

DOs and DON'Ts in RECOVERING FROM CHRONIC FATIGUE SYNDROME / ADRENAL FATIGUE

The following are some of the most important things to do and not to do to recover from adrenal fatigue.

AVOID THESE:

Pushing yourself to exhaustion

Sugar, caffeine, & junk food

Being critical and harsh with yourself

Skipping meals

Eating carbohydrates by themselves

Staying up late and catching your “second wind”

Arising early if you don't have to

Food that you react to or are allergic to

Drinking sodas, coffee, alcohol, juice

Making someone else responsible for your health

People who steal your energy

Taking care of everyone and everything else

Feeling guilty about caring for yourself

Excessive seriousness

“The grind”

Aggressive exercise

DO THESE:

Pace yourself

Eat real, whole, fresh food

Be compassionate and kind to yourself

Eat every two hours

Eat a combination of carb, fat, and protein

Get to bed by 10:00-11:00pm

Sleep until 7:00-8:00am when possible

Eat balanced, nutritious food

Drink water, herbal teas

Become empowered and informed about your health

Be with people who are concerned for your wellbeing and are helpful in your recovery

Take care of and nurture yourself

Find an inner balance and sense of peace with taking care of yourself

Find things that make you laugh

Do things you enjoy

Mild to moderate exercise

Visit www.HeartMath.com for stress handling assistance, information, and research.

A GREAT BOOK REFERENCE FOR FURTHER INFORMATION:

Adrenal Fatigue: The 21st Century Stress Syndrome, by James L. Wilson, N.D., D.C., Ph.D., Smart Publications, 2001