



**TrueSelf**  
**TotalHealth**  
**life, in balance.**



## **FOOD AS MEDICINE: BEAT FATIGUE AND RESTORE ENERGY**

SPONSORED BY: Black Vegetarian Society of Maryland  
[www.bvsmd.org](http://www.bvsmd.org)

PRESENTED BY: TrueSelf TotalHealth  
[www.trueselftoalhealth.com](http://www.trueselftoalhealth.com)

# FOOD AS MEDICINE!

*"The beauty of Food As Medicine is that the choice to heal and promote health can begin as soon as the next meal."*



# ABOUT YOUR PRESENTER

## TONI ST. CLAIR-FISH

Owner/CEO

TrueSelf TotalHealth

Certified Nutritional Endocrinology  
Coach and Educator

Certified Digestive Health Coach

Certified Insulin Resistance Coach

Certified Plant Based Nutrition  
Educator

Certified Raw Vegetarian Chef and  
Instructor



# DISCLAIMER

I am not a licensed practitioner, physician, dietician, nutritionist, nurse or medical professional. This document/course is informational only. Anything you learn here is to be utilized/taught/shared at your own risk. Antoinette (Toni) St. Clair, Health Coach (Functional Nutrition & Life) and Wellness Consultant claims no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the information presented, suggested or recommended. **It is not intended as medical advice. I am not treating, curing, or diagnosing any condition or illness.** If you have a condition that requires medical attention, I encourage you to make your own health care decisions based on your research and in partnership with a qualified health care practitioner.

# WHAT ARE YOU HERE?

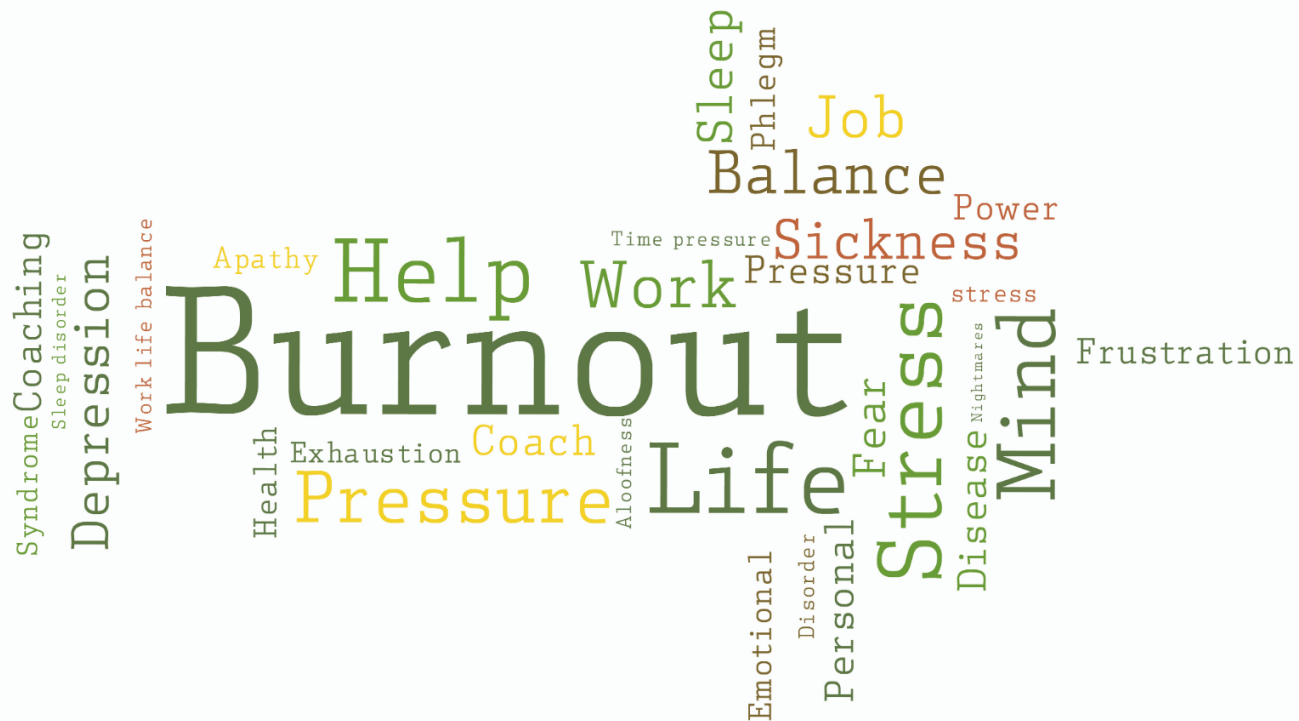
- ✓ You have a mid-afternoon slump.
- ✓ You wake up feeling tired even after 6 hours or more of sleep.
- ✓ You find it difficult to recover after exercise.
- ✓ You rely on stimulants like caffeine and sugary drinks.
- ✓ You feel exhausted and tired for no apparent reason.



# WHAT YOU WILL LEARN

- ✓ How to assess your level of exhaustion.
- ✓ How to use food, herbs, and supplements to beat fatigue.
- ✓ How to make simple lifestyle changes to restore your energy.
- ✓ How to create YOUR unique action plan to resolve exhaustion...naturally!

# THE ROOT CAUSE OF FATIGUE IS...



# WHAT ARE ADRENAL GLANDS?



# OVERVIEW OF STRESSORS

- Sympathetic Overflow
- Tissue Damage  
Inflammation  
Pain
- Mental, Emotional, and Spiritual Stressors



# ADRENAL FATIGUE STAGE 1 – WIRED & TIRED

- Sympathetic Dominant State
  - ➤ DHEA low
  - ➤ Cortisol high
- Draining Your Reserves
- Negative Effects of Cortisol
- Slump in Mid-Afternoon
- Wired at Bedtime
- Reference: Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology



# ADRENAL FATIGUE STAGE 2 – RESERVES BECOMING DEPLETED

- Sympathetic Dominant State
  - DHEA low
  - Cortisol normal, with possible low dips
- Low Reserves
- Immune System Compromised



Reference: Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology

# SYMPTOMS OF OVER-ACTIVE ADRENALS- STAGE 1 & STAGE 2

- ✓ Cannot fall asleep
- ✓ Under high amounts of stress
- ✓ Weight gain when under stress
- ✓ Wake up tired even after 6 or more hours of sleep
- ✓ Excessive perspiration, or perspiration with little or no activity
- ✓ Tired and wired

Reference: Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinolog



# ADRENAL FATIGUE STAGE 3 – EXHAUSTION

- Sympathetic Dominant State
  - ➤ DHEA low
  - ➤ Cortisol low
- ✓ Suffering From Negative Effects of Chronic Elevated Cortisol
- ✓ Low Libido
- ✓ Sex Hormone Imbalances
- ✓ Accelerated Aging
- ✓ Poor Memory



Reference: Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology

# SYMPTOMS OF LOW ADRENALS- Stage 3

Low energy	Cold intolerance
Frequent illness	Craves Salt
Poor recovery from exercise	Low blood pressure, especially upon rising
Dark circle under eyes	Thin, dry, dull hair that tends to fall out
Ligament and tendon laxity	Sparse hair on forearms or lower legs
Light sensitivity	Dry skin

# ASSESSING YOUR LEVEL OF EXHAUSTION

## DETERMINE YOUR STAGE OF ADRENAL FATIGUE

Self Assessments (Signs and Symptoms)

Adrenal Salivary Testing (ASI)

Urine Collection – DUTCH (Dried Urine Test for Comprehensive Hormones)

# DANGERS ASSOCIATED WITH UNMANAGED ADRENAL ISSUES

- Blood Pressure
- Immune System
- Heart Health
- Digestion
- Thyroid Receptors
- Inflammation
- Blood Sugar
- Respiration



Reference: Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology

# ACTIONS THAT REBALANCE ADRENALS & RESTORE ENERGY!

- ✓ Stress Management
- ✓ Movement
- ✓ Sleep
- ✓ **Diet**
- ✓ **Nutrients**
- ✓ **Herbs**

# ELIMINATE...

## **Common & Known Allergens**

- ✓Gluten
- ✓Dairy
- ✓Egg
- ✓Peanuts
- ✓Corn
- ✓Soy

**Know Sensitivities or Intolerances** – Foods you don't digest well

**Coffee, Processed Sugar, Processed & Packaged "Food"**

Reference: Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology

# ADD...

- ✓ Green Leafy Vegetables
- ✓ Sea Vegetables:  
kelp, bladderwrack, dulse, nori
- ✓ Coconut
- ✓ Omega 3 Rich Foods:  
hemp seeds, chia seeds, flax seeds, algae,
- ✓ Probiotic Rich Foods:  
kimchi, sauerkraut, coconut yogurt, seed yogurt
- ✓ Adrenal Support Herbal Tea:  
licorice, ginseng, lemon balm



Reference: Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology

# ADD...

## Good Mood & Energy Boosting Food



# GENERAL NUTRIENT SUPPORT

- Vitamin C
- Vitamin B-5
- Vitamin B-6
- B-Complex
- Vitamin D-3



# GENERAL HERBAL SUPPORT

Ashwagandha

Maca

Reishi

Rhodiola Rosea



# NUTRIENT & HERBAL SUPPLEMENT

***Adrenal Assist*** provides key nutrients and botanicals to enhance adrenal response to stress and support the ability to adapt to stressors and restore balance.

<https://us.fullscript.com/protocols/tonistclair-adrenal-fatigue-with-sleep-aid>

Vitamin C	Ashwagandha
Vitamin B5	Holy Basil
Vitamin B6	Panax Ginseng
Zinc	Schizandra
Rhodiola	Eleuthero
Astragalus	Maca



\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# ACTION PLAN

- Determine Adrenal Fatigue Stage
- Implement appropriate lifestyle activities (sleep, stress management)
- Add adrenal nourishing food (whole, plant based)
- Eliminate toxic food and food like substances
- Improve vitamin and minerals with supplements to assist with rebuilding
- Introduce appropriate herbs suitable for the particular stage of Adrenal Fatigue

# ACTION PLAN – DEEPER DIVE

*Which one feels right for you right now?*

## **Herbal Adrenal Fatigue and Sleep Aid**

<https://us.fullscript.com/protocols/tonistclair-adrenal-fatigue-with-sleep-aid>

## **Functional Nutrition Self-Assessment Consultation:**

<https://www.trueselftotalhealth.com/product/functional-nutrition-self-assessment-consultation/>

## **Functional Health Consultation:**

<https://www.trueselftotalhealth.com/product/functional-health-consultation/>

**Free 20-Minute “Get Your Health in Balance” Consultation (Limited to first five people)**

# THANK YOU FOR COMING!



**TrueSelf**  
**TotalHealth**  
**life, in balance.**



**TAKE CONTROL OF YOUR HEALTH NOW!!**