



Optimize Adrenal Health to Reduce Stress

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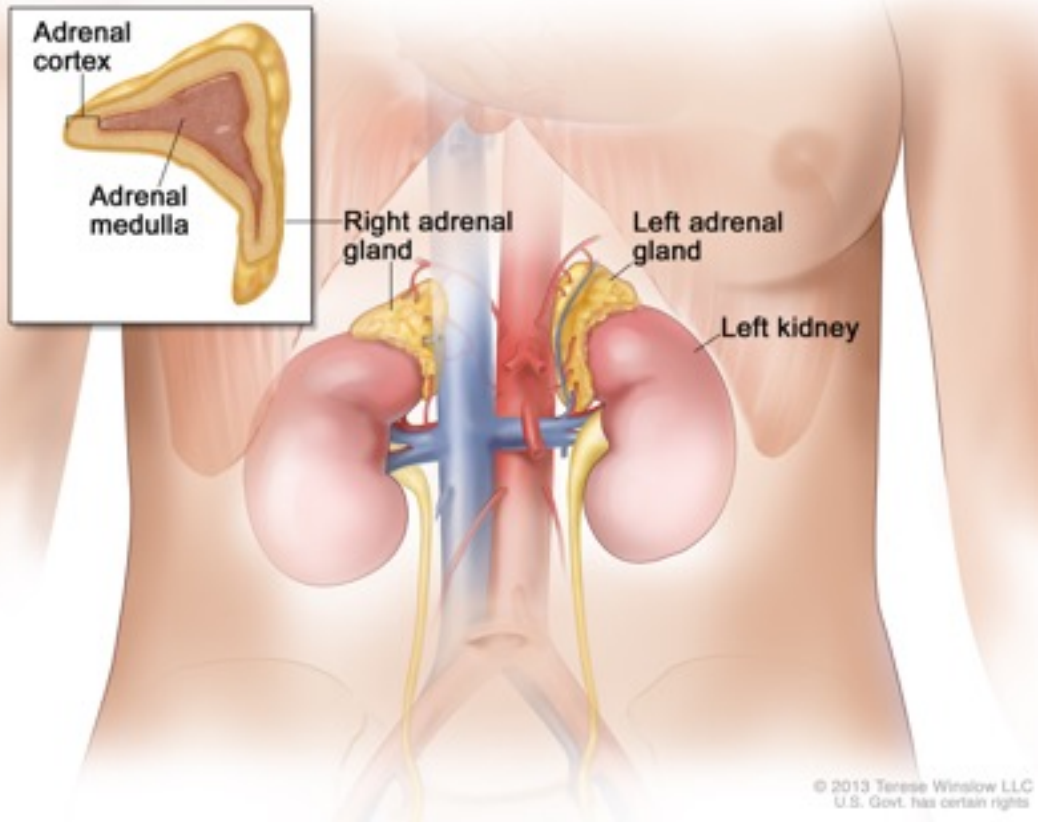
Rachel Hershberger, MS, CNS, LDN

Agenda

- ▶ What are the adrenals and what do they do?
- ▶ How does stress affect your body?
- ▶ Testing
- ▶ Lifestyle support for adrenal health
- ▶ Nutrition and Supplementation for adrenal health
 - ▶ Foods to avoid and incorporate
 - ▶ Supplementation
 - ▶ Helpful tips

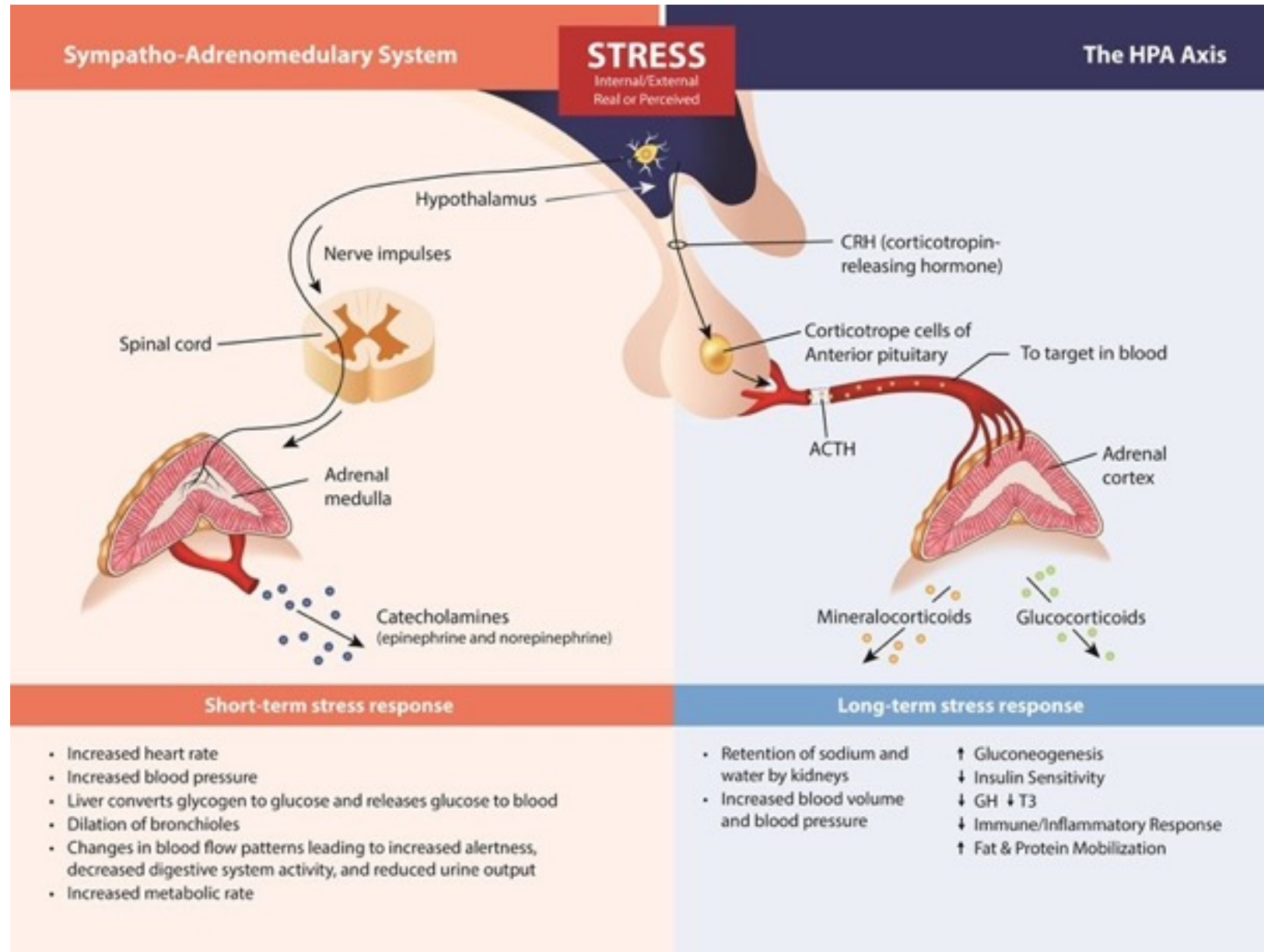
What are your adrenal glands?

Anatomy of the Adrenal Gland



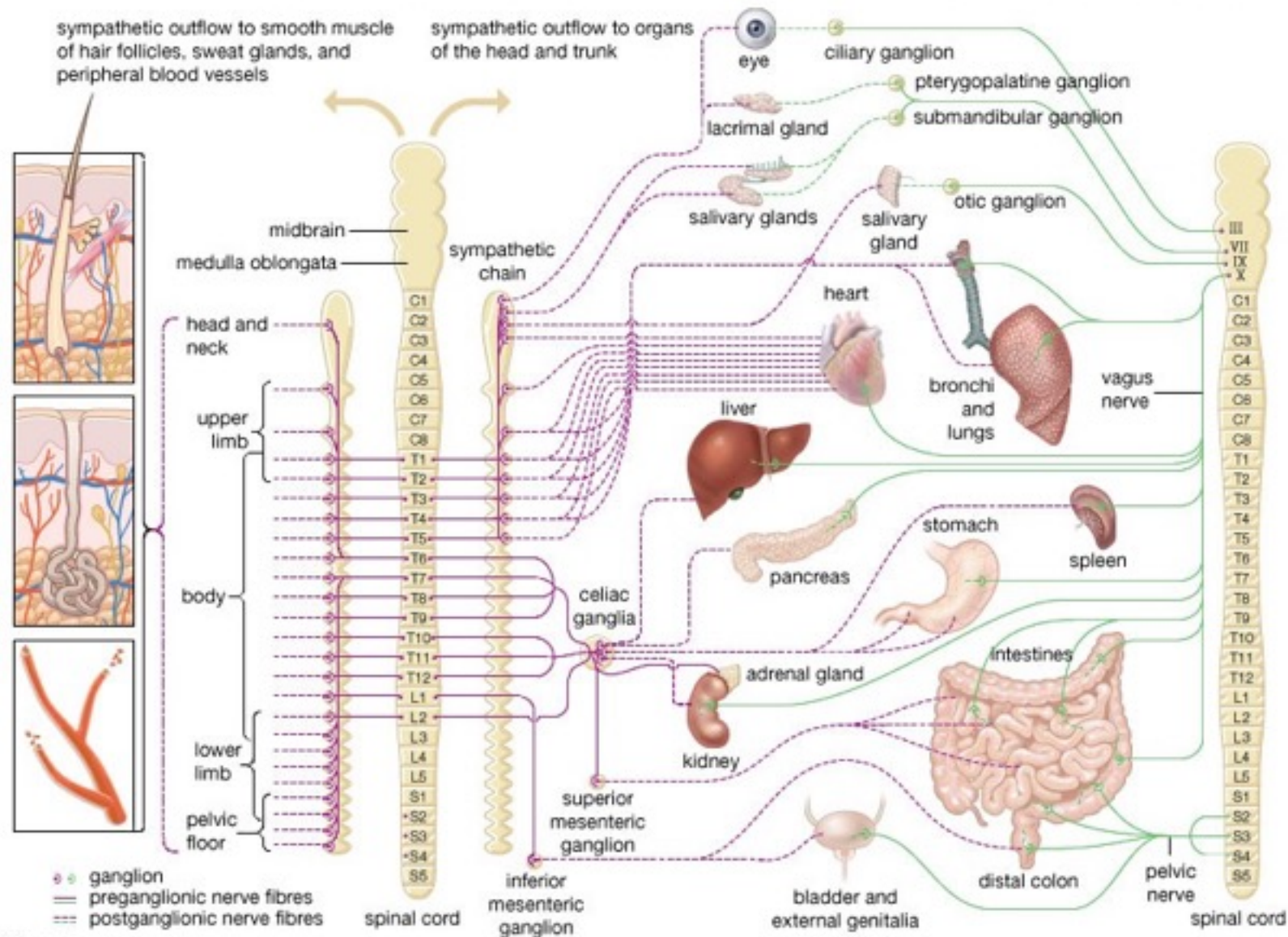
- ▶ Produce hormones that
 - ▶ Control blood sugar
 - ▶ React to stress
 - ▶ Regulate blood pressure

Adrenals and Stress Connection



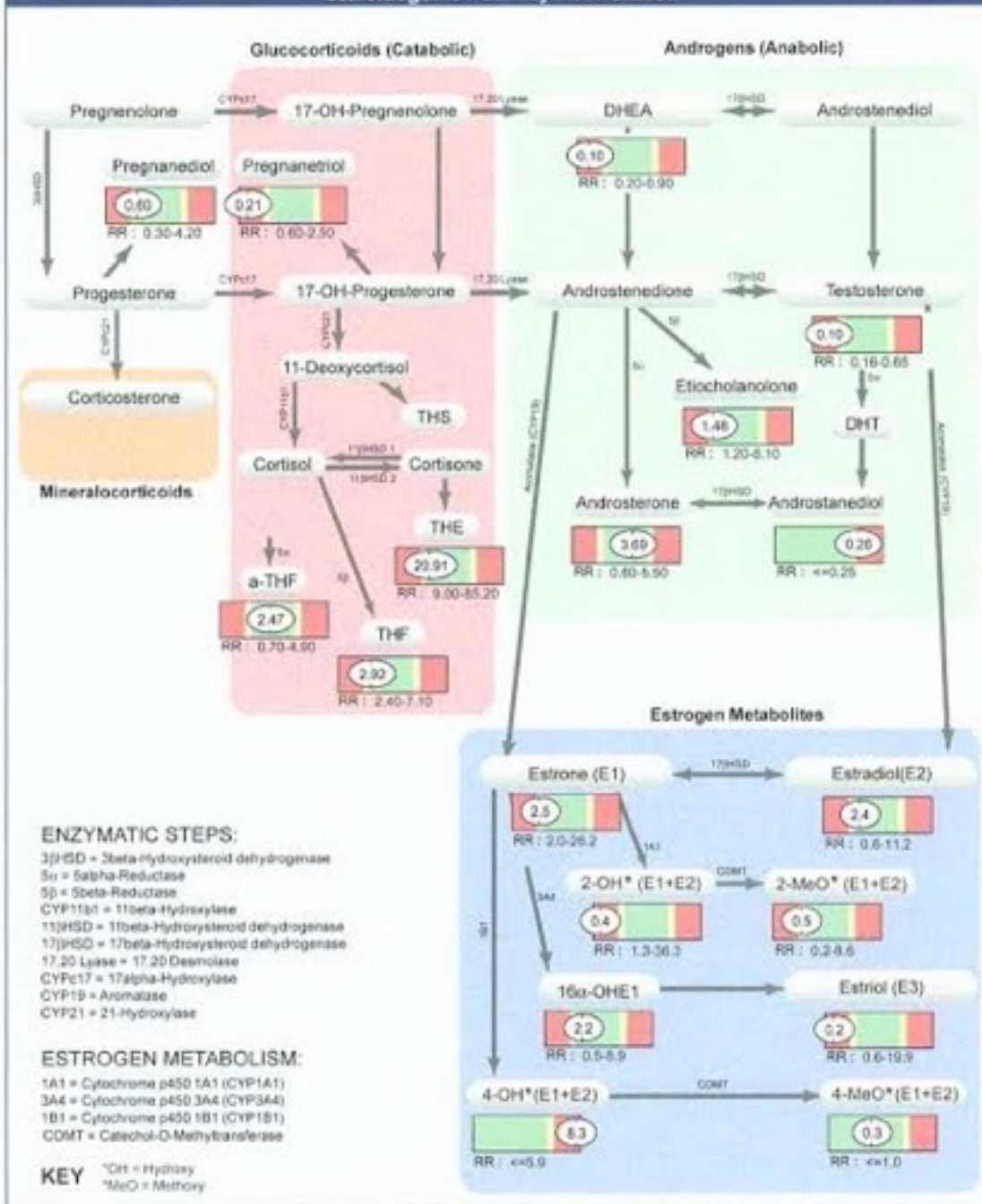
Sympathetic nervous system

Parasympathetic nervous system



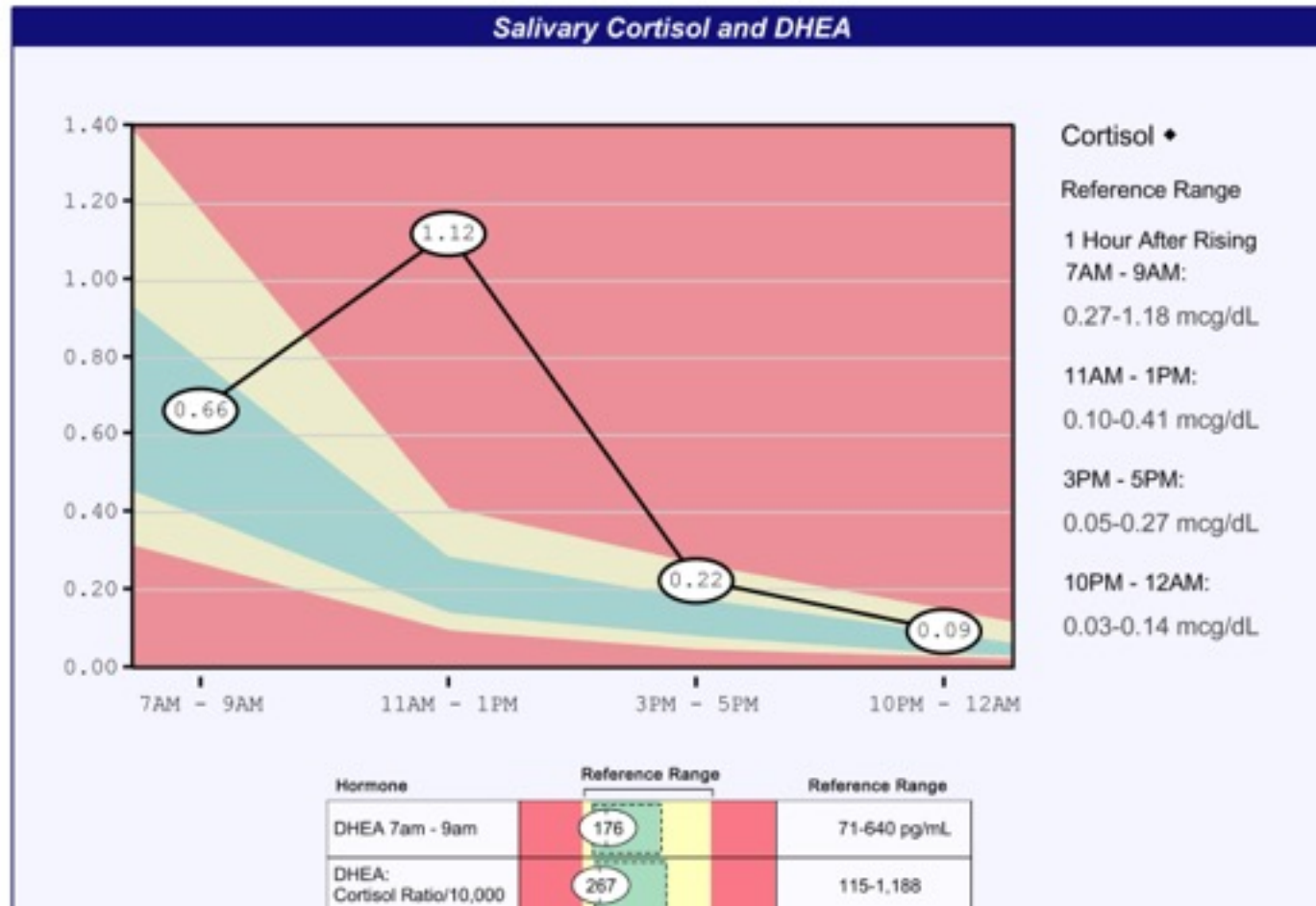
Functional Medicine Testing

- ▶ Quest/Labcorp: Cortisol, DHEA-S, Insulin, HgbA1C
- ▶ Adrenal Stress Profile (Saliva Test)
- ▶ Hormone Testing



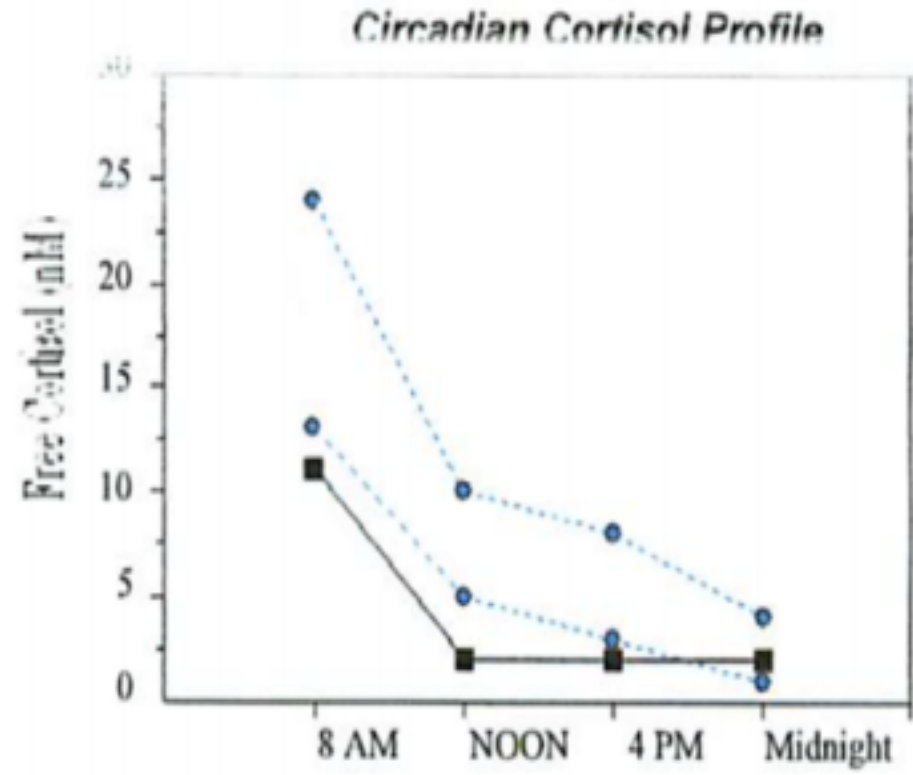
Complete Hormones

Adrenal Cortex Stress Profile

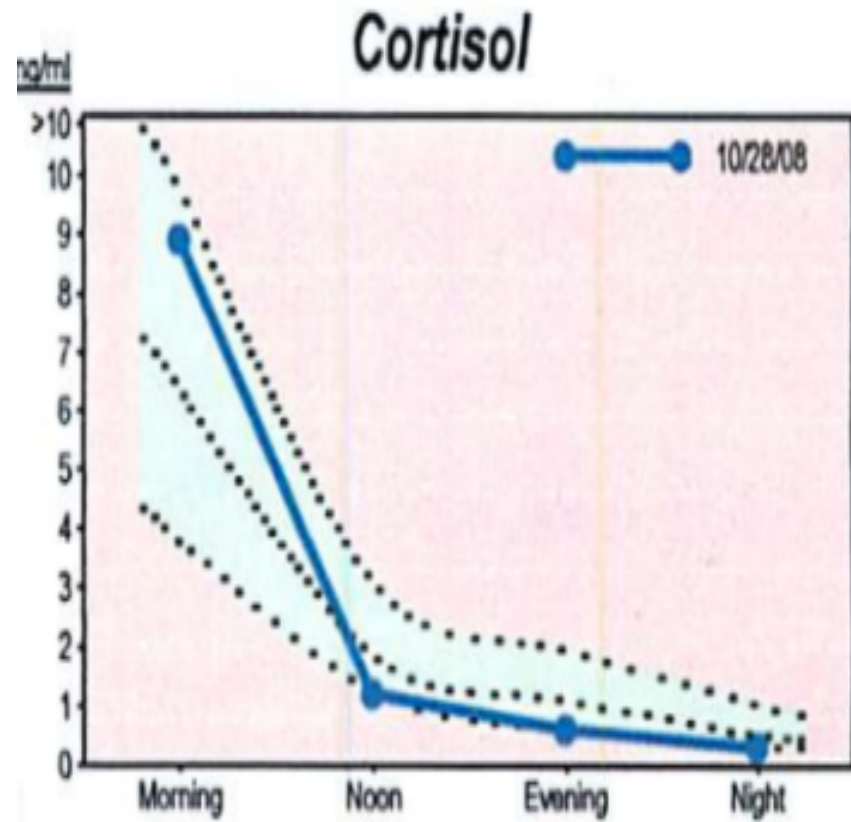


Patient A

06-02-2007



10-23-2008



Lifestyle Changes

- ▶ Re-Evaluate Life Stressors
- ▶ Sleep- regular routine, goal is 7-9 hours
- ▶ Exercise- Purposeful movement, Cardio 3+/days per week, Daily Stretching/Balance activities
- ▶ Restoration- Self awareness, Mindfulness, Guided Imagery/ Visualization, Meditation, Breathing Techniques, Relaxation Response, Heart Rate Variability Use

Nutrition and Your Adrenals

- ▶ Phytonutrient rich diet
- ▶ Elimination Diet- decrease food triggers, decrease inflammation and toxic burden
- ▶ Eat small, frequent, low glycemic meals- stabilize blood sugar
- ▶ Stop caffeine, alcohol and refined carbohydrates

Foods that Support our Stress Response

- ▶ Pumpkin Seeds
- ▶ Free-Range Eggs
- ▶ Green Leafy Vegetables
- ▶ Fermented Foods
- ▶ Wild Caught Fish
- ▶ Blueberries
- ▶ Sea Vegetables
- ▶ Avocado
- ▶ Sweet Potatoes
- ▶ Asparagus

General Adrenal Supplemental Support

- ▶ B Vitamins- B5, B6, Biotin and Folate
- ▶ Magnesium
- ▶ Vitamin C
- ▶ Zinc
- ▶ Omega 3 Fatty Acids
- ▶ Vitamin D

Adaptogens

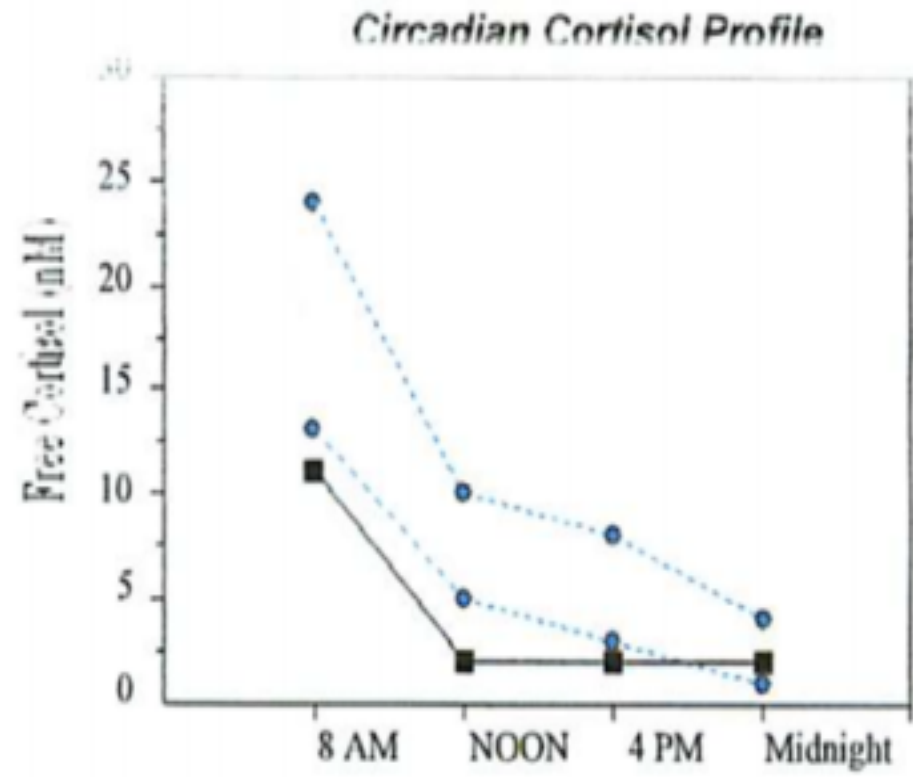
- ▶ **Hypercortisol State-** Ashwagandha, Valerian Root, Passion flower, Schisandra, L-theanine, 5-HTP
- ▶ **Early Adrenal Resistance-** Ashwagandha, Rhodiola, Cordyceps, Siberian Ginseng, Phosphatidylserine, Dark chocolate
- ▶ **Adrenal Exhaustion/Fatigue-** Ashwagandha, Licorice Root, Cordyceps, Asian Ginseng, Magnolia flower

Hormone Supplementation

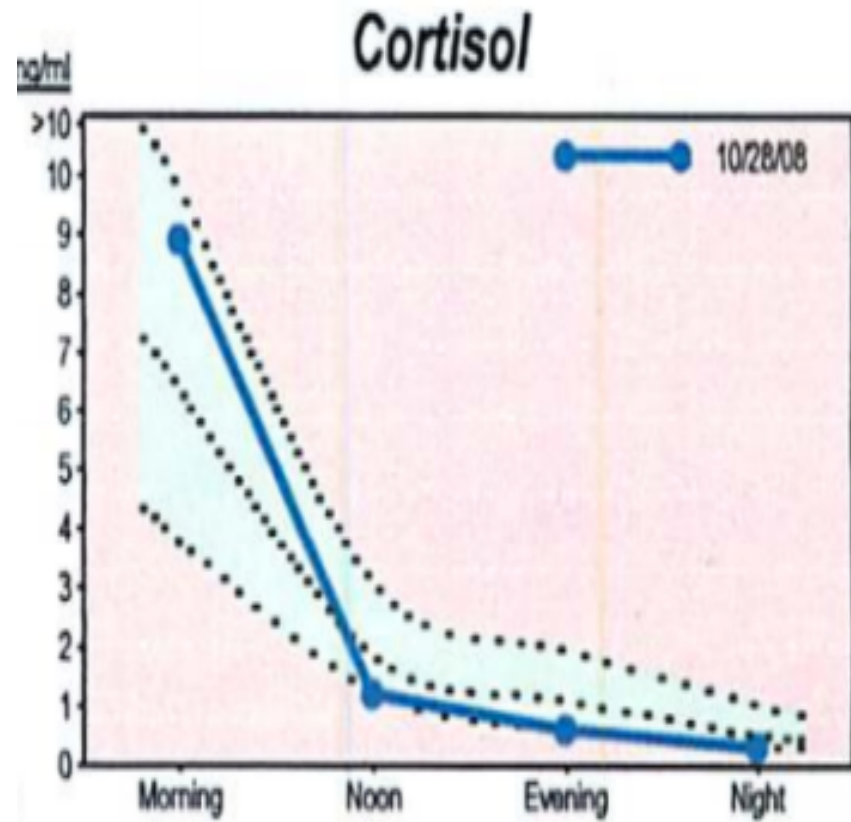
- ▶ DHEA
- ▶ Pregnenolone
- ▶ Hydrocortisone

Patient A

06-02-2007



10-23-2008



Patient A
08-26-2017

Still working on life balance!!



Summary

- ▶ What are the adrenals and what do they do?
- ▶ How does stress affect your body?
- ▶ Testing
- ▶ Lifestyle supports for adrenal health
- ▶ Nutrition and supplementation for adrenal health
 - ▶ Foods to avoid and incorporate
 - ▶ Supplementation
 - ▶ Helpful tips
- ▶ Questions?



Georgia Tetlow, MD, ABIOM
Annmarie McManus, MMSc, PA-C, PT, IFMCP, Lauren Houser, CRNP
& Rachel Hershberger, MS, CNS, LDN present...

10.17.17

Live Long and Prosper: Functional & Integrative Medicine for Cardiovascular Health

Keys to Heart and Blood Vessel Health

Annmarie McManus, MMSc, PA-C, PT, IFMCP leads an interactive evening with Georgia Tetlow, MD, ABIOM exploring how to optimize your heart health!

Heart disease is not just about low serum cholesterol. Blood sugar, blood vessel health and body composition are key determining factors in heart health. As the leading cause of death in the US, heart disease can be prevented and even reversed through lifestyle and integrative interventions. Join us and engage in your health.

Tuesday,
October 17th
6:30-8:00pm

Cabrini University
Iadarola Hall
610 King of Prussia Road
Radnor, PA 19087

Join Annmarie for this month's wellness class to explore how integrative medicine can improve your health.

Definitely Register!

Tickets are **FREE**

[www.philly-im.com/
event/cardio1017](http://www.philly-im.com/event/cardio1017)

Questions?

Email Denise at
info@philly-im.com
or call 888.702.7974 x0
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