“Adrenal fatigue” is a popular term, but it’s important to know that **it isn’t a recognized medical diagnosis**. Most endocrinologists talk about **chronic stress, poor sleep, blood-sugar instability, or true adrenal disorders** (like adrenal insufficiency, which is rare and very different).

C**ertain foods can worsen stress on the body, disrupt cortisol rhythms, or make people feel more “burned out.”** These are often what people mean when they say foods “cause adrenal fatigue.”

Foods that can worsen adrenal stress or symptoms

1. Sugar and refined carbs

Examples: candy, pastries, soda, white bread

- Cause rapid blood-sugar spikes and crashes
- Crashes can trigger cortisol and adrenaline release
- Often linked to fatigue, anxiety, and cravings

2. Excess caffeine

Examples: coffee, energy drinks (specially Red Bull), pre-workout powders

- Forces adrenaline and cortisol release
- Can worsen anxiety, sleep problems, and energy crashes
- Especially problematic on an empty stomach

3. Ultra-processed foods

Examples: fast food, packaged snacks, frozen meals

- Low in nutrients needed for stress regulation (B vitamins, magnesium, vit. C)
- High in inflammatory fats, sodium, and additives

4. Alcohol

- Disrupts sleep and cortisol rhythm
- Depletes B vitamins and magnesium
- Can worsen fatigue and anxiety the next day

5. Highly inflammatory oils

Examples: soybean oil, corn oil, vegetable oil (in excess), safflower, sunflower, canola

- May increase systemic inflammation
- Often found in fried and packaged foods

6. Skipping meals or very low-carb diets (for some people)

- Can cause blood-sugar drops
- Triggers stress hormones to compensate
- Leads to shakiness, fatigue, irritability

Foods that *support* stress and energy regulation

While no food "heals adrenals," these help stabilize energy:

- **Protein** (eggs, fish, poultry, legumes)
- **Complex carbs** (sweet potatoes, oats, brown rice)
- **Healthy fats** (organic, cold pressed: olive oil, avocado, safflower, and sunflower)
- **Mineral-rich foods** (leafy greens, seeds)
- **Regular meals** to stabilize blood sugar

When to be cautious

If fatigue is **severe, persistent, or accompanied by**:

- Unintentional weight loss
- Dizziness, fainting
- Low blood pressure
- Darkened skin
- Salt cravings

Supplements to support adrenal function

1. Food based vitamin C (Amla C - made from Indian goose berry)
2. Organic, cold pressed omega 6/omega 3 oils
3. Adaptogenic mushrooms:
   a. cordyceps
   b. Ashwagandha
   c. Rhodiola rosea
   d. Holy Basil / Tulsi
   e. Schisandra
   f. Astragalus
   g. Reishi mushroom
   h. Eleuthero
   i. Lion's Mane
   j. Chaga
   k.Turkey Tail
   l. He Shou Wu / Fo-Ti
   m. Maca
   n. Ginseng
   o. Brahmi
   p. Gotu kola

4. Indiumease: 49th on the periodic table; enables all the endocrine glands to absorb trace minerals.
5. Protomorphagens: Provide the genetic blueprint to repair the adrenals
   a. Drenamin (Standard Process)
   b. Adaptogen (Premier Research)
   c. **Drenatrophin PMG** – Contains **bovine adrenal PMG™ extract**, specifically sourced from adrenal tissue.
   d. **adrenal PMG** is specifically from bovine adrenal gland tissue, and **Drenatrophin PMG** is the most targeted adrenal protomorphagen product
6. **PEScience Select Protein** – Excellent whey + casein blend with a very complete amino acid profile.
7. Orgain Organic Plant Based Protein Powder
8. Orgain Organic Plant Based Protein Powder
9. Garden of Life Sport Organic Plant-Based Protein – Higher protein per serving (30 g).
10. Whole Body Collagen: Designs for Health

Rife practitioners *claim* frequencies such as:

- 727 Hz
- 787 Hz
- 880 Hz
- 1550 Hz
- 528 Hz

Simple tests to diagnose adrenal fatigue

1. The **Ragland test**—also called the **postural blood pressure test**—is a **simple, informal screening test** sometimes used in functional or integrative medicine to look for **possible adrenal dysfunction**, particularly **low cortisol output**. It is **not a diagnostic medical test**, but rather a rough indicator.
   a. How the Ragland Test Is Performed

      (1) **Lie down** and rest for **5 minutes**

      (2) Measure **blood pressure** (especially systolic)

(3) Stand up

(4) Measure blood pressure **immediately** or within **30 seconds**

Interpreting Results

- **Normal response:**
  - Systolic BP stays the same or **rises slightly** (≈ 5–10 mmHg)
- **Possible adrenal insufficiency pattern:**
  - Systolic BP **drops by more than 10 mmHg** upon standing

This drop suggests the body may not be producing enough norepinephrine our epinephrine to maintain blood pressure when upright.

2. P**aradoxical pupillary reflex test**

The physiology behind a "normal" pupillary constriction is a balance between the sympathetic and parasympathetic nervous systems. Parasympathetic innervation leads to pupillary constriction. A circular muscle called the *sphincter pupillae* accomplishes this task. Sympathetic innervation leads to pupillary dilation. Dilation is controlled by the dilator pupillae, a group of muscles in the peripheral 2/3 of the iris.

a. Have the person in a darkened room

b. Use a small penlight flashlight

c. Shine the light on an angle at the eye: Several possible responses

(1) The pupil dilates immediately: Sympathetic dominance.

(2) The pupil constricts then slowly starts too dilate: moderately sympathetic dominance.

(3) The pupil vacillates between dilated and constricted: Severe imbalance between the parasympathetic and sympathetic nervous systems.