

A FREE E-BOOK

# 10 Ways

To Overcome  
Adrenal Fatigue and Get  
Your Energy Back

BY NURTURE & MOVE



# What is adrenal fatigue?

Are you constantly feeling exhausted, even after a full night's sleep? Do you find yourself relying on caffeine and sugar just to get through the day? You might be experiencing adrenal fatigue, a condition that affects many busy, professional women like you.

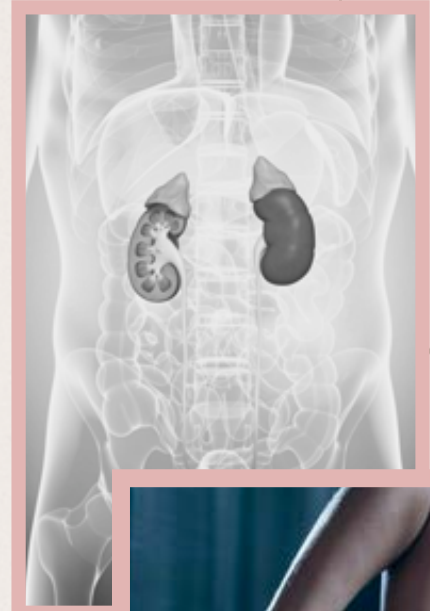
Adrenal fatigue occurs when your adrenal glands, which produce vital hormones like cortisol to help manage stress, become overworked due to chronic stress and hectic lifestyles. This leads to a decrease in hormone production, leaving you feeling drained and unable to cope with everyday demands.

While adrenal fatigue is not widely recognised as a medical condition by some in the healthcare community, its symptoms are real and impactful. Many professionals feel its effects, making it hard to balance responsibilities and enjoy their achievements.

## The Role of the HPA Axis

The Hypothalamic Pituitary Adrenal (HPA) Axis is a complex set of interactions between your hypothalamus, pituitary gland, and adrenal glands. It plays a crucial role in your body's stress response. When you are under chronic stress, the HPA axis is constantly activated, leading to the overproduction of cortisol. Over time, this continual strain can cause the adrenal glands to become fatigued, resulting in reduced cortisol levels and a weakened stress response.

By understanding adrenal fatigue and the HPA axis, you take the first crucial steps towards reclaiming your energy and vitality. This e-book will guide you through 10 effective, holistic ways to overcome adrenal fatigue and regain your zest for life, naturally and sustainably.





# Symptoms you be experiencing with adrenal fatigue

Now that you understand a little more of what adrenal fatigue actually is, you may be thinking of all the symptoms you've experienced and had no idea they could be reflecting a concern of adrenal fatigue. Our hormones play a much bigger role in our bodies than most realise. But good thing, you're ahead of the game and will have some extra knowledge of what's happening with your body and some ways to overcome adrenal fatigue .

Some symptoms you may be experiencing if adrenal fatigue is occurring include:

- Difficulty waking up in the morning, even after a full night's rest
- High energy levels in the evening but feeling sluggish during the day
- Sleep problems inc. insomnia
- Sudden abdominal weight gain
- Brain fog
- Anxiety or depression
- Blood pressure issues
- Dizziness
- Dry skin
- Persistent fatigue that isn't relieved by sleep
- Frequent colds or infections due to a weakened immune system
- Increased appetite
- Low sex drive
- Poor circulation and muscle tone
- Cravings for salty or sugary foods
- Thyroid dysfunction
- Sleep problems
- Slow wound healing
- Reduced enthusiasm for life and work





1

Address and manage stress. Stress is one of the main causes of adrenal fatigue, but we all know stress is a part of life. How you manage it is what really matters. Some cases of stress are harder to handle than others, but finding a supportive community and actions you can take to manage the daily stressors will be a great help. Some simple ways to manage stress include meditation, journaling, yoga, and even going on a social media fast.



2

Prioritise sleep. Sleep is one of the main things that get affected when going through adrenal fatigue - both exhaustion and insomnia occur because of the cortisol imbalance. Getting your circadian rhythm back in sync is one step to take to restore your adrenals from burnout. By setting up a bedtime routine and doing things to calm yourself will get you into a practice of falling asleep at a regular time. Having a regular bedtime will help as well. Some things to prepare and prioritise sleep include shutting off devices an hour before bed, making your room dark, and diffusing essential oils like lavender and roman chamomile.







### 3

Keep a consistent schedule. Begin to keep a planner, digital or paper, to know what you are doing and at what times. Following a similar schedule daily will help your body fall into a normal routine. By doing this, your mind and body will know when it's time to rest and when it's time to go. If you have a hectic schedule, see if there are any things you can remove from it or change.



### 4



Avoid caffeine and alcohol intake. Caffeine itself isn't a bad thing for everyone, but when it comes to adrenal fatigue, you may have to put it to the side for a little bit. Caffeine decreases melatonin (hormone produced to help you sleep) and stimulates the adrenals, which if experiencing adrenal fatigue are already working overtime. There are coffee replacements, as well as herbal teas that do not contain caffeine. Alcohol interferes with REM sleep which affects the quality of sleep you get, leading to more exhaustion the next day.



## 5

Consume adrenal supporting foods. By implementing these foods into your daily diet, you'll begin to feel more refreshed and energised. High quality protein sources will help balance energy levels without spiking your blood sugar, which is an important part of supporting your adrenals. Avocados are highly recommended due to being a source of healthy fat and fibre content. This combination of nutrients helps balance hormone levels and stabilise blood sugars. Sea salt is another thing to add to your diet, especially if experiencing low blood pressure. Organic vegetables can help nourish the adrenal glands through their anti-inflammatory properties and vitamin and mineral content and should be eaten with every meal. Start with non-starchy vegetables to avoid blood sugar spikes.



## 6

Minimise environmental toxins. Toxins are everywhere, but you may not realise how much they are affecting you and your hormones. Using chemical-based hygiene products, makeup, and cleaning products are allowing toxins to seep into your body and causing extra work for your adrenals and many other hormones. Toxins are also in plastic containers and water bottles that you may be using all day long. Leaning toward non-toxic products will help you see a big change in your adrenal health.







## 7

Do the best types of movement for your body. Often, adrenal fatigue is caused by over-exercising. Who would have thought? But too much exercise can absolutely lead to your adrenals having to work harder. When recovering from adrenal fatigue, it is recommended to do some light exercise daily like a walk, riding a bike, or even gardening. Step up to higher levels of exercise once you know your adrenals are at an optimum-functioning level. But don't completely stop exercising, a sedentary lifestyle isn't good either.



## 8



Set boundaries. I know how difficult this can be, but it's so worth it when you see the freedom in your life. You do not need to submit to anyone and you do not need to feel guilty for saying no to anyone. I know it sounds easier than it is, but start practicing now. Remember that schedule I told you to create? - this is the time to use it. The next time you are asked to do something or go somewhere, take out your planner and see if you truly have the time. If you do not, just say no - no excuse needed. Setting boundaries will change your life.



## 9

Reduce inflammation. Inflammation contributes to adrenal fatigue, so it is something we need to focus on when overcoming adrenal fatigue. Inflammation is a process started by the body in response to stress. It is a sign of defense to heal damage and is only trying to keep the body healthy. When there is too much inflammation is when we see a problem and extra cortisol is released to calm the inflammatory process. But we already know that with adrenal fatigue, there is already too much cortisol release. It's time to stop the triggers of inflammation by eating some anti-inflammatory foods such as grapes and berries, nuts, olive oil, avocados, and ginger, just to name a few.



## 10

Infuse self-care into your life. Tada... this may be the best one! You deserve to take care of yourself, do not feel guilty for it. You are a beautiful person created to live a life full of purpose and to actually enjoy it. So now is your time to do that. Self-care can be anything from taking an hour by yourself in a quiet space to going out with your friends for the evening. You may have kids, a partner, dogs - I am not saying to forget about them. Just make some plans for yourself and ask for a night off. Fit that self-care in while everyone is out of the house, when you have a break from work or wherever you can create time in your schedule - but actually do it. Here is where those boundaries come into play. They will save you.





# The Adrenal Cocktail

Yes!! There really is such a thing as an adrenal cocktail. This may be to your surprise, but there is no alcohol in this drink. Hint: alcohol is not helpful in restoring your adrenals after burnout. But this cocktail is still absolutely delicious. You'll be thinking, "I really get to drink this to make me feel well?" And yes, yes you do!

There are variations of this drink as everyone has created their own favourite flavorings, but the main point of this drink is that it's supplying your adrenals with vitamin C, sodium, and potassium. With that being said, the main ingredients usually include orange juice, coconut water, and a pinch of sea salt. Did I say delicious yet?

But you can also add some other ingredients to make it an even more powerful remedy for your body:

- Collagen powder - for protein and joint health
- Magnesium powder - for digestive regularity
- Canned coconut cream - to balance blood sugar
- Cream of tartar - for additional potassium

If you want to avoid a sugar spike, are pre-diabetic or have diabetes, I recommend consulting your physician before drinking this adrenal fatigue cocktail. You can also choose to use a vitamin C packet in place of orange juice, which has a much lower amount of carbs.





# Adrenal Cocktail Recipe

Add 1 cup orange juice, 1 cup plain coconut water, and  $\frac{1}{4}$  tsp Himalayan Sea salt to a glass and stir. Add ice if desired and enjoy.





# Supplements for Adrenal Health

As I mentioned earlier in this guide, lifestyle changes are what I recommend to restore your adrenals after burnout. That includes using supplements. You will find many recommendations from coaches and doctors everywhere, so these are just a few that I personally use for myself and recommend to my clients.

But do not feel limited to these supplements if you find others that work well for your body and seem to ease your symptoms.





## ASHWAGANDHA

A commonly known adaptogen that helps one adapt to stress - hence the name adaptogen. It is a popular medicinal herb used in Ayurvedic medicine. As a result of helping with stress, it has been known to reduce cortisol levels which are altered when experiencing adrenal fatigue. This herb has become popular with holistic practitioners and you can find it on many store shelves and online health stores. One of my favourite ways to use ashwagandha is in tea which you can find in stores also.



## HOLY BASIL

Another adaptogen, commonly referred to as Tulsi. It has been found that supplementing with holy basil may improve cognitive function and reduce salivary cortisol levels. Holy basil may also combat psychological stress and normalise blood glucose, blood pressure, and blood lipid levels. Holy basil has a profound effect on stress levels and is very calming. Like ashwagandha, it can also be found in teas, as well as essential oils.





## GLUTATHIONE

An excellent detoxifier that your cells normally make. Although, with certain conditions including adrenal fatigue, glutathione production drops, exposing cells to damage. For this reason, it's important to ensure your body is making or getting enough glutathione. Vitamin C and glutathione work synergistically, which is why I put them both as recommended supplements for adrenal fatigue.



## VITAMIN C

Vitamin C as you already know is mighty when it comes to adrenal fatigue. As you probably already know, everyone should have an intake of vitamin C on a normal basis. With adrenal fatigue, supplementing with vitamin C is even more important. You also do not want to take too much. When it comes to supplementing, I am providing information, but recommend consulting with your physician before you take any. With this list, you can at least ask your doctor which they recommend.





## COLLAGEN

Another supplement that I suggest not only with adrenal fatigue, but also for women over the age of thirty-five. Collagen is the most prevalent protein in the body. Many people with advanced stages of adrenal fatigue complain of losing muscle mass. This happens during later stages of adrenal fatigue because by this point, the body has started to break down collagen and muscles for fuel, since energy levels are so low. In order for the body to recover, collagen needs to be replenished and can be done with supplements.



## PROBIOTICS

Probiotics are very important when it comes to gut health and when hormones become imbalanced, gut health should be focused on. Adrenal fatigue is a hormone imbalance that requires some gut improvement as well. A gut imbalance is common when adrenal fatigue is present since the gut flora is very sensitive to stress and unhealthy diets which are both prime causes of adrenal fatigue. In order to bring the gut back to a state of health and balance, it is required to feed it good bacteria. This can be done through probiotic supplementation including capsules as well as other foods such as raw yogurt, kefir, fermented vegetables, and more.





# NOW WHAT?



I'm so excited to see how this guide helps you. Overcoming adrenal fatigue and getting my energy back was one of the most freeing things I've ever done, and I hope it will be for you, too. This guide provides a solid starting point, but I know there's more to be done. If you have the support you need, that's fantastic! But if not, I'm here for you.

As an integrative nutrition and trauma-informed coach, I turned my journey of overcoming adrenal fatigue into a mission to empower other professional women. I once found myself caught in a cycle of stress, emotional eating, no 'me' time and toxic relationships. Realising the toll it was taking on my health, I embraced small but transformative changes to prioritise self-care, set healthy boundaries, and find balance. With my qualifications and personal experience, I help women redefine success and wellness through simple yet effective steps. Join me on this journey toward a healthier, happier you!

If you would like to chat more about how I can help you beat adrenal fatigue and get your energy back naturally, please book a [FREE 45 minute clarity call](#) to get you started towards gaining your energy back.