

# Adrenal Hormone Rebalance Program



Are you Stress Out???

The adrenal gland releases Cortisol hormones to help your body deal with certain stressors. **Cortisol the primary stress hormone** fine-tunes our response to the stress of everyday life.

**Acute stress** response is a normal physiological reaction that occurs in response to a perceived threat or danger.

This is known as the fight-or-flight response and cortisol hormone is known as the stress hormone. Having an elevated cortisol response is normal for a short time for example during exercise. Elevated cortisol over a long periods of time days, weeks, months, and years can lead to adrenal fatigue or adrenal burnout.

Adrenal fatigue is a cortisol imbalance condition where the adrenal glands have been overworked due to **chronic stress** and they can no longer secrete levels of cortisol that are adequate for optimal function.

Chronic stress can lead to an overactive stress response, which can have negative effects on both physical and mental health. It can lead to conditions such as thyroid dysfunction, abdominal weight gain, metabolic syndrome, blood sugar problems, anxiety, depression, hormonal disturbances, and heart disease, among others.



Chronic stress can lead to changes in eating patterns, especially if you are not sleeping well. Chronic stress can increase your appetite and cravings for sugar and carbohydrates. Elevated Cortisol and unregulated insulin can increase abdominal weight gain; pear shape and apple shape individuals routinely have cortisol imbalances.

### ***Do You Have Risks of Adrenal Imbalance?***

Ask yourself:

*Do I need more sleep?*

*Am I usually tired when I wake up in the morning, but too 'wired' at night to fall asleep?*

*Can I live without coffee?*

*Do I generally feel run down?*

*Do I feel energized, or worn out after exercise?*

*Is it harder to bounce back from illness?*

*Do I need a vacation?*

#### **Symptom Checklist:**

- |  |   |
|--|---|
| <input type="checkbox"/> Aches and pains         | <input type="checkbox"/> Allergies                    |
| <input type="checkbox"/> Sleep disturbances      | <input type="checkbox"/> Bone loss                    |
| <input type="checkbox"/> Chronic health problems | <input type="checkbox"/> Sugar/food cravings          |
| <input type="checkbox"/> Irritability            | <input type="checkbox"/> Susceptibility to infections |
| <input type="checkbox"/> Weight gain in waist    | <input type="checkbox"/> Autoimmune diseases          |
| <input type="checkbox"/> Depression              | <input type="checkbox"/> Diabetes/prediabetes         |
| <input type="checkbox"/> Evening fatigue         | <input type="checkbox"/> Poor concentration           |
| <input type="checkbox"/> Morning fatigue         | <input type="checkbox"/> Low libido                   |
| <input type="checkbox"/> Anxiety                 | <input type="checkbox"/> Sensitivity to chemicals     |

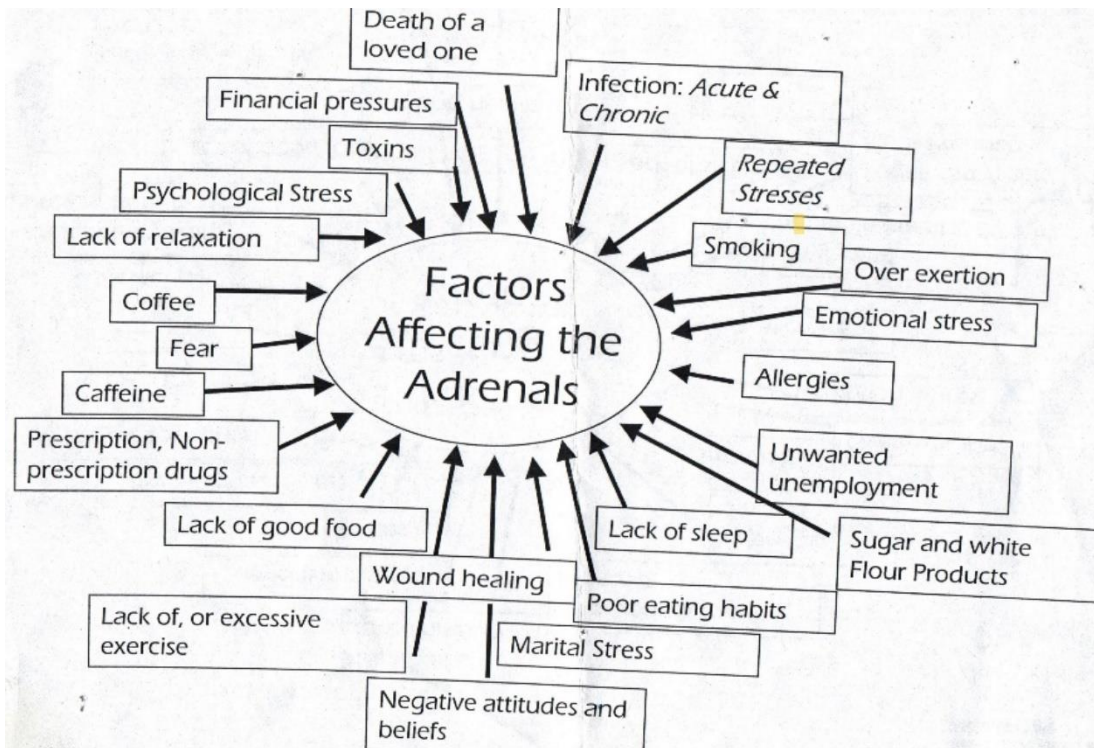
*Sound familiar? The more of these symptoms you have, and the more persistent they are, the more likely you are to be walking around with undetected adrenal fatigue.*

*Ask your healthcare provider about hormone testing for adrenal imbalance associated with stress disorders.*

It is important to understand abdominal weight gain is linked to fatty liver syndrome also called nonalcoholic fatty liver disease (NAFLD). Fatty liver can slow down the detoxification process of riding toxins from our blood potentially leading to health problems.

There are several other factors that can contribute to adrenal fatigue, including poor diet, lack of exercise, and other lifestyle factors. If left untreated, adrenal fatigue can lead to more serious health issues.

**Here are some of the potential stressors we can face in our lives:**



Condition seen with cortisol imbalance include menopause, chronic fatigue syndrome, fibromyalgia, depression, impotence and infertility, diabetes II, insulin resistance, heart disease, insomnia, and autoimmune conditions.

Treatment for adrenal fatigue typically involves a combination of lifestyle changes, dietary modifications, and supplementation. It's important to address any underlying causes of adrenal fatigue, such as stress, poor diet, or lack of exercise.

Supplements and adaptogenic herbs, can also be beneficial in supporting adrenal function.

In some cases, hormone replacement therapy may be recommended to help restore hormonal balance.

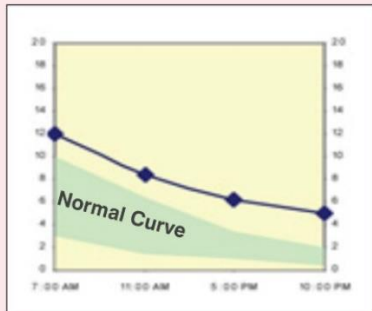
## How is Adrenal Dysfunction Testing Done?



This is a home-collection saliva test. This salivary hormone test is non-invasive and a convenient way to measure the levels of your stress hormone in your body. It can help identify imbalances in hormones such as adrenal fatigue

The test requires you to collect a small sample of saliva, at four different times throughout the day. You will then mail the sample to the laboratory for analysis.

### Chronically Elevated Cortisol



### Test Results Below: Chronically Elevated Cortisol.

Overall higher than normal cortisol production throughout the day from prolonged stress demands. Patients with this curve have symptoms of increased food and sugar cravings, feeling tired but wired, insomnia, and anxiety. High cortisol levels also deplete its precursor progesterone.

### How Dr. Sonya Can Help?

Dr. Sonya believes in treating the whole person, not just their symptoms. She works closely with each patient to create a customized plan that addresses their unique needs and goals. She utilizes naturopathic functional testing such as adrenal hormone testing, sex hormone testing, weight management profile testing, and thyroid hormone testing to unmask underlying conditions. These objective lab test can be used to monitor your health progression. In addition to correcting any hormonal deficiencies, Dr. Sonya will help you manage your adrenal fatigue symptoms and reduce your risk of metabolic dysfunction, abdominal weight gain, and fatty liver disease, by looking into dietary factors, such as eating high calorie low nutrient foods that disrupt hormone metabolism and potentially make adrenal dysfunction worse. Lasting Dr. Sonya helps you choose healthy lifestyle habits that influence your symptoms, such as, healthy hydration, stress management, getting enough sleep and exercising regularly.

### What is Included in the Adrenal Rebalance Program

#### First Visit 60-90 Minutes

The first naturopathic consultation is about 60-90 minutes, this comprehensive evaluation focuses on determining the underlying causes of your health issues and your health goals.

- ✓ Dr. Sonya will go over your health history and ask you about your medical history, including any past illnesses or injuries, surgeries, and medications. She will also ask about your personal and family health history, lifestyle factors such as diet and exercise, and any stressors or emotional concerns.
- ✓ Dr Sonya will conduct a physical exam which may include checking your vital signs, evaluating your skin, hair, and nails, and assessing your overall health and well-being.
- ✓ She will recommend which diagnostic lab testing will best correlates to your symptoms to help identify any underlying health issues.
- ✓ She will give you a 7-day diet diary to record your dietary intake for nutritional assessment and analysis, looking for any nutritional deficiencies.



## Second Visit 45-60 Minutes- No charge

### During the Second Visit:

- ✓ Dr. Sonya will go over your lab tests and answer any questions you have.
- ✓ She will discuss the results of your diet diary and provide a nutritional analysis and assessment focusing on macronutrient and micronutrient deficiencies.
- ✓ Together you will discuss your goals and how to achieve them.
- ✓ Dr. Sonya will discuss the treatment plan tailored for you. The personalized treatment plan may include hormone prescriptions, dietary changes, nutritional supplements, herbal remedies, and lifestyle modifications.
- ✓ Dr. Sonya will provide education and resources to help you better understand your health and how to achieve optimal wellness. This may include information on nutrition, exercise, stress management, and other lifestyle factors.
- ✓ Dr. Sonya will schedule a follow-up appointment to monitor your progress and adjust your treatment plan as necessary.