

# 7 Keys to Eliminate Adrenal Fatigue

Free | Simple | Restorative

## Adapting to Modern Stimulus

- **No stimulants after 2pm**

Reaching for that afternoon cup of coffee? Instead try a cup of herbal tea. Holding back from stimulants in the afternoon and evening will signal the body to rest allowing you to have deep sleep.

- **Oil Pulling**

Oil Pulling is an Ayurvedic practice of swishing a high quality oil, preferably coconut oil, for about 15 to twenty minutes after you brush your teeth. By extracting toxicity out of your mouth your Gastro Intestinal Tract relaxes. With reduced inflammation in the body it will recuperate quicker.

- **Journaling**

Purging your thoughts onto paper can be a welcome exorcism. Our mind can be like a



Our biology needs to catch up with the current state of technology. All of our gadgets, screens and mobile devices act as electronic tether that over stimulates our endocrine system. These seven tips bring you back to a much less *BUSY* world where you can rest. In Ayurvedic medicine it is known as becoming more Satvic, balanced.

- **Ginger Turmeric Tea.** 2:1 ratio of Turmeric to Ginger daily will keep the doctor away. For real, My time in India was a a testament to this herbal concoction that allowed my friends to be healthy in horrendous pollution. This tea also supports the anti-inflammation theme for our gut while providing some extra fire to our digestive juices.

a pressure cooker that needs release. After just a few paragraphs of journaling you will find your mind starting to relax which will intern allow your body to feel better.

- **No eating after 7pm.**

This could be the most challenging ask for the modern person. Eating close to our bed time shunts too much energy to our gut and can cause abnormal body heating. We rest best when most of our energy isn't being used for consumption.

- **Blue light blocking.**

Install an application on your computer, phone, or TV that eliminates the blue light spectrum in the evening. Blue light comes to us naturally in the middle of the day when the sun is at it's zenith. Hence it can be confusing to receive this signal after the sun goes down once again disrupting our natural circadian rhythm.

- **Reading a book.**

No, I'm not a Luddite swearing away all things modern but it has been proven that false light from screens switches off melatonin production. By reducing visual stimulation as you get closer to bed time your chances for deeper rest raise significantly.

*These seven tips work synergistically and are cumulative. Being militant is it's own stress, but if you can commit to one month of this protocol your immune system and adrenals will sing your praises. As always it might seem like your getting worse at first which is a good sign of detox. Stay with process in about two weeks you will be sleeping like your seven years old again.*