

ADRENAL METABOLIC BODY TYPE DIET

Eat plenty of: Vegetables daily, Fruit makes a good breakfast for this body type. Water and herbal teas. Tea may be sweetened with a little honey if desired. Raw cashews, almonds, pecans, or seeds. Unsalted preferred. Frying or roasting nuts destroys the Essential Fatty Acids and fat-soluble nutrients such as vitamin E.

Eat Moderate amounts of: Three to five times per week. Fish, not fried, ocean seafood is better than fresh water and wild is always better than farm raised. Chicken or Turkey without the skin and venison. Cheese, yogurt, cottage cheese, and milk. Cold pressed oils such as olive, coconut, sesame, hemp, flax, or almond with fish oil supplementation. Fruit juices used sparingly can be diluted with water. Butter use sparingly, part olive oil or flax oil butter is better.

Eat Minimal amounts of: Once or twice per week. Red meat (grass fed is preferable) Shellfish, dried fruit (high in sugar even though these sugars are more complex than refined sugar.) Real steel cut oats, brown rice, millet, couscous and beans such as lima, pinto, navy, black beans etc. are all somewhat pro-inflammatory but can be eaten in small quantities.

Avoid: GRAINS, pork, salt and salty foods, especially potato chips. The most inflammatory grains are wheat and corn (corn on the cob is considered a vegetable) and the most inflammatory bean is soybeans and should be avoided. Refined carbohydrates such as white flour, white breads, pastries, etc. No refined sugar or corn syrup. No fried foods, margarine, or Crisco. Adrenal Body Types crave these foods because they over stimulate the Adrenal glands and give a mild kick to the body. This is followed by a low in energy and blood sugar and then a craving again for the same food to achieve the same mild “high”. All grains and beans are pro-inflammatory; however, the worst offenders are wheat, corn, and soy. Other grains and beans can be tolerated on a limited basis.

Eating Schedule:

Light Breakfast

Moderate Lunch

Larger Dinner

This is because Adrenal body types energy starts slow and their metabolism builds as the day goes by, hence they can burn off more calories later in the day than in A.M.

Examples of a recommended eating schedule:

Breakfast: Bananas, avocados or other less sweet fruits. Yogurt, use plain yogurt mixed with real fruit or honey. (Flavored yogurts are full of sugars or sugar substitutes) Vegetable juice, minimal fruit juices due to sugar. You may dilute fruit juices to help. Dried fruit soaked in water can be used not more than twice per week. Real oatmeal or brown rice can be used not more than twice per week.

Lunch: Vegetables steamed or in a salad. Steamed vegetables are easier to digest than raw. Baked potato, raw seeds, or unsalted nuts. Water, herbal teas, milk sparingly. (Adrenal body types should rarely have red meat at lunch).

Dinner: Chicken, turkey or fish baked, broiled, boiled, or grilled, not fried. Eggs or an omelet. Vegetables steamed or grilled. Water or herbal teas.

Example of a natural desert if no weight loss is desired would be yogurt with fruit sweetened with honey or fruit juices but not refined sugar.

For Weight Loss:

In order to loss weight, you must have normal hormonal function (this includes the Hypothalamus, Pituitary, Thyroid, Adrenal and Ovaries or Testicles). You must have proper digestion and elimination or you cannot loss weight from the Abdomen, your liver must not be toxic (often secondarily to a toxic colon, because of prescription drug therapies, or junk food in the diet). You must have good Pancreatic function with proper sugar and Insulin handling. You need good Gallbladder function in order to process fats. If one of the above hormonal organs or the Gallbladder has been removed, you must mimic this missing function with nutritional supplementation to achieve results. The doctors in our clinic focus on Applied Kinesiology and muscle testing Chiropractic techniques. These can be utilized to help you determine what the missing link is in the blockages to your weight loss issues. Just starving yourself with modified fasts does not work. The body slows its metabolism and starts consuming its own protein reserves in the liver, muscles, and skin.

No snacking between meals. This includes coffee, soda and fruit juices. Take 4-5 hours between breakfast and lunch and then between lunch and dinner. You may have water or unsweetened herbal tea. This is because your body burns sugars and carbohydrates easier than it burns proteins or fats. If given a source of sugars and carbohydrates it will preferably use this instead of reaching in and burning off your bodies fats that have been stored for energy. Ironically, a common approach for treating hypoglycemia (low blood sugar) is to give the person many small meals or snacks per day, often simple sugars. This always supplies the body with carbohydrates and quickly stops hypoglycemia symptoms. However, this constantly places a demand on the pancreas for insulin. This can lead to a full-blown case of diabetes by wearing the pancreas out over the years. When the blood sugar starts to drop, you get low energy, mental sluggishness, irritability, etc. Your body will start craving sugar or some other stimulant. If you wait a little while, your body will reach into its stored fat and burn this for energy. This will be difficult at first if your body has been dependent on coffee, tobacco, soda, (especially colas) candy, sugar or alcohol. You will have to wean yourself off these slowly and gradually work up to not eating for 4 to 5 hours between meals.

You can force your body more quickly from sugar metabolism to protein and fat metabolism with aerobic exercise. You must have some natural fat in the diet to prime the fat metabolism pump, primarily omega 3 fish oils. Good fats are usually liquid oil at room temperature. Any oil or fat that is heated (deep fryer fat), exposed to sunlight or oxygen, processed or store for long periods of time will turn rancid and is no longer able to be used by the body and are also carcinogenic.

To cut down on fermentation and bloating of foods in the gut and to improve digestion DO NOT EAT ANYTHING sweet within 30 minutes of a meal. In addition, DO NOT EAT within 2 hours of bedtime.