

## The following guidelines should be followed along with the Adrenal Broth mentioned in the August 2009 Newsletter.

### Here are the eating rules:

- Eat little amounts often throughout the day, 5-8 small meals.
- Don't skip breakfast and be sure to have your first meal within 1 hour of rising.
- Eliminate all sugar and refined carbohydrates.
- Add protein to each meal.
- Eat essential fats. This gives your body something else to use as energy instead of sugar.
- Don't eat quickly or on a time schedule.
- Chew your food very well. This improves digestion and limits bacteria content in food.
- Be sure to drink as much water as possible throughout the day – no carbonated water and do not count the water in juice, tea or coffee.
- Increase your natural fiber intake. Fiber controls blood sugar swings and slows digestion, so digestion is more complete and you feel full longer with less food.
- Eliminate caffeine in all forms, including tea, coffee, chocolate, colas and even some headache medications. Caffeine is a stimulant to the release of cortisol and insulin. Over time it can make your body insulin-resistant.
- Reduce alcohol consumption. Alcohol acts as a diuretic causing dehydration; it interferes with the metabolism of essential fatty acids, blocks nutrient absorption and raises insulin levels, not to mention how it affects liver detoxification ability.

### The best foods to include or avoid for better adrenal energy and weight loss:

- Avoid wheat and refined grains.
- Avoid potatoes and sweet potatoes
- Avoid bananas, dried fruit, grapes and fruit juices.
- Do include all vegetables including carrots, mushrooms, oats, alfalfa and buckwheat which contain the highest concentration of nutrition for the adrenals.
- Do include all beans.
- Do include whole grains, rye, oats, brown rice, barley, quinoa and millet.
- Do include all proteins, but not in large quantities.
- Do include all healthy fats. Peanuts especially contain high levels of adrenal nutrition. But avoid snacking on high fat foods between meals which elevate cortisol levels.



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