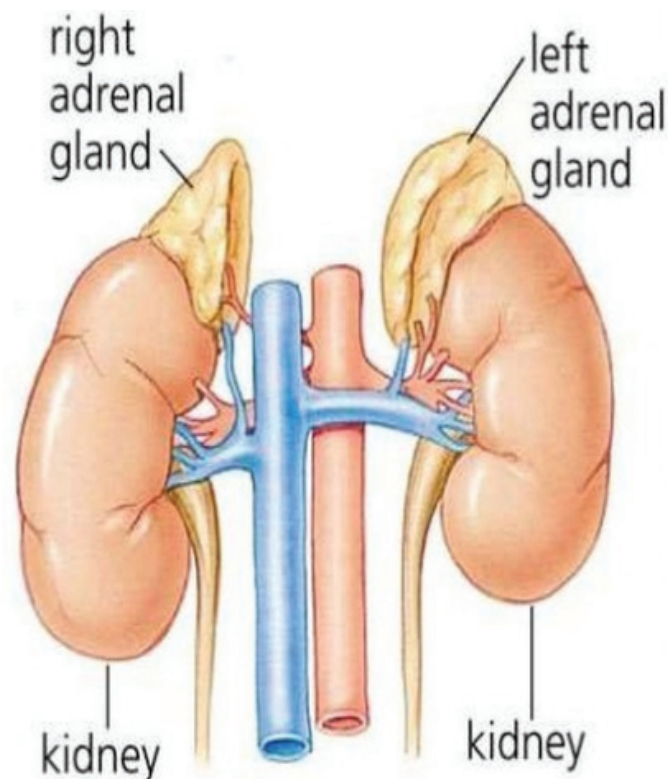


# Adrenal Health AT A GLANCE

## Signs your adrenals may be out of balance:

- Waking in the night
- Cravings for salt, sugar, alcohol
- Weight gain (especially around the middle)
- Loss of sex drive
- Hair Loss
- Low BP upon rising
- Hormone imbalance
- Insulin resistance
- ...and more!



# health on purpose eguide

## What you can do:

### Add +

- Yoga poses such as Child's pose and legs up wall (legs up wall should be avoided if you have heart issues)
- Essential oils that support Adrenal Health:
  - ~ Basil essential oil – massaged daily over adrenal glands with Carrier oil – sit with a hot compress over for 10 min.
  - ~ Ylang Ylang and Lavender on the adrenal points on the feet
- Rest and Relaxation – meditate – diffuse oils to lower your stress response (grounding oils such as Patchouli, Frankincense, Balance blend, Lavender, Cedarwood, Vetiver, or citrus oils such as Wild Orange or Bergamot).



### Generously consume:

- Coconut (including coconut oil)
- Olives (including olive oil)
- Avocado (including avocado oil)
- Leafy Greens
- Cruciferous vegetables
- Healthy fats (wild fish, nuts and seeds)
- Spend time in nature
- Journal
- Supplements should include:
  - ~ B complex
  - ~ Magnesium Glycinate
  - ~ Omega 3 (wild sourced)
- Eat protein and fat with every meal to keep blood sugar balanced.

### Remove –

- Caffeine – Sugar – Alcohol and any foods you may be sensitive to
- Stressors that can be avoided
- Late nights and late night snacking

