellness?

If you loved the "Adrenal Abundance Masterclass but would like to dive deeper into your personal health journey book a private consultation [here](#):

Curious about how my Coaching Programs can support you?
Click on the links below to find out more!

[Private Coaching](#)

[Group Coaching](#)

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