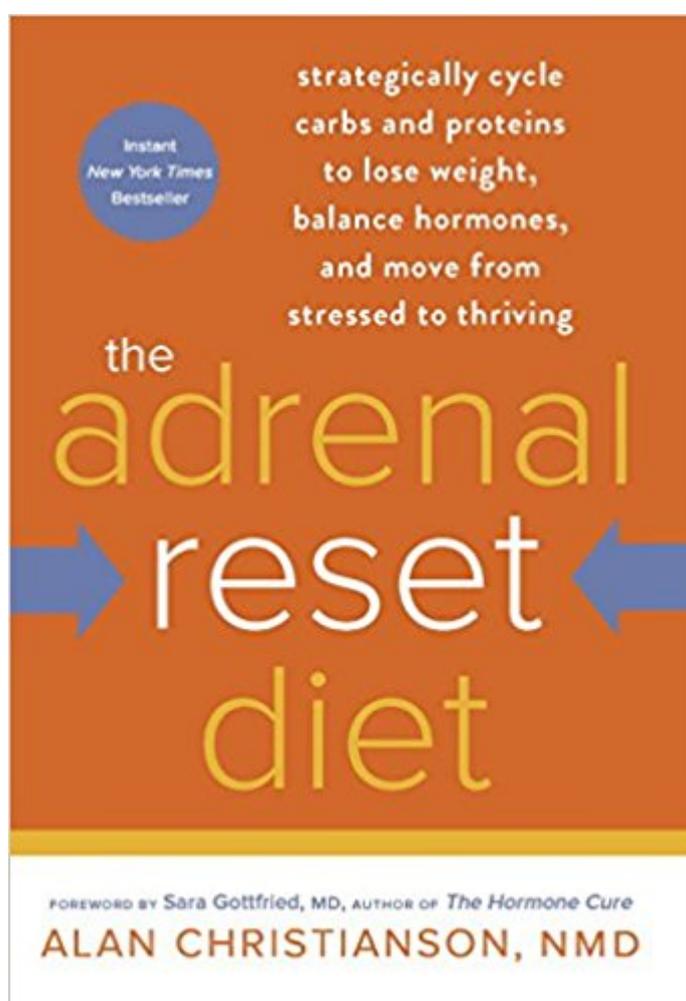


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# The Adrenal Reset Diet: Strategically Cycle Carbs And Proteins To Lose Weight, Balance Hormones, And Move From Stressed To Thriving



## Synopsis

GO FROM WIRED AND TIRED TO LEAN AND THRIVINGâ Why are people gaining weight faster than ever before?â The idea that people simply eat too much is no longer supported by science.â The emerging idea is that weight gain is a survival response.â Our bodies are under attack from all directionsâ an overabundance of processed food, a polluted world, and the pressures of daily life all take their toll.â These attacks hit a little known but very important set of glands, the adrenals, particularly hard.â One of their many jobs is to maintain a normal cortisol rhythm (cortisol is a hormone associated with both stress and fat storage).â When this rhythm is off, we can become overwhelmed more quickly, fatigued, gain weight, and eventually, develop even more severe health issues such as heart disease or diabetes. Unsuspecting dieters cause more harm than good by reducing the number of calories or carbohydrates they consume, which can disrupt cortisol production and cause weight gain.â In *The Adrenal Reset Diet*, Dr. Alan Christianson provides a pioneering plan for optimal function of these small but powerful organs. His patient-tested weight-loss program is the culmination of decades of clinical experience and over 75,000 patient-care visits. In a study at his clinic, participants on the Adrenal Reset Diet reset their cortisol levels by over 50% while losing an average of over 2 inches off their waists and 9 pounds of weight in 30 days.â What can you expect?â Learn whether your adrenals are Stressed, Wired and Tired, or Crashed and which adrenal tonics, exercises, and foods are best for you.â The clinically proven shakes, juices, and other delicious recipes, to use for your Reset.â New ways to turn off the triggers of weight gain with carbohydrate cycling, circadian repair, and simple breathing exercises.â An easy 7-day ARD eating plan to move you and your adrenals from Surviving to Thriving.

## Book Information

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## Customer Reviews

I wanted to write a review for people who are in the same situation as me. I had breast cancer at the age of 45 and did chemo, radiation and currently take tamoxifen. Tamoxifen is an estrogen blocker. As a result of my chemo I went into chemically induced menopause overnight. I am a chef who knows how to make sawdust taste good so I can follow a diet very strictly. I have been gluten free for 5 years. First I tried gluten free vegan. Gluten free vegan was the worst for me. No energy. I lost no weight in 3 months being extremely strict. I then went primal. I even tried Dr. Jack Kruse Leptin reset. I did lose weight but really it is almost impossible to keep up. I just ended up going back to primal. In the morning I ate eggs with greens, coffee with full fat cream, lunch was salmon, chicken or grass fed beef again with low carb vegetables and at night the same sort of combination and sometimes some cheese. Once in a while I would cheat and have a rice cracker or some gluten free bread as a treat. I workout with a trainer and don't overdo it. Not a pound lost. I even counted teaspoons of sugar I ate throughout the day. I can only have 10 and after that my body makes too much insulin and too much insulin is a carcinogen for me.  $\text{Carbohydrates} - \text{Fiber} \div 5 = \text{teaspoons of sugar}$  if you want the equation. Nope. No weight loss. Then a friend told me about the adrenal reset. I thought she was crazy. There was no way I was going to eat beans or "good carbs" and lose weight. In the past the second I ate beans the scale went up up up. I started to listen to Dr. Christianson talk about his book in any interview I could find on the internet. My first thought was I bet the women who did his study were in their 20's but I was wrong!

Save \$14 and skip this book. There are a lot of words in this book but ultimately nothing of true value that one can apply to seriously address adrenal dysfunction issues. I have been battling adrenal fatigue for a number of years, have read several books and can draw from my own experience. I am not a doctor but someone who has an opinion. First, if you suspect adrenal fatigue, go see a professional for a consult and get a cortisol test to see the slope of your daily cortisol levels, this along with your symptoms can validate a claim of adrenal fatigue or not (i.e. if your cortisol levels are low in the AM and high in PM, you most likely have an adrenal issue). If you do have an adrenal fatigue issue, it is important to know what stage you are in as more severe stages of adrenal fatigue require different protocols/and or supplements. In general here is what I can recommend for mild to moderate adrenal dysfunction, which I suspect most people are in when they first realize that

something is wrong with them. I implemented the below techniques/knowledge, got better, then after a few years, because of my crazy work schedule + life circumstances, find myself again revisiting this unpleasant situation. I got the book hoping to find some new insights but unfortunately did not. My suggestions: Stop all alcohol, sugar, chocolate and caffeine consumption period. Goes without saying but ditch all processed, junk food - sodas, chips, cookies etc. The occasional indulgence is fine but this is a slippery slope - discipline is needed here. It will be painful but your adrenals get whipped by these substances.

I bought this book because I've been diagnosed with adrenal fatigue but am not currently under the care of a doctor who is knowledgeable about this condition so I have been trying to educate myself. I also have low thyroid function. I found the concept of carbohydrate-cycling to be quite intriguing and wish the book had a section explaining the biochemistry of it. According to the book's quiz I'm in the "crashed" phase of adrenal fatigue although quizzes tend to be one-size-fits-all and I'm not sure how accurate this is. I'm probably between "tired & wired" and "crashed". I had a severe knee injury 2 years ago followed by surgery 3 months later and I think the physical stress was very challenging. I practise martial arts and do a lot of walking and go to the gym but am still not where I want to be in my knee rehab which is also stressful. The way I feel most days is not so much tired the way you feel when you haven't slept long enough, but rather, sluggish. Yet I am always on the go. So I was keen to start on this eating plan. I've been following the diet for 3 weeks now. I lost weight right away. I'm 5'6" and was above the weight where I'm comfortable - not really heavy at almost 126 but I had belly fat that I really wanted to get rid of. This has been going on for years, since I had children. I would put on weight and when I reached 126 I would start dieting - primarily by avoiding sugar and snack food. It usually took me 4-6 weeks to drop the weight. After 3 weeks on the adrenal re-set diet I'm down to 118 and could probably lose a few more pounds to get rid of the remaining belly fat. I have not yet achieved the "abundant energy" to which Dr. Christianson refers, but am hopeful that will change. This is a great way to eat.

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