

Dr. Christianson's

adrenal reset diet



QUICKSTART GUIDE

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VITAMIN C



Vitamin C is the center of it all when it comes to adrenal health. The adrenal glands contain more vitamin C than any other part of the body.

The funny thing about Vitamin C is that even though foods have much less of it than supplements do, the food sources are much more powerful.

There are also a large number of Vitamin C helpers, called bioflavonoids, that are found in food source Vitamin C, making them work even better.

In supplements, Vitamin C is best between 500 – 2000 mg daily with food. More than this can cause loose stools and irritation to the enamel of the teeth. There is also newer evidence that antioxidants work well when they are in the best ratios. Too much of any one can weaken the others.

Keep it Simple... Focus on a good daily multivitamin, like the Daily Reset, and also get high potency food sources of Vitamin C with each of your meals.

Food Sources: The foods highest in Vitamin C and helpful bioflavonoids include bell peppers, broccoli, brussel sprouts, strawberries, kiwi fruit, and cauliflower.

SELENIUM



Selenium is needed to protect the adrenal glands from free radical damage. It also helps with the formation and elimination of the adrenal hormone cortisol. Daily, you should consume 200 – 400 mcgs through your diet and supplements.

KEEP IT SIMPLE...

*Selenium is critical for many glands,
including your adrenals.*

Food Sources:

The richest food source of selenium by far is Brazil nuts. Eating only 1 per day can give you all the selenium you need, but if you get too much it can be toxic. Be careful not to average more than 10 per week. Selenium can also be found in brown rice and chia seeds.

ZINC



Cortisol causes your cells to release glucose and convert it into energy. Zinc is needed for these reactions. Here are a few reasons that people don't get the zinc they need. First, most diets are high in processed foods and often low in zinc. Second, it's a rather hard mineral to absorb. And lastly, people with digestive issues may have problems with zinc, even if they eat enough.

KEEP IT SIMPLE

Staying away from processed foods allows your body to use zinc for optimal adrenal function.

Food Sources

If you like oysters, you're in luck! Oysters are to zinc what Brazil nuts are to selenium. Other good sources include meat and fish.

VITAMIN B5



Vitamin B5, also called pantothenic acid is critical for adrenal function and people often get far too little. Without enough B5, the adrenal glands actually shrink. The body makes B5 into a compound called CoA from which all adrenal hormones are built. Adrenal stress can cause CoA to become used up even faster.

KEEP IT SIMPLE

Keeping adequate B5 levels in the body can help ward off the affects of chronic stress and help the adrenals recover more quickly.

Food Sources

The foods highest in B5 include shiitake mushrooms, avocado, sweet potatoes, lentils, green peas, chicken, turkey, and broccoli.

CHROMIUM



Chromium is a mineral that many can be lacking in due to soil depletion. One of the largest single factors that makes life hard for your adrenal glands is poor regulation of blood sugar. Cortisol works with insulin to keep your blood sugar in a healthy range. Both of these hormones have a harder time doing this when the mineral chromium is too low.

KEEP IT SIMPLE

The ideal amount of chromium to get each day is 200 micrograms from supplements and several food sources in the diet.

Food Sources

The food's highest in chromium include broccoli, oats, green beans, tomatoes, and Romaine lettuce.

PROTEIN



Since the adrenal glands have to work so hard to control your blood sugar, getting a healthy balance of protein makes things much easier for them because protein also helps control blood sugar.

Protein is an important part of each cell in the body, so it makes sense that protein is essential in our diet.

The best options for protein are the ones that are low in fat and minimally processed. Occasionally, it's alright to have red meat just buy organic grass fed beef and cut off the fat because that's where the toxins are concentrated. When it comes to choosing your protein, wild and organic are best since they allow you to avoid pesticides, antibiotics, and other contaminants. Milk, yogurt, and cheese are not great protein options since they provide more sugar and fat than protein. A good serving of protein should be about the size of your palm with each of your meals.

Keep it Simple

Focus on lean proteins from good sources and keep your portions appropriate.

Food Sources

Good examples of lean protein are salmon, white meat poultry, and shellfish. For all the vegetarians and vegans out there, try hummus, vegetable protein powder and other meat-alternatives.

Food Intolerances

Many people with adrenal dysfunction are likely to have food intolerances. Typical foods that can cause such reactions include dairy, gluten, soy, peanuts, shellfish or berries. More commonly these foods do nothing in the moment but gradually raise inflammation and aggravate digestive symptoms.

Those with adrenal dysfunction should undergo screening for these reactions at least once a year. This can be ordered by your doctor and is a simple home test or done in the doctor's office by a blood draw. Skin allergy tests are available and accurate for quick onset allergies. However, they do not reveal delayed onset reactions. The other option is to do an elimination diet. In this process, eliminate foods, starting with the most common allergens (dairy, gluten and soy) for 3 weeks. Slowly reintroduced while symptoms are monitored to determine intolerance.

Blood Sugar Control

Many people with adrenal dysfunction have poor regulation of blood sugar. This can cause diabetes, fatty liver, weight gain, fatigue and mood changes. Control of blood sugar is achieved by structuring your diet carefully. The main considerations are when you eat, what you eat and what you don't eat.

When to Eat

It's very important to start the day with a solid breakfast. If you are short on time, try a Reset Shake or a Reset Bar. The goal for breakfast is to have one serving of protein, one serving fat, and 1/4 cup of healthy carbs like beans, steel cut oats, or quinoa. Mid-morning have a light snack,

then plan on having an earlier lunch. The target for lunch is 1/2 cup of healthy carbs. You can add a mid-afternoon snack if you need it, but always make it a point to have a light dinner and stop eating by 7 pm. Dinner should have a full cup of healthy carbs. You sleep best when you're not famished, but just a little hungry. This also makes it easier to lose weight.

What not to eat

The foods that throw off your blood sugar the most are those that have more than 5 grams of sugar per serving or more than 1/2 of their calories from fat. Sugar grams per serving are easy to find, as they are on the food label. Percent of fat calories can be found by looking at total calories and fat grams. Fat is roughly 10 calories per gram. So, you simply multiply fat grams by 10 then divide this number into the total calories. For example, say a serving of potato chips has 300 calories and 15 grams of fat per serving. Take 15 (total fat grams) and multiply it by 10 to get 150. You then take 300 (total calories) and divide it by 150, giving you 50%, meaning half of their calories are from fat.

Hopefully it is not a surprise to learn that potato chips are not a good food. Did you know they are the densest known source of calories by weight? Climbers on high alpine mountains lose weight due to the extreme conditions. They also need to minimize the weight of their packs. For these reasons, one of their most practical foods is crushed potato chips. If you really want to enjoy them guilt free, be sure to sign up for an Everest expedition!

“In Good Health”



You're only as healthy as your diet. If you really avoid all the things everyone says to avoid, you won't be able to eat. Some rules are important and some are not. Since we all have to eat and have limited willpower, let's focus on what really matters.

After an overview of a healthy diet, some smaller points important to the adrenals will be given. Then, it will all be tied into a simple daily plan.

My favorite simplification of a healthy diet is the Abe Lincoln Diet. Here's how to do it: carry a penny in your hand as you walk through the grocery store. When you can't decide whether or not to get a food, look at the penny and ask yourself: would Abraham Lincoln have recognized this food? If the answer is no - put it back!

It's a simple way to keep on track with food decisions. Here are the most important things to keep in mind:

Common Food Myths

- Good food takes too much time
- Good food is more expensive
- Junk food is tastier

Thankfully not a single one of these myths are true. Once you learn some of the quick tips in here, you'll be eating better and spending less time in the kitchen.

Good food does not have to cost more, especially not if you factor in the savings on corrective health treatments.

As per taste, your taste buds do change in just a few weeks. If you eat clean for awhile, you really will not find processed foods appealing.

“Good health:
It's a matter of fact.”

Elements of a Healthy Meal

- Produce: vegetables should take about 1/2 of each meal
- Protein: should come from a variety of sources and ideally be about 1/4 of the meal
- High fiber starch: the remaining 1/4 of the meal
- Healthy Fats

Healthy Servings:

Breakfast

1 serving protein, 1 serving fat
1 serving healthy carbs, unlimited veggies

Lunch

1 serving protein, 1 serving fat,
2 serving carbs, unlimited veggies

Dinner

1 serving protein, 1 serving fat, 3 serving carbs,
unlimited veggies

*If there is one thing a healthy diet is not lacking,
it's options.*

Best Sources Produce



Eat the Rainbow

Some of the most powerful nutrients in plants are the chemicals that make their colors. To get a good variety of them, try to eat something from each color group daily. What could be simpler?

Artichokes
Arugula
Broccoli
Brussel Sprouts
Celery
Cabbage
Leeks
Spinach
Zucchini

Beets
Cherries
Pomegranates
Raspberries
Red Bell Peppers
Strawberries
Tomatoes

Bananas
Cauliflower
Ginger
Jicama
Kohlrabi
Mushrooms
Onions
Parsnips
Turnips

Black Currants
Blackberries
Blueberries
Plums
Eggplant
Grapes
Plums
Purple Tomatoe

Apricots
Butternut Squash
Carrots
Lemon
Oranges
Peaches
Pumpkin
Tangerines
Yellow Peppers

Produce General Concepts

Fresh or frozen | Variety | Rainbow | Organic when possible | Raw or lightly cooked

Quick Produce - Examples

- Organic baby carrots
- Celery sticks
- Prepared organic lettuce and leafy greens
- Broccoli florets
- Apples 1-2 x per week
- Berries

After produce, the most important element in the diet is protein. We all say we want to lose weight but we are really trying to lose fat. Nothing helps this more than protein. Ideally you should get 1 serving of good quality protein per meal.

Protein - Best Sources



- Whitefish
- Wild Alaskan salmon
- White meat poultry
- Shellfish
- Lean red meat (grass fed)
- Ostrich/Buffalo

Protein - Concepts

- Palm-sized serving
- Low fat
- Organic
- Nitrate free
- Non-allergenic
- Omega 3 fats

Quick Protein - Examples

- Cold cuts (preferably nitrate free such as Boar's Head or Diestel brands)
- Smoked salmon
- Pre-cooked chicken
- Shrimp cocktail
- Hummus

High Fiber Starch Best Sources

- Oatmeal
- Sweet potatoes
- Brown rice
- Black beans
- Split peas
- Quinoa
- Navy or Pinto Beans
- Whole grain noodles-gluten free



High Fiber Starch - Concepts

- Unprocessed
- Variety
- Low sugar
- Lower Glycemic Index

Quick Starch - Examples

- Rye crisps
- Sweet potatoes
- Low fat granola-gluten free
- Parboiled brown rice

Snacks

Preparation is key when it comes to quality snacks. Measure and package snacks the night before a busy day so that you can just grab and go. Healthy snacking can keep your energy levels high and your mind alert.

Lunch

Eating lunch out gives you poor quality food while wasting time and money. For most people it's easier to eat a good evening meal consisting of protein, vegetables and starch. The most efficient way to have a good lunch is to pack it up the night before. Get in the habit of cooking more than you need for your evening meal and packing up a serving for the following day's lunch before serving it.

- Nitrate free cold cuts, sprouted bread, veggies
- Split pea soup + apple
- Rice noodles, shrimp, broccoli + Better Than Boullion Brand vegetable stock

Cold cuts are handy and tasty but most contain nitrates. It's important to avoid nitrates; they raise your risk of stomach cancer. The other thing to consider when eating cold cuts is your total sodium intake over the day because they do give you quite a bit. A better way to go is to use pre cooked poultry or meat from home that's sliced or shredded. If you're avoiding meat consider, I like to use twice the number of whites as yolks.

Spreads: To boost protein and fiber, think outside the box and try using hummus or refried black or pinto beans.

General Time Saving Tips:

- Shop for produce often - choose quick and easy
- Keep cooked staples on hand
- Keep sauces on hand
- Make extra supper for the next day's lunch or snacks
- Shop perimeter of store

Shop for produce often and stock up on non-perishable items. Frozen fruit and vegetables are handy and very healthy. This way if you need to stop by the supermarket during a busy week, it will just take a minute.

Keep cooked staples and pre-made sauces on hand. Sometimes life gets in the way and your available time to cook gets cut short or disappears all together. This will be easy to navigate when you already have what's needed to put together an easy and healthy meal at home.

Make extra food when you cook. If you take the time to plan and prepare a healthy meal, you might as well make it count. Pack away snack or lunch size portions the night before. In the morning, just grab it and go!

A great tool when going to the supermarket is to remember to shop the perimeter of the store. This is where you'll find produce and meats. Most everything found in the inner aisles is some mixture of wheat, sugar, salt and synthetic junk.

“Results Based Natural Medicine.”