

Support Your Adrenals to Balance Hormones

To keep our hormones balanced, we need to start with mitochondria and blood sugar and keep those balanced, and then add good adrenal support.

Here's what you can eat to make sure your adrenals have the nutrients required to support hormone production:

Include Healthy Cholesterol at Each Meal <i>so your adrenals have enough nutrients to create stress and sex hormones.</i>	You Need Vitamin B5 <i>to convert cholesterol into stress and sex hormones. B5 is a water-soluble vitamin, and we often cannot obtain therapeutic levels of it from food alone. A therapeutic-range multivitamin might be helpful.</i>	
• organic pastured unprocessed meat, dairy and eggs • coconut flesh, oil and butter • organic avocados, nuts and seeds	✓ mushrooms ✓ cauliflower ✓ broccoli ✓ beet greens ✓ asparagus ✓ turnip greens ✓ bell peppers ✓ cucumber	✓ celery ✓ avocado ✓ peas ✓ chicken ✓ turkey ✓ yogurt ✓ salmon ✓ beef ✓ eggs ✓ shrimp
Increase Antioxidants at Every Meal <i>for hormone issues and most chronic health issues</i>	Include Zn <i>for Activation of Vitamin A</i>	
• Vitamin A: sweet potato, carrots, spinach, kale, mustard greens, collard greens, beet greens, turnip greens, swiss chard, winter squash, lettuce, bok choy, bell pepper, parsley, broccoli, asparagus, sea veggies, chili peppers, tomatoes, basil, papaya, shrimp, eggs. • Vitamin C: strawberries, pineapples, oranges, kiwi, cantaloupe, cauliflower, rose hips, amla, raspberries, lemons, limes, grapefruit • Vitamin E: sunflower seeds, spinach, swiss chard, turnip greens, almonds, avocado, peanuts, shrimp, olives, olive oil, cranberries, green beans • Use as many spices as possible with each meal. Herbs with a high ORAC value are super-high in antioxidants and can be mixed together in empty spice jars and used with every meal instead of just salt and pepper. • Eat a cup of blueberries (or other dark berries) every day.	✓ organic, grass-fed beef ✓ spinach ✓ asparagus ✓ mushrooms ✓ sesame seeds ✓ pumpkin seeds ✓ garbanzo beans ✓ quinoa	✓ lentils ✓ cashews ✓ turkey ✓ shrimp ✓ green peas ✓ oats ✓ yogurt ✓ squash ✓ miso ✓ beet greens

Adrenal-Healthy Lifestyle Choices

Food isn't a magic button that can overwrite other lifestyle habits though - we need a whole-picture solution for our adrenals to be well taken care of:



- Number 8 is not G-rated, but you can [read it in the post](#) (for married women)!
- Lori includes lots of practical tips to make these big picture habits doable as well.