



REVERSE YOUR EXHAUSTION & ADRENAL FATIGUE NATURALLY

Root + Ritual Functional Medicine

Welcome!

Hi! I'm Rachel Martin, a family nurse practitioner turned functional medicine nurse practitioner with a passion for gut health and hormone health. I believe we experience the biggest returns in our health with a food-first approach. Join me and I'll show you how to reverse your exhaustion and feel like yourself again.



ABOUT ME

For the past six years, I've worked as a family nurse practitioner in a private community clinic. During that time, I spent four years completing my certification through the Institute for Functional Medicine.

Now, I combine my practical bedside wisdom with foundational functional medicine nutrition and lifestyle principles to inspire lasting change. I'm not reinventing the wheel; I'm just changing the way you look at it.

Adrenal fatigue is actually a misnomer - nothing is truly "wrong" with your adrenal glands! The appropriate name is actually HPA axis dysfunction. Hypothalamic-pituitary-adrenal axis dysfunction meaning your brain is communicating a message to your body that is dysfunctional. And in truth, your body isn't dysfunctional or broken - it's simply responding to its environment.

Root cause medicine forces us to look at what is actually driving the HPA axis dysfunction and addressing that. For most people, it's poor food choices, overscheduling, emotional and mental stress, not enough sleep, not enough relaxation, and toxins in the environment. All of these things can affect your cortisol level resulting in that "wired and tired" feeling or the last stage of HPA axis dysfunction, exhaustion. I've pulled together my top tips for feeling better ASAP!

Rachel Martin, NP



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REVERSE ADRENAL FATIGUE

- **Start your day off with a glass of water.** End the dehydration from sleep. Add in 1 tsp of himalayan sea salt or an electrolyte powder if you're exhausted all the time. Cortisol affects aldosterone (another hormone!) and people who suffer with this can feel lightheaded, have low blood pressure, and crave salty foods. I like LMNT brand or Redmond Re-Lyte for electrolyte powders.
- **Eat 30 grams of protein for breakfast within 1 hour of waking.** Aim for 1/2 cup of complex carbohydrates and 2-4 tbsp healthy fats. Breakfast sets the stage for blood sugar control and helps ensure the transition from high morning cortisol production. Shifting calories from dinner to breakfast helps improve insulin sensitivity, improves weight loss, and reduces cravings.
- **Aim for 15 minutes of restorative exercise daily.** No HIIT yet! I recommend 4-6 weeks of walking and yoga only before advancing to other activities. Listen to your body. If you're wiped out after exercise, then you overdid it. Slowly add in light strength training and advance your activity as tolerated after a few months of taking it easy.
- **Go to bed by 10 PM at the latest.** Your hormones respond to their environment and are synced with your circadian rhythms. Light and dark cycles strongly influence hormone balance. Plus, you get the most restorative sleep early in the evening. R+R PRO TIP: Move your bedtime back by 15 minutes every 3-4 days to ease into it. Quality sleep is a foundation from which you can build upon. It starts there. Supplement suggestions on the last page!

BREAKFAST IDEAS:

- Smoothie - protein powder, healthy fats (avocado, almond butter), fiber (chia, flax, acacia powder), vegetables (spinach, kale, frozen cauliflower rice, frozen zucchini)
- Eggs with sautéed greens, 1/4 avocado, 1/2 cup berries, and sausage
- Breakfast casserole
- Protein overnight oats - 1/3 cup oats, 2 tbsp chia, 1/2 cup non-dairy milk, 1 tbsp nut butter, 1 scoop protein powder, topped with berries and pumpkin seeds





- **Remove the inflammatory triggers.** There is a strong relationship between the HPA axis and inflammatory signaling. Sources of inflammation include "leaky gut," dysbiosis (imbalanced gut bacteria), and infections. Consider if stool testing would be beneficial but before then, you can definitely remove inflammatory foods, such as processed foods, hydrogenated oils, sugar, gluten, and possibly even dairy.
- **Uncover the root cause of your stress.** This may require counseling, journaling, or a life coach but if you never get to the root cause of your adrenal fatigue beyond lifestyle changes, then history may repeat itself. Consider the sources of your stress. Do you have financial stress? Work stress? Relationship stress?
- **Consider supplements.** These supplements can help support the HPA axis as you heal.
 - Vitamin C - provides adrenal support, aim for 1000 mg daily
 - B complex - provides adrenal support and rebuilds storage, opt for methylated vitamins
 - Magnesium - provides adrenal support, helps with bowel movements, stress response, and sleep, choose citrate forms for constipation relief and glycinate or threonate forms for anxiety/insomnia, 200-800 mg daily
 - Ashwagandha - adaptogen support, 400-800 mg once or twice daily
 - Rhodiola rosea - adaptogen support, 50-100 mg daily
 - L-theanine - amino acid in green tea, blunts stress, 100 mg once or twice daily
 - Phosphatidylserine - blunts stress response, 200-600 mg daily
 - Omega-3 fatty acids - reduces cortisol and mediates inflammation, 1000-1500 mg of EPA/DHA daily
 - Valerian root and passionflower - helpful for insomnia or sleeping issues, found in teas and combination supplements

CHOOSE YOUR ACTIVITIES

NOW IT'S YOUR TURN!

Select a few ideas that you can implement in the next 2 weeks.

TASK DESCRIPTION

Brainstorm when you'd like to implement these strategies. For example, I will drink a glass of water upon waking and then do 10 minutes of yoga each morning.