



FLCCC[®]
A L L I A N C E

Unlocking the Secrets of Adrenal Health

A Comprehensive Guide to
Stress Management with a
Healthier Lifestyle

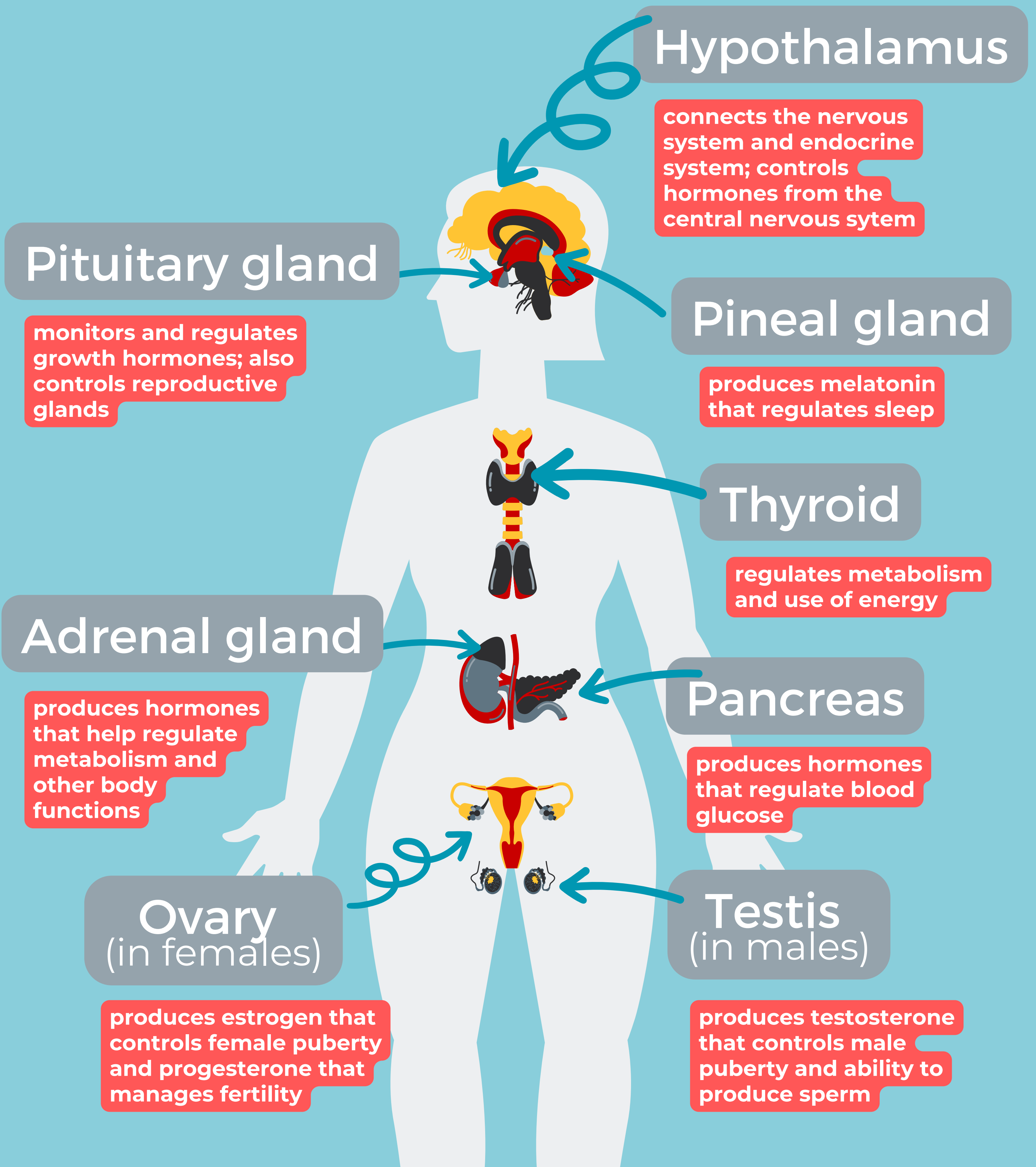
flccc.net

WHY THE ENDOCRINE SYSTEM IS IMPORTANT

The endocrine system is made up of glands that make hormones. Hormones are the body's chemical messengers. They carry information and instructions from one set of cells to another and influences almost every cell, organ, and function of our bodies.

The hormones help control mood, growth and development, and the way our organs work. They influence metabolism, reproduction, and how we cope with stress.

The ENDOCRINE SYSTEM



Steps to Support ADRENAL HEALTH

1 Get enough sleep

Quality sleep is essential for adrenal recovery:

- Aim for 7-9 hours of uninterrupted sleep each night.
- Create a sleep-friendly environment.
- Establish a regular sleep schedule.
- Practice relaxation techniques before bedtime to improve sleep quality.

2 Exercise when you can

Engaging in regular physical activity can help regulate cortisol levels and support adrenal health:

- Incorporate a mix of cardiovascular exercises, strength training, and flexibility exercises into your routine.
- Avoid overexertion, as excessive exercise can stress the adrenals.
- If you don't feel well or your heart rate is too high, avoid high intensity exercises and move in a way that feels right for you.



3

Mindfulness choices

Make mindful choices that support adrenal health:

- Avoid overcommitting and overextending yourself, as this can lead to burnout.
- Set realistic goals.
- Learn to say no when necessary.
- Create a balanced lifestyle that allows for rest and relaxation.

4

Eat a healthy, balanced diet with lots of vegetables

A balanced and nutrient-rich diet plays a significant role in adrenal health:

- Focus on whole foods, including lean proteins, complex carbohydrates, healthy fats, and a variety of fruits and vegetables.
- Avoid excessive consumption of processed foods, sugary snacks, and caffeine, as they can contribute to adrenal stress.

5

Stress management

Chronic stress can negatively impact adrenal health:

- Engage in stress-reduction techniques such as deep breathing, meditation, yoga, mindfulness, and progressive muscle relaxation.
- Prioritize activities that help you unwind and that promote relaxation.

Heart Rate Variability (HRV)

ADRENAL HEALTH

01

Baseline Measurement

Establish a baseline HRV measurement to understand your individual variability. HRV can vary significantly from person to person, so knowing your baseline is crucial for tracking changes over time.
TIP: Use a fitness tracker to monitor your heart rate.



02

Regular Monitoring

Track your HRV regularly, ideally daily, to monitor trends and identify patterns. Fluctuations in HRV can reveal how your body is responding to stressors, including physical, emotional, and environmental factors.



03

Stress Management

Use HRV as a biofeedback tool for stress management. When you notice a decrease in HRV, it can signal increased stress or higher stress hormones. In such cases, focus on stress reduction techniques such as mindfulness, deep breathing, meditation, and progressive muscle relaxation.



04

Adrenal Function Assessment

HRV can provide insights into adrenal function. Chronic stress can lead to adrenal fatigue or imbalance, which can impact HRV patterns. A consistently low HRV may indicate a need for adrenal support, and consulting with a healthcare professional for hormone testing may be necessary.



05

Lifestyle Modifications

Adjust your lifestyle based on HRV data. If you consistently have a low HRV, it may be necessary to make changes to your daily routines, such as improving sleep quality, adopting a balanced diet, engaging in regular physical activity, and managing work-related stress.



STRESS REDUCTION

ADRENAL HEALTH

01

Identify your stressors

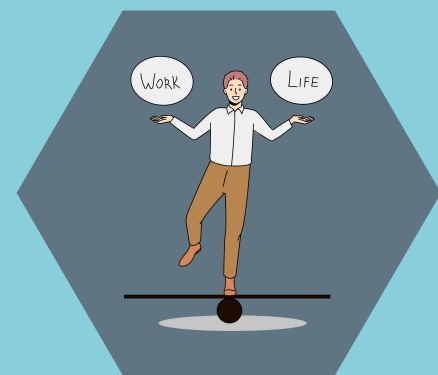
The first step to reducing stress is to identify what is causing it. This can be anything from work, to relationships, to money troubles. Once you know what is stressing you out, you can start to deal with it.



02

Make a plan

This may involve making some changes in your lifestyle, such as cutting back on work hours or taking some time for yourself each day.



03

Seek help

If you're struggling to cope with stress on your own, don't be afraid to seek out professional help. A therapist can help you learn how to deal with stress in a healthy way.



04

Practice relaxation

There are many different ways to relax, such as yoga, meditation, and deep breathing. Find a method that works for you and make sure to practice it regularly.



05

Take a break

This may mean taking a vacation from work or spending some time away from your family. Sometimes a change of scenery is all you need to feel better.



TOP HERBS TO SUPPORT ADRENAL HEALTH

1

ASHWAGANDHA

An adaptogenic herb known for its stress-reducing properties. It may help balance cortisol levels and support the body's response to stress.

2

RHODIOLA ROSEA

Another adaptogenic herb that may help enhance resilience to stress, improve energy levels, and promote mental clarity.



3

SIBERIAN GINSENG (ELEUTHERO)

A traditional adaptogen that may aid in reducing fatigue, improving energy, and enhancing the body's stress response.

5

LICORICE ROOT

This herb may help regulate cortisol levels and has been used to support adrenal function. However, it's important to use licorice cautiously, as excessive consumption can lead to high blood pressure.

4

HOLY BASIL (TULSI)

Known for its calming and adaptogenic properties, holy basil can help the body adapt to stress and support overall well-being.

TOP FOODS FOR ADRENAL HEALTH

1

COMPLEX CARBOHYDRATES

Whole grains like brown rice, quinoa, and oats provide sustained energy and support blood sugar stability, which is important for adrenal health.

2

LEAFY GREENS

Spinach, kale, and other leafy greens are rich in vitamins and minerals that support overall health and may contribute to adrenal function.

3

HEALTHY FATS

Avocado, nuts, seeds, and olive oil contain healthy fats that support hormone production and overall health.

4

SEA VEGETABLES

Seaweed and other sea vegetables contain minerals like iodine, which supports thyroid function and adrenal health.

5

PROTEIN SOURCES

Lean proteins such as poultry, fish, beans, and lentils are essential for tissue repair and help maintain stable blood sugar levels.

6

HERBAL TEAS

Chamomile, passionflower, and lavender teas are soothing options that may help reduce stress and promote relaxation.

7

COLORFUL VEGETABLES AND FRUITS

Bell peppers, sweet potatoes, carrots, berries, citrus fruits and other colorful vegetables and fruits provide antioxidants and nutrients that support immune function and combat stress.




Meal Ideas

ADRENAL HEALTH

Sunday

 Scrambled eggs cooked in butter with avocado slices and a side of sautéed spinach.

 Grilled chicken Caesar salad with romaine lettuce, parmesan cheese, and Caesar dressing (low carb).

 Grilled salmon with a side of sautéed spinach.

Monday

 Crustless Quiche with Bacon, Cheese, and Broccoli.

 Beef salad with mixed greens, cherry tomatoes, and a high-fat dressing (e.g. olive oil and MCT oil).

 Leftovers from last night.


Tuesday

 Avocado Boats with Ground Sausage.


 Chicken thighs cooked in ghee with a side of bone broth and veggies.

 Easy Crockpot Pulled Pork with brussel sprouts and carrots.

Wednesday


 Keto-friendly smoothie made with coconut milk, unsweetened almond milk, spinach, avocado, chia seeds, and a scoop of low-carb protein powder.

 Tuna salad lettuce wraps.

 Beef Stir-Fry with Broccoli, bell peppers, and mushrooms in a savory coconut aminos and sesame oil dressing.

Thursday


 Coconut Flour Pancakes topped with sugar-free syrup and berries.

 Caprese salad with fresh mozzarella, cherry tomatoes, and basil, drizzled with balsamic glaze.

 Sheet-pan chicken fajitas with guacamole.


Friday

 Turkey, egg & cheese keto muffins.

 Herbed chicken patty salad (makes two salads, save one for tomorrow).

 Grilled steak with a side of roasted asparagus and a small garden salad.

Saturday

 Keto Breakfast Burritos wrapped in lettuce leaves, filled with scrambled eggs, avocado, and bacon.

 Herbed chicken patty salad.

 Easy Crockpot Pulled Pork with brussel sprouts.

SHOPPING LIST

PRODUCE

- CARROT
- CUCUMBER
- RED BELL PEPPERS
- CHERRY TOMATOES
- BABY SPINACH
- ARUGULA
- HEAD BIBB, ICEBERG OR BUTTER LETTUCE
- VINE RIPE TOMATOES
- GREEN ONION
- FRESH GARLIC
- BROCCOLI
- FRESH BASIL
- YELLOW ONION
- BANANAS
- BLUEBERRIES
- STRAWBERRY
- AVOCADOS
- LEMON
- STRAWBERRIES



MEAT, POULTRY, DAIRY

- EGGS
- PARMESAN
- MOZZARELLA CHEESE
- VANILLA PROTEIN POWDER
- FLANK STEAK
- LEAN STIR FRY BEEF
- SALMON
- GHEE OR GRASS-FED BUTTER
- CHICKEN THIGHS
- CHICKEN BREASTS
- ORGANIC SLICED TURKEY
- BACON (NO SUGAR ADDED)
- CANS OF WILD CAUGHT TUNA
- PULLED PORK
- STEAK



GRAINS, BEANS, NUTS, LEGUMES

- COCONUT FLOUR
- CHIA SEEDS
- DRY ROASTED MIXED NUTS
- HEMP HEARTS
- ALMOND MILK
- ALMOND BUTTER
- PINE NUTS OR SUNFLOWER SEEDS



MISCELLANEOUS

- BALSAMIC VINEGAR
- BLACK PEPPER
- SALT (PREFERABLY SEA SALT)
- CUMIN
- DRIED OREGANO
- DRIED DILL
- GARLIC POWDER
- PAPRIKA
- APPLE CIDER VINEGAR
- DIJON MUSTARD
- CHICKEN BROTH
- COCONUT AMINOS
- OLIVE OIL
- AVOCADO OIL
- RICE PAPER WRAPS
- PESTO
- AVOCADO OIL MAYONNAISE



Check out these recipes below!



Meal Ideas

FRUIT SMOOTHIE BOWL



Recipe

- ½ frozen banana chunks
- 1 cup frozen mixed berries
- 1 scoop plant protein powder
- 2 tablespoons unsweetened non-dairy milk
- 1 tsp almond butter

TOPPINGS

- ¼ cup fresh berries
- 1 tablespoon gluten-free granola
- 1 tsp chia seeds

- Blend ingredients in a blender until smooth.
- Serve in a bowl and sprinkle with your toppings of choice.

Meal Ideas

COCONUT FLOUR PANCAKES



Recipe

- **¼ cup coconut flour (use a level measurement)**
 - **3 large eggs**
 - **2 tablespoons olive oil**
 - **2 tablespoons maple syrup (or sugar-free syrup for keto)**
 - **1 tsp baking powder (see note)**
 - **1 tsp vanilla extract**
 - **1/8 tsp fine sea salt**
- In a large bowl, combine the coconut flour, eggs, oil, maple syrup, baking powder, vanilla extract, and salt. Use a whisk to stir it all together, breaking up any clumps.
 - In a greased skillet over medium-low heat, add 3 tablespoons of the pancake batter and allow it to cook until bubbles start to form in the middle of the pancake, about 4 to 5 minutes.
 - Flip the pancake and let it cook on the other side, about 4 more minutes, or until both sides are golden. Don't be tempted to increase the heat to speed up the cooking time, or the outsides of the pancake might burn before the inside is cooked through and fluffy.
 - Repeat with the remaining batter, making roughly 6 small pancakes.
 - Serve warm with your favorite toppings.

Meal Ideas

CRUSTLESS QUICHE WITH BACON, CHEESE, AND BROCCOLLI



Recipe

- 1 lb frozen broccoli florets
- 4 oz. bacon
- 4 large eggs
- 1 cup milk
- ¼ cup grated Parmesan
- 1¼ tsp seasoning sea salt
- 4 oz. shredded medium cheddar

- Thaw broccoli florets. Place the bacon in a skillet and cook over medium-low heat until very brown and crispy. Transfer the bacon to a paper towel lined plate to drain and pour off most of the grease out of the skillet.
- Turn the heat under the skillet up to medium-high and add the broccoli florets. Sauté them in the residual bacon grease until they are no longer frozen. Transfer the broccoli to a cutting board. Roughly chop the florets into smaller, bite-sized pieces.
- Preheat the oven to 350°F. In a medium bowl, whisk the eggs, milk, Parmesan, and seasoning salt.
- Coat a 9-inch pie plate in non-stick spray. Place the chopped broccoli in the dish along with half of the shredded cheddar. Crumble the bacon over top. Stir the broccoli, cheddar, and bacon together.
- Place the pie plate on a baking sheet for easy transport in and out of the oven. Pour the egg and milk mixture over the bacon, broccoli, and cheddar in the dish. Top with the remaining shredded cheddar.
- Bake the crustless quiche for 50-55 minutes, or until the center is puffed and quiche is golden around the edges.

Meal Ideas

KETO BREAKFAST BURRITOS



Recipe

- 8 gluten free tortillas
 - 1 lb bulk breakfast sausage – or bacon, if you prefer.
 - 12 eggs, beaten
 - Salt and pepper to taste
 - Jalapenos, chopped
 - 2 Roma tomatoes, seeded and chopped
 - ¼ cup cilantro, chopped
 - ¼ cup bell pepper, chopped
- Brown breakfast sausage and set aside. While the sausage is cooking, beat eggs, salt, pepper, and cream together in a medium sized bowl.
 - Cook the eggs on medium in the same pan as you cooked the sausage, using the drippings. Chop any veggies you want to add while the eggs are cooking (3-5 minutes) or until they are firm.
 - Spread all of the ingredients (eggs, sausage, cheeses, veggies) down the center of the tortilla and roll into a burrito.

Meal Ideas

AVOCADO BOATS WITH GROUND SAUSAGE



Recipe

- 1 lb lean ground meat - beef, chicken, or turkey can be used
- 1/3 cup yellow onions, diced
- 1/3 cup tomatoes, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/4 tsp coriander
- 1/2 cup lettuce, shredded
- 1/2 cup diced tomatoes, diced
- 1/4 cup red onions, diced
- 1/4 cup cilantro leaves
- 3 tablespoons cotija cheese - feta can be substituted
- Lime wedges
- Salt & pepper to taste

- Add oil to a large pan and saute the yellow onions over medium high heat. When onions begin to turn translucent, add the ground meat and break it apart with a spatula as it cooks. Once cooked through, drain any excess grease from the pan.
- Next, add the taco seasonings along with 1/4 cup of water and allow it to simmer over medium low heat. Once most of the water has reduced, turn off the heat.
- Cut your avocados in half and remove the pit. Rub lime juice on the surface to keep them from browning.
- Generously scoop the taco filling into your avocado halves and add the taco toppings. Sprinkle with cotija cheese and finish with a squeeze of lime.

Meal Ideas

PULLED PORK CARNITAS TACOS WITH JALAPENO LIME SPROUTS



Pulled Pork Carnitas Tacos

- 4 cups pulled pork
- Olive oil (for drizzling)
- Juice of ½ orange
- 8-12 corn tortillas

Jalapeno Lime Brussels Sprouts Slaw

- 2 cups brussels sprouts, shredded
- 2 jalapeños
- 2 green onions, chopped
- 3 tablespoons fresh cilantro, chopped
- 2 limes, juiced
- 2 tablespoons olive oil
- 1 tsp honey
- ½ tsp salt
- ½ tsp pepper
- ½ tsp cumin
- ¼ tsp garlic powder

Jalapeno Lime Brussels Sprout Slaw

- For the slaw, thinly slice the jalapeños (seeds and ribs removed, if desired) and green onions, and toss in a medium bowl with the sliced brussels sprouts and chopped cilantro.
- In a small bowl, mix the final 7 slaw ingredients and whisk to combine. Add dressing to slaw and toss until evenly coated and combined.

Pulled Pork Carnitas Tacos

- First start by broiling the carnitas - Spread the pork out on an even layer on a baking sheet. The pork should be somewhat juicy. Place the pan on the top rack of your oven under the preheated broiler for about 4-6 minutes. Keep a close eye, the pork will be done when the pork is warm throughout and the edges start to brown into little crispy bits,.
- While pork is cooking, warm your tortillas.
- After the pork is cooked, squeeze the juice of about half an orange over the top.
- Fill the tortillas with crispy pork, taco toppings of choice and the Jalapeño Lime Brussels Sprout Slaw.

Recipe

Meal Ideas

BEEF STIR-FRY WITH BROCCOLI



Recipe

- 1 lb flank steak, very thinly sliced into strips
- 2 tablespoons olive oil
- 1 lb broccoli, cut into florets
- 2 tsp sesame seeds
- 1 tsp fresh ginger, grated
- 3 garlic cloves, minced or grated
- 1/2 cup hot water
- 6 tablespoons Tamari sauce
- 1 tablespoon packed light brown sugar
- 1 1/2 tablespoons corn starch
- 1/4 tsp black pepper
- 2 tablespoons sesame oil

- Combine all stir fry sauce ingredients in a bowl, stir well to dissolve the sugar, and set aside.
- Place a large skillet over medium heat and add 1 tablespoon of oil. Add broccoli florets and sauté 4 minutes, partially covered with lid, stirring or tossing several times until crisp-tender, then remove from pan.
- Increase heat to high and add 1 tablespoon of oil. Add beef in a single layer and sauté 2 minutes per side or until just cooked through. Quickly pull out a piece to test for doneness.
- Add the sauce, reduce heat to medium/low and simmer 3-4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1-2 tablespoon of water to thin the sauce if desired. Serve with brown rice.

Meal Ideas

CHICKEN TERIYAKI



Recipe

- **Cooking oil spray (avocado, coconut, or ghee)**
- **4 boneless chicken thighs, skin on**
- **1/3 cup Teriyaki sauce**
- **Toasted white sesame seeds**
- **Scallions, chopped**

- Preheat the oven to 425°F. Line a sheet pan with parchment paper and place a baking rack on top. Lightly spray the rack with oil.
- Pat the chicken dry. Lightly season with a bit of sea salt on all sides.
- Place the chicken thighs, skin side up, on the prepared rack. Bake for 20 minutes, or until the skin becomes light golden brown and the meat is completely cooked through (165°F on a meat thermometer).
- Remove the chicken from the oven and brush with the teriyaki sauce. Change the oven setting to high broil. Place the chicken back in the oven and broil for 3 minutes to give the skin a nice golden color. (If you use skinless chicken, broil for only 1 to 2 minutes.)
- Wait for 5 minutes before slicing the chicken into bite-sized pieces. If desired, sprinkle with toasted sesame seeds and chopped scallions.
- Serve with brown rice and a mixed greens salad.



flccc.net

FLCCC[®]
A L L I A N C E

