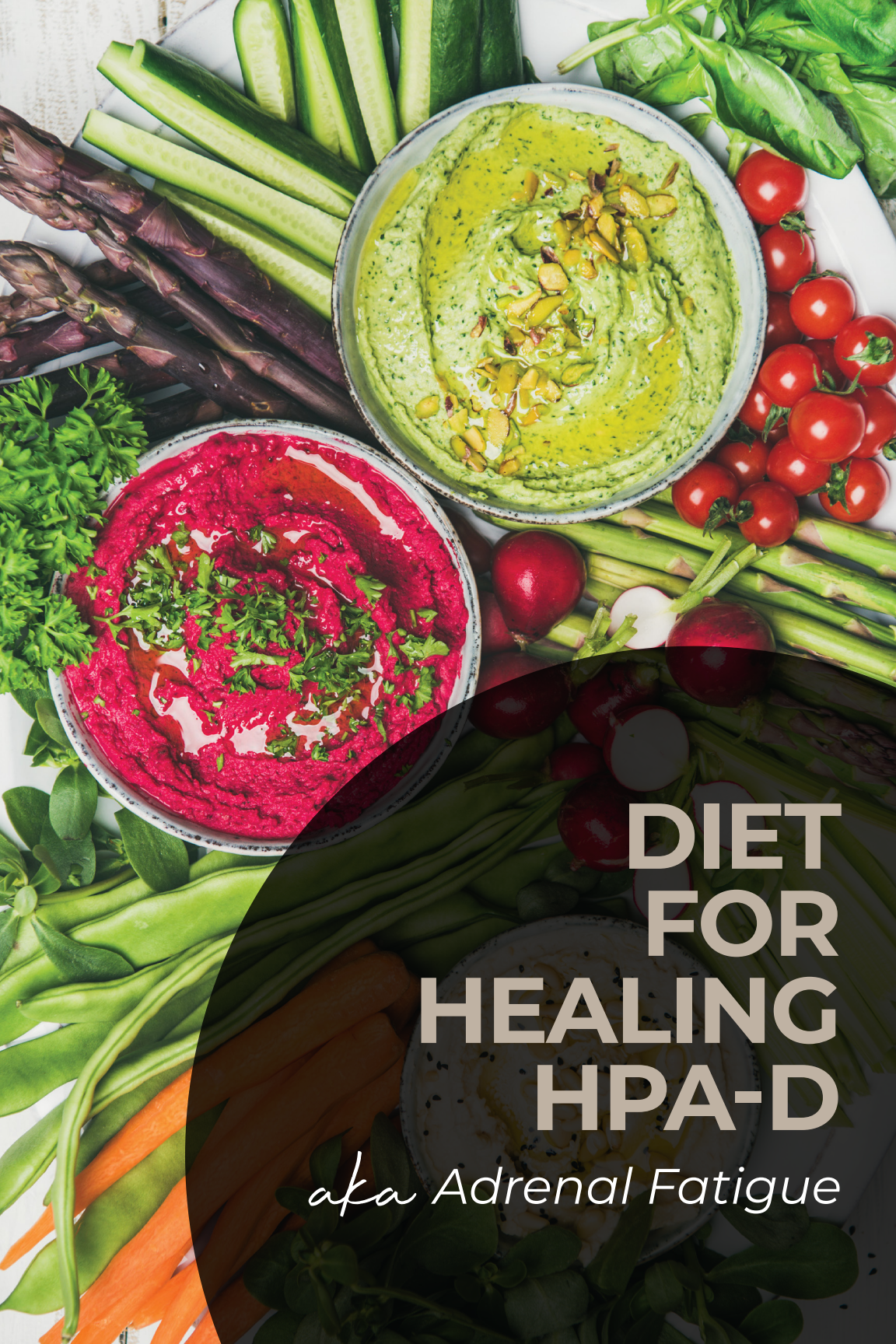
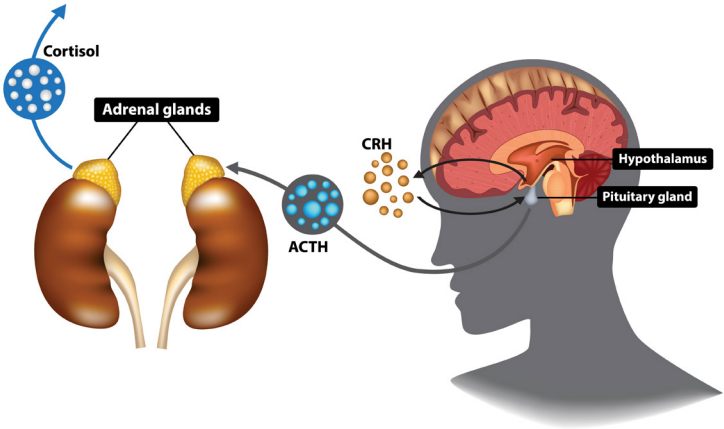


DIET FOR HEALING HPA-D

aka Adrenal Fatigue



STRESS!

- STRESS! We all have it sometimes, but when it is TOO MUCH it can lead to something called HPA-D aka "Adrenal Fatigue". Even experienced hard-core athletes will develop HPA-D (Hypothalamic Pituitary Axis Dysfunction) from 'good stress gone too far'.

- A complete long-lasting healing from HPA-D usually takes a multi-pronged approach. One of the **most powerful needle movers** to heal and maintain your HPA (hypothalamic adrenal axis) is **choosing the right foods to eat at the right time.** With this foundation in place, all supplements, mindset, sleep hygiene and additional treatments you do will work faster and more efficiently!

Diet support for HPA is a 2 point strategy

1. GOAL ONE:

Keep your blood sugar as even as possible.

2. GOAL TWO:

Support your microbiome (ie your gut). Did you know your gut-brain axis influences your HPA? You need a balanced microbiome to keep stress managing hormones and neurotransmitters functioning properly[1].

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[1] Clark A, Mach N. Exercise-induced stress behavior, gut-microbiota-brain axis and diet: a systematic review for athletes. J Int Soc Sports Nutr. 2016 Nov 24;13:43. doi: 10.1186/s12970-016-0155-6. PMID: 27924137; PMCID: PMC5121944.

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WHY?

Your body boosts its production of blood sugar when you are under stress. This stress can be emotional, physical or both. What many people do not realize is when you are chronically exhausted, even eating the wrong foods or eating at the wrong times can trigger this stress response, worsening the situation. When you have HPA-D your body has a harder time managing stress: it does not know how turn off once triggered OR if you are really exhausted, you cannot mount a stress response at all! Eating high carbs, sugar, caffeine and fasting can trigger a stress response leading to a vicious cycle.

A cycle you have the power to STOP with this simple and effective HPA-D diet plan.

WHEN TO EAT:

Eat regularly, and at about the same time every day. Eat within an hour of rising in the morning.

Eat at least 3 meals a day. Some people may also need a healthy snack between meals while healing.

Intermittent fasting NOT beneficial for most people healing HPA-D. This is a great practice once your stress response system has been fully healed.

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Some people do well with eating a small protein rich or complex carb snack before bed to maintain blood sugar while they sleep. Waking up at night with hunger and or anxiety may be from low blood sugar due to HPA-D.

Bedtime Snack Examples:

Boiled egg, handful of nuts, baked yam or winter squash.

If you have GERD or other health issues discuss with your medical team.

WHAT TO EAT

Avoid sugar, caffeine and refined carbs that spike your blood sugar then lead to the inevitable crash.

Breakfast:

Choose healthy proteins and vegetables to get that good fiber for a healthy microbiome.

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Examples:

Sausage and sauteed greens, eggs and spinach, bowl of bean with sliced avocado and cabbage, 'green smoothie' with berries and unsweetened protein powder.

Lunch:

Choose healthy proteins and vegetables to get that good fiber for a healthy microbiome.

Examples:

Lettuce or collard green wraps with: hummus and grated carrots, sliced turkey and avocado, tempeh and tahini, turkey vegetable soup, salad with beets, and protein: chicken, chickpeas, left overs from dinner; you get the idea.☺

Dinner:

Good protein, yup, more vegetable AND complex carbs such as whole grains, roasted winter squash or sweet potatoes.

Snacks to maintain blood sugar: nuts, seeds, hummus and carrots, mug of lentil soup.

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Caffeine	nope
Alcohol	nope
Sugar	nope

Ever wondered why they say “you can measure your stress from the size of your belly?” Stress leads to the over production of a hormone called CRH (Cortical Releasing Hormone), CRH ‘tells’ your body to release more cortisol from your adrenals, which leads increased blood glucose, so you have the energy to run from the proverbial tiger! When we are under constant emotional or physical stress (from imagined and proverbial tigers) the body eventually develops a resistance to letting sugar into the cells called, insulin resistance. This can lead to more abdominal fat, and something called metabolic syndrome.

The Solution?

Work on healing your stress response! There are many tools to help you relax. Deep breathing, meditation, laughter... these allow your mind to calm your body.

These are important!

- BUT.....What is too often missed is the knowledge of how to take advantage of the feedback loop and use your body to calm your mind. **The magic starts with following the simple HPA-D diet.** I know it will feel great. Reach out and let me know if your experiences! I love to hear from you.

Wishing you great health.

Dr Jenny TUFENKIAN N.D.

Dr Jenny TUFENKIAN N.D.
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Resources

Adrenal Fatigue the 21st Century Stress Syndrome; James L Wilson

The Adrenal Reset Diet; Alan Christianson, NMD

The Cortisol Connection; Shawn Talbott, PhD

Diagnosis and Treatment of Chronic Fatigue Syndrome; Dr Sarah Myhill MD

Chronic Fatigue Syndrome; the Hidden Epidemic; Jesse Stoff Md and Charles Pellegrino PhD

Reach out if you have more questions and add my website

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