



Further Notes & Resources on The Adrenal Fatigue Workshop

Supplementation

- * Curcumin/turmeric - [get it here](#) - 1-2 a day
 - * Liver Support - [get it here](#) - x3 a day
 - * Vitamin C - [get it here](#) - start with 1 a day, then increase to 3-4 daily with food
 - * Magnesium - [get it here](#) - 1-2 tsp a day
 - * B complex - [get it here](#) - x1 a day with food in the morning
 - * Herbal blend - [get it here](#) - 1-2 a day with food in the morning
 - * Probiotics - [get it here](#) - x1 a day OR [these ones](#) 2-3 times daily (cheaper)
- Other ideas
- * Dandelion tea/coffee - [get it here](#) - x1-3 a day

Superfoods

- | | |
|------------------|---------------|
| * grass fed beef | * ghee |
| * wild salmon | * chia seeds |
| * sardines | * linseeds |
| * spinach | * onion |
| * kale | * blueberries |
| * garlic | * bone broth |
| * ginger | * water |
| * turmeric | |
| organic eggs | |

Stress Resources

Ideas are:

- yoga - [here](#) is a great youtube channel with some beginner videos - if you feel comfortable with it.

- Headspace app - a great 10 min meditation app that is non weird and free!
- slow walks or just lying down and listening to spa music like this ;)
- hot baths with epsom salts
- reading light hearted books
- sitting or lying and breathing
- following guided meditation like this - cheesy but good ;) This one is good and so is this one

Testing

DIY Home Testing: How to test

To complete the test you will need some sort of torch (I just use my iphone light) and a mirror.

- Go to a dark room or just cover your eyes for a while, make sure your eyes have adjusted to the darkness that takes a minute or two.
- Stand in front of the mirror and try to find the pupil in your eyes and shine the torch from the side of your face (at a right angle to your eye NOT in front of your eyes as this will damage them!)
- Watch your pupil, as soon as you shine light on your pupil it should contract and get really small and stay small because you are shining a bunch of light on it.

But often if there's an adrenal issue going on, your pupil might shrink and then expand again or might shrink and pulse slightly.

Lab testing

Email info@supernaturallyhealthty.org to get a test kit sent out to you. (Separate fees apply for interpretation of results)

Further Reading

Dr Wilson - Adrenal Fatigue

Meal Plans

All gluten, dairy and sugar free!

- * [Meal Plan One](#)
- * [Meal Plan Two](#)

Other Resources

To get the workshop recording simply click [here](#)
To download the slides from the workshop click [here](#)

So take action - one small sustainable step at a time. And know you CAN heal and thrive and feel your best!

And if you need more tailored and bespoke advice to help you heal and feel amazing then it might be time for one to one support. [Simply click here to book your free 30 min consultation with me to see if its a right fit.](#)

Love

Kezia
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