

Adrenal Supplement Protocols

To support Adrenal Stress Profile (ASP) Results

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Adrenal Support Protocol

(when cortisol and DHEA are not known)

Future Formulations	Super Adrenal Formula	1 tab at each meal
Allergy Research	Stabilium	4 capsules first thing for 2 weeks then 2 capsules first thing for 2 weeks
Future Formulations	Adrenal C Formula	1 tab with each meal

Anti-Anxiety Protocol

This is an additional protocol involving just one extremely effective remedy to reduce the adverse effects of stress. It has had an excellent effect in some people and a marked benefit in others. Zen is the most effective anti-anxiety, anti-panic attack natural remedy we have ever used with clients. We have learned from clients that it is effective for their whole family including their pets!

Allergy Research	200 mg of Zen	1 on empty stomach, mid am & mid pm, or as needed
Allergy Research	Stabilium	4 capsules first thing for 2 weeks then 2 capsules first thing for 2 weeks
Allergy Research	CalmEz	1-2 tabs during the day, 2-5 tabs at night

Anti Cravings Protocol

Allergy Research	XCraving Formula powder	1 teaspoon in liquid on empty stomach, or as needed
&/OR		
Biotics Research	Amino Acid Quick Sorb	10-15 drops under tongue, as needed
&/OR		
Allergy Research	Buffered Vit C powder	1 teaspoon in water <i>(this form of Vit C has been found to reduce cravings in studies as needed during the day carried out at the Haight-Ashbury Clinic, San Francisco)</i>
&/OR		
Biotics Research	Glucobalance	1 caps at each meal

Appetite Control Protocol

Allergy Research	XCraving Formula powder	1 teaspoon in liquid on an empty stomach, as needed
&/OR		
Allergy Research	Metaplex	2-5 tabs, 30 mins before meal(s) (protein, fibre, calcium, L-Carnitine, Garcinia Cambogia, +)
&/OR		
Biotics Research	Amino Acid Quick Sorb	10-15 drops under tongue 10-15 minutes before a meal
&/OR		
Allergy Research	Glucose Tolerance	1-2 caps 30 minutes before a meal with large glass of water
&/OR		
Biotics Research	Glucobalance	1 with each meal

ADRENAL TESTING - ADRENAL STRESS PROFILE (ASP)

To identify the specific state of an individual's adrenal hormones, where the case history is not evidence enough, and thereby obtain vital information on how to resolve the imbalance, consider the use of the Adrenal Stress Profile (ASP). The ASP is a simple non-invasive saliva test. Four saliva samples are used to construct an adrenal rhythm and obtain a DHEA to Cortisol correlation. Such an evaluation is not possible with blood and urine samples.

THE ADVANTAGES OF THE SALIVARY ASP

1. The test is non-invasive and can be performed wherever you are.
2. Saliva is collected under real life conditions. There are no stressful blood draws and no urine bottles to carry around for 24 hours.
3. With blood and urine testing, a number of borderline adrenal conditions are missed. This is not the case with the ASP because it is a time-specific and real life test.
4. The ASP is an in-depth test such that options for treatment are expanded by 400-500% over serum and urine test results.

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Free Cortisol & DHEA - Reference Range Values

Time of Day	Cortisol	DHEA
7:00 – 8:00 am	12 – 22	0.40 – 1.47
11:00 - 12:00 pm	5 – 9	0.40 – 1.47
4:00 - 5:00 pm	3 – 7	0.40 – 1.47
11:00 - 11:59 pm	1 – 3	0.40 – 1.47
Total Cortisol	21 – 41	

A Note About Dr. Wilson's Dynamite Adrenal powder

All of Dr Wilson's adrenal supplements have been blended together into a powder called Dynamite Adrenal. The powder therefore contains a multi vitamin and mineral, herb extracts, amino acids and glandulars, all in a single powder.

Dynamite Adrenal can be the most important product for a patient suffering from Adrenal Fatigue, and has been proven successful in clinical practice. However, there are two caveats for the use of this powder, and they are as follows.

One powder vs 2-4 individual products

With the sophistication of saliva testing for cortisol, it is now possible to target WHEN a patient takes specific supplements depending on the level of cortisol. This is what is reflected in the protocols below, using Dr Wilson's individual products: Adrenal Rebuilder, Herbal Adrenal Formula, Super Adrenal Formula & Adrenal C Formula. When a patient has adrenal fatigue with low cortisol especially in the morning and at noon, he/she becomes a candidate to take Dynamite Adrenal powder, in the place of these individual products. The choice needs to be yours, as the practitioner.

Dynamite Adrenal & the liver

The second reason why Dynamite Adrenal powder may not be the first choice of product for a patient who is in clear need of adrenal support, over and above the individual products, is the fact that the provision of so many nutrients at one time can also impact on the liver detoxification pathways. In some patients this could manifest in symptoms. Many of the very same nutrients required by the adrenals are also required by the liver. In some patients, this can lead to an increased activity in Phase One (CYP450) enzymes and lead to "detox" symptoms. If this happens, the patient needs to stop the powder for a few days and consider re-introducing in smaller doses, titrating the dose upwards over time. Alternatively, the patient may be better off taking the individual products, as indicated in the protocol suggestions detailed below.

Having described these caveats, to provide some balance, it is important to emphasise that some patients have never felt better than when they are taking Dynamite Adrenal.

For these reasons, Dynamite Adrenal is not specifically featured in the protocols below but could replace these products Adrenal Rebuilder, Super Adrenal Formula, Adrenal C Formula and Herbal Adrenal Formula, when there is LOW cortisol.

1. WHEN CORTISOL IS ELEVATED IN THE MORNING ONLY, WITH NORMAL DHEA, with total cortisol in normal range.

- Reflects HPAA imbalance & morning hypoglycaemia or stress, despite falling into the reference range.

Primary Protocol		
Allergy Research	Phos Serine Complex	1 at breakfast for 4 weeks
Biotics Research	A.D.H.S.	2 first thing
Biotics Research	Glucobalance	1 at breakfast & lunch
Future Formulations	Adrenal C Formula	1 tab with breakfast & lunch

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress		
Allergy Research	Zen	1 on empty stomach mid am & mid pm, as needed
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

2. WHEN CORTISOL IS ELEVATED IN THE MORNING AND NOON ONLY, WITH HIGH DHEA

- Reflects HPAA imbalance & morning & noon hypoglycaemia or stress, with elevated cortisol response.

Primary Protocol		
Allergy Research	Phos Serine Complex	1 at breakfast & lunch for 4 weeks
Biotics Research	A.D.H.S.	2 first thing, 2 at noon
Biotics Research	Glucobalance	1 at breakfast & lunch
Future Formulations	Adrenal C Formula	1 tab with breakfast & lunch

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress		
Allergy Research	Zen	1 on empty stomach mid am & mid pm, as needed
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

3. WHEN CORTISOL IS ELEVATED IN THE MORNING, NOON AND AFTERNOON, WITH HIGH DHEA

- Reflects HPA axis imbalance & morning & daytime hypoglycaemia or stress, with elevated cortisol output.

Primary Protocol		
Allergy Research	Phos Serine Complex	1 at each meal for 4 weeks
Biotics Research	A.D.H.S.	2 first thing, 2 at noon
Biotics Research	Glucobalance	1 at each meal
Biotics Research	Mg-Zyme (100 mg Mg)	1 at each meal
Future Formulations	Adrenal C Formula	1 tab with breakfast & lunch

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress		
Allergy Research	Zen	1 on empty stomach mid am & mid pm, as needed
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

4. WHEN CORTISOL IS ELEVATED AT NOON AND THE AFTERNOON ONLY, WITH HIGH DHEA

- Reflects daytime blood glucose imbalances, with elevated cortisol output.

Primary Protocol		
Biotics Research	Glucobalance	1 at each meal
Biotics Research	A.D.H.S.	2 first thing, 2 at noon
Biotics Research	Mg-Zyme (100 mg Mg)	1 at breakfast & lunch
Future Formulations	Adrenal C Formula	1 tab with breakfast & lunch

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress		
Allergy Research	Zen	1 on empty stomach mid am & mid pm, as needed
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

5. WHEN CORTISOL IS ELEVATED IN THE MORNING & AT NIGHT ONLY, WITH NORMAL DHEA, with total cortisol in the reference range.

- Reflects HPA axis imbalance, with possible hypoglycaemia &/or stress, despite falling in the reference range.

Primary Protocol		
Allergy Research	Phos Serine Complex	1 at breakfast & dinner for 4 weeks
Biotics Research	Glucobalance	1 at each meal
Biotics Research	A.D.H.S.	2 first thing, 2 at noon
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress & or insomnia		
Allergy Research	Zen	1 – 2 at night
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

6. WHEN CORTISOL IS BORDERLINE LOW IN THE MORNING, BUT ELEVATED AT NOON AND NIGHT, WITH LOW DHEA

- Reflects abnormal adrenal pacing with abnormal HPA axis combined with stress & or blood glucose dysregulation &/or stress

Primary Protocol		
Future Formulations	Adrenal Rebuilder	2 at breakfast
Biotics Research	Glucobalance	1 at lunch
Biotics Research	A.D.H.S.	2 at noon
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress & or insomnia		
Allergy Research	Zen	1 – 2 at night
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

7. WHEN CORTISOL IS LOW FIRST THING, BUT HIGH AT NOON & AT NIGHT WITH HIGH DHEA.

- Reflects abnormal adrenal pacing with abnormal HPA combined with stress & or blood glucose dysregulation &/or stress

Primary Protocol		
Allergy Research	Licorice Solid Extract	¾ tspn first thing
Future Formulations	Adrenal Rebuilder	1 at breakfast
Biotics Research	A.D.H.S.	2 at noon
Allergy Research	Phos Serine Complex	1 at dinner
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress & or insomnia		
Allergy Research	Zen	1 – 2 at night
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

8. WHEN CORTISOL IS ELEVATED AT NOON AND NIGHT, WITH BORDERLINE LOW DHEA

- Reflects hypoglycaemia or stress during the day & an imbalance in HPAA function. The borderline low DHEA suggests maladaptation response to stress warranting a tempering of adrenal output yet with adrenal support at the same time.

Primary Protocol		
Biotics Research	A.D.H.S.	2 at breakfast, 2 at noon
Biotics Research	GlucoBalance	1 at each meal
Allergy Research	Phos Serine Complex	1 at dinner
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress & or insomnia		
Allergy Research	Zen	1 mid am, 1 at night
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

9. WHEN CORTISOL IS ELEVATED AT NIGHT ONLY, WITH NORMAL DHEA, with total cortisol in the reference range

- Reflects HPA imbalance at night, with possible hypoglycaemia or reactive hypoglycaemia.

Primary Protocol		
Allergy Research	Phos Serine Complex	1 at dinner
Biotics Research	Glucobalance	1 at each meal
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress & or insomnia		
Allergy Research	Zen	1 at night
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

10. WHEN CORTISOL IS ELEVATED FOR ALL FOUR READINGS WITH BORDERLINE LOW DHEA

- Reflects HPA imbalance, with morning & daytime hypoglycaemia & stress with elevated cortisol output.

Primary Protocol		
Allergy Research	Phos Serine Complex	1 at each meal for 4 weeks
Biotics Research	A.D.H.S.	2 first thing, 2 at noon
Biotics Research	Glucobalance	1 at each meal
Future Formulations	Adrenal C Formula	1 tab with each meal
Biotics Research	Mg-Zyme	1 tab at each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress & or insomnia		
Allergy Research	Zen	1 mid am, mid pm, & at night
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

11. WHEN DHEA IS ELEVATED & CORTISOL LEVELS ARE NORMAL

- Reflects elevated ACTH with imbalanced response from adrenals. Care needs to be taken so as not to further diminish cortisol but at the same time support the adrenals. High DHEA can lead to antagonism of cortisol.

Primary Protocol		
Biotics Research	A.D.H.S.	2 first thing, 2 at noon
Future Formulations	Herbal Adrenal Formula	1 dropperful at breakfast
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

12. WHEN DHEA IS ELEVATED & CORTISOL LEVELS ARE LOW

- Reflects elevated ACTH with imbalanced response from adrenals, with inability to make adequate cortisol. The focus needs to be on the cortisol levels as a priority.

Primary Protocol		
Allergy Research	Licorice Solid Extract	¾ tspn first thing, ½ tspn at noon
Future Formulations	Herbal Adrenal Formula	1 dropperful at breakfast
Future Formulations	Super Adrenal Formula	1-2 tabs with each meal
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

13. WHEN CORTISOL IS LOW IN THE MORNING, BUT NORMAL AT OTHER TIMES, WITH NORMAL DHEA, with total cortisol in the reference range

- Reflects poor adrenal output in the morning, with abnormal adrenal pacing by HPA, despite falling in the reference range.

Primary Protocol		
Allergy Research	Licorice Solid Extract	¾ tspn first thing
Future Formulations	Herbal Adrenal Formula	1 dropperful at breakfast
Future Formulations	Adrenal Rebuilder	1 at breakfast
Future Formulations	Super Adrenal Formula	1-2 tabs at breakfast, 1 at lunch
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

14. WHEN CORTISOL IS LOW IN THE MORNING AND NOON, & WHEN TOTAL OF NOON AND AFTERNOON CORTISOL IS < 7, BUT IN THE NORMAL RANGE IN THE AFTERNOON AND NIGHT, WITH LOW DHEA

- Reflects fatigued adrenal output, with chronic stress or blood glucose imbalances indicated.

Primary Protocol		
Allergy Research	Licorice Solid Extract	¾ tspn first thing, ½ tspn at 11 am
Future Formulations	Herbal Adrenal Formula	1 dropperful at breakfast & at lunch
Future Formulations	Adrenal Rebuilder	1 at breakfast & lunch
Future Formulations	Super Adrenal Formula	1-2 tabs at breakfast & lunch
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

15. WHEN CORTISOL IS LOW IN THE MORNING & NOON, BORDERLINE IN THE AFTERNOON, BUT NORMAL AT NIGHT, WITH LOW DHEA

- Reflects fatigued adrenal output, indicating chronic history of stress or blood glucose imbalances.

Primary Protocol		
Allergy Research	Licorice Solid Extract	¾ tspn first thing, ½ tspn at noon
Future Formulations	Herbal Adrenal Formula	1 dropperful at breakfast & at lunch
Future Formulations	Adrenal Rebuilder	2 at breakfast & 2 at lunch
Future Formulations	Super Adrenal Formula	1-2 tabs at breakfast & lunch
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing
Lethargy		
Biotics Research	Stamina Caps	1-2 caps 30 mins before typical time of feeling lethargic

16. WHEN CORTISOL IS LOW IN THE MORNING, NOON AND AFTERNOON, WITH LOW DHEA

- Reflects fatigued adrenal output, indicating chronic history of stress &/or blood glucose imbalances.

Primary Protocol		
Allergy Research	Licorice Solid Extract	¾ tspn first thing, ½ tspn at noon
Future Formulations	Herbal Adrenal Formula	1 dropperful at breakfast & at lunch & mid afternoon
Future Formulations	Adrenal Rebuilder	2 at breakfast & 2 at lunch & 1 at dinner
Future Formulations	Super Adrenal Formula	2 tabs at breakfast & lunch
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing
Lethargy		
Biotics Research	Stamina Caps	1-2 caps 30 mins before typical time of feeling lethargic

17. WHEN CORTISOL IS LOW AT NOON AND THE AFTERNOON ONLY, WITH LOW DHEA

- Reflects fatigued adrenal output, indicating chronic stress &/or blood glucose imbalances.

Primary Protocol		
Allergy Research	Licorice Solid Extract	½ tspn at 10.30 am
Future Formulations	Herbal Adrenal Formula	1 dropperful at breakfast & at lunch & mid afternoon
Future Formulations	Adrenal Rebuilder	2 at breakfast & 2 at lunch
Future Formulations	Super Adrenal Formula	2 tabs at breakfast & lunch
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing
Lethargy		
Biotics Research	Stamina Caps	1-2 caps 30 mins before typical time of feeling lethargic

18. WHEN CORTISOL IS LOW FOR ALL FOUR READINGS, WITH LOW DHEA

- Reflects fatigued adrenal output, indicating chronic stress &/or blood glucose imbalances.

Primary Protocol		
Allergy Research	Licorice Solid Extract	¾ tspn first thing, ½ tspn at noon
Future Formulations	Herbal Adrenal Formula	1 dropperful at breakfast & at lunch & mid afternoon
Future Formulations	Adrenal Rebuilder	2 at breakfast & 2 at lunch & 1-2 at dinner (before 8 pm)
Future Formulations	Super Adrenal Formula	2 tabs at each meal
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing
Lethargy		
Biotics Research	Stamina Caps	1-2 caps 30 mins before typical time of feeling lethargic

19. WHEN CORTISOL IS AT THE LOWER END OF NORMAL FOR ALL FOUR READINGS & DHEA IS BORDERLINE LOW.

- Reflects fatigued adrenal output, with potential for adrenal fatigue, warranting immediate adrenal gland support to prevent decline to exhaustion stage.

Primary Protocol		
Allergy Research	Licorice Solid Extract	½ tspn first thing
Future Formulations	Herbal Adrenal Formula	1 dropperful at breakfast & at lunch & mid afternoon
Future Formulations	Adrenal Rebuilder	2 at breakfast & 2 at lunch & 1-2 at dinner (before 8 pm)
Future Formulations	Super Adrenal Formula	1 tab at each meal
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing
Lethargy		
Biotics Research	Stamina Caps	1-2 caps 30 mins before typical time of feeling lethargic

20. WHEN CORTISOL IS ELEVATED FIRST THING, BUT LOW AT NOON, WITH NORMAL DHEA

- Reflects abnormal adrenal output, with hypoglycaemia first thing or stress, but followed by poor adrenal output.

Primary Protocol		
Allergy Research	Phos Serine Complex	1 at breakfast for 4 weeks
Biotics Research	A.D.H.S.	2 tabs first thing
Future Formulations	Herbal Adrenal Formula	1 dropperful at 11.30 am
Future Formulations	Adrenal Rebuilder	2 at 11.30 am
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 first thing
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop mid am

21. WHEN CORTISOL IS ELEVATED FIRST THING, BUT LOW IN THE AFTERNOON, WITH NORMAL DHEA

- Reflects fatigued adrenal output combined with blood glucose dysregulation &/or stress, with imbalanced HPA and possible early morning hypoglycaemia &/or stress.

Primary Protocol		
Allergy Research	Phos Serine Complex	1 at breakfast for 4 weeks
Biotics Research	A.D.H.S.	2 tabs first thing
Future Formulations	Herbal Adrenal Formula	1 dropperful at 11.30 am & 3.00 pm
Future Formulations	Super Adrenal Formula	1 tab at each meal
Future Formulations	Adrenal Rebuilder	2 at 11.30 am & 2 at 3.00 pm
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop mid am

22. WHEN CORTISOL IS LOW FIRST THING, BUT HIGH AT NOON, WITH NORMAL DHEA

- Reflects imbalanced adrenal output with abnormal HPAA combined with stress & or blood glucose dysregulation &/or stress

Primary Protocol		
Allergy Research	Licorice Solid Extract	¾ tspn first thing
Future Formulations	Herbal Adrenal Formula	1 dropperful first thing
Biotics Research	A.D.H.S.	2 tabs at 11.30 am
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

23. WHEN CORTISOL IS LOW FIRST THING, BUT HIGH IN THE AFTERNOON, WITH NORMAL DHEA

- Reflects both fatigued adrenal output and abnormal rhythm, with abnormal HPAA combined with stress & or blood glucose dysregulation &/or stress

Primary Protocol		
Allergy Research	Licorice Solid Extract	¾ tspn first thing
Future Formulations	Herbal Adrenal Formula	1 dropperful first thing
Biotics Research	A.D.H.S.	2 tabs at noon
Biotics Research	GlucoBalance	1-2 caps at lunch
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid am & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop first thing

24. WHEN CORTISOL IS NORMAL IN THE MORNING AND AFTERNOON, BUT LOW AT NOON & MIDNIGHT, WITH NORMAL DHEA

- Reflects fatigued adrenal output, but with normal DHEA, indicating inability of adrenals to produce adequate cortisol on demand.

Primary Protocol		
Future Formulations	Herbal Adrenal Formula	1 dropperful at 11.30 am
Future Formulations	Super Adrenal Formula	1 tab at each meal
Future Formulations	Adrenal C Formula	1 tab with each meal
Biotics Research	Bio 3B G	1-2 at night

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 mid first thing & mid pm
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop mid am

25. WHEN CORTISOL IS HIGH IN THE MORNING, BUT LOW AT NOON & THE AFTERNOON, BUT NORMAL AT NIGHT, WITH LOW DHEA

- Reflects fatigued adrenal output and poor adrenal pacing, indicating chronic stress &/or blood glucose imbalances, with suggested nocturnal hypoglycaemia. Reflects a capacity to produce adequate cortisol, although poorly paced during circadian cycle.

Primary Protocol		
Allergy Research	Phos Serine Complex	1 caps first thing / breakfast for 4 weeks
Biotics Research	A.D.H.S.	2 tabs first thing / breakfast
Future Formulations	Herbal Adrenal Formula	1 dropperful at 11.30 am & 3.30 pm
Future Formulations	Super Adrenal Formula	1 tab at each meal
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 first thing
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop mid a.m.

26. WHEN DHEA IS CONSIDERABLY ELEVATED (OVER TWICE THE TOTAL DAILY REFERENCE RANGE) WITH ESSENTIALLY NORMAL CORTISOL, BUT WITH HIGHER MORNING LEVELS AND BORDERLINE LOW NOON, AFTERNOON AND NIGHT LEVELS.

- Reflects potentially elevated ACTH with imbalanced response from adrenals. Care needs to be taken so as not to further diminish cortisol but at the same time support the adrenals, without further increasing DHEA.

Primary Protocol		
Allergy Research	Phos Serine Complex	1 caps first thing / breakfast for 4 weeks
Biotics Research	A.D.H.S.	2 tabs first thing / breakfast & 2 at noon
Future Formulations	Super Adrenal Formula	1 at each meal
Future Formulations	Adrenal C Formula	1 tab with each meal

When accompanied by:	Consider	
Fatigue & Anxiety		
Allergy Research	Stabilium	2 to 4 caps first thing
Excessive stress / anxiety		
Allergy Research	Zen	1 first thing
Digestive Complaints		
Allergy Research	ProGreens powder	1 scoop mid a.m.

What is Adrenal Fatigue Syndrome?

Adrenal Fatigue Syndrome exists from a failure of the adrenal glands to efficiently and proportionately produce hormones. The adrenal glands secrete various hormones including cortisol, a hormone fundamental to optimal health. An excess of cortisol in the body can lead to severe problems, including Cushing's syndrome.

However, when released in normal levels by the adrenal gland, cortisol is essential to helping our bodies cope with stress and to fight infection— without cortisol the body cannot sustain life! Balance is crucial. Cortisol affects every tissue, organ, and gland in the body.

When the adrenal glands are 'fatigued', they may not supply the body with enough cortisol. The body does what it can to get by, but it is not without consequences. As such, Adrenal Fatigue Syndrome generally precedes other chronic conditions.

Protocols

These act as a guide for nutritional intervention. The management of an individual's health is best done on an individual basis, taking into account all impacting factors.

Protocols are to be used in conjunction with clinical data and interviews with your client, they are not designed to provide a treatment for a disease. If there is any doubt about the seriousness of your patient's health we recommend that they seek the advice of their primary physician. If all organic disease is then excluded or recognised, the application of lifestyle and nutritional changes may be applied with additional recommendations, including when deemed appropriate medication.

These protocols are to guide you through your nutritional intervention strategy and together with your nutritional biochemical understanding provide adjunctive options for you to recommend your clients.