FOOD AS MEDICINE: BEAT FATIGUE AND RESTORE ENERGY

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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.”

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ABOUT YOUR PRESENTER
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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

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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.

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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

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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

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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

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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

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

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ACTIONS THAT REBALANCE ADRENALS & RESTORE ENERGY!

✓ Stress Management
✓ Movement
✓ Sleep
✓ Diet
✓ Nutrients
✓ Herbs
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
✓ 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
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
Adrenal Assist provides key nutrients and botanicals to enhance adrenal response to stress and support the ability to adapt to stressors and restore balance.


Vitamin C     Ashwagandha
Vitamin B5    Holy Basil
Vitamin B6    Panex Giseng
Zinc          Schizandra
Rhodiola      Eleuthro
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
Which one feels right for you right now?

**Herbal Adrenal Fatigue and Sleep Aid**

**Functional Nutrition Self-Assessment Consultation:**

**Functional Health Consultation:**

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

TAKE CONTROL OF YOUR HEALTH NOW!!