

# HEALTHY FOOD CHOICES FOR HEALTHY ADRENALS

<b>FOOD GROUPS</b>	<b>ALLOWED</b>	<b>AVOID</b>
Meat/ Fish/Poultry When possible Organic and free range Baked, broiled or poached	Chicken, turkey, wild game, and cold water fish: salmon, halibut, mahi-mahi etc.	Beef, pork, lamb, Shell fish: shrimp, lobster Meats with sodium nitrate: lunchmeats, bacon, cured, smoke or dried meat
Dairy	Plain yogurt, plain kefir, butter, eggs	All other dairy products Milk, cheese, cottage cheese, flavored yogurt, flavored Kefir, Ice cream
Vegetables Fresh or frozen Raw or steamed	All vegetables, dried beans, lentils, legumes	Can vegetables, creamed vegetables, casseroles
Fruit or fruit juice	All fruits 100% Juice without sugar	Juice with sugar
Breads	Whole wheat (unbromated or bromated free), millet, millet-flax seed, quinoa, brown rice, buckwheat, oats, corn.	White flour products: bread, tortillas, pasta, crackers, ect.
Nuts / Seeds	Raw (not roasted in oil): almonds, walnuts, pecans, pumpkin seeds, sunflower seeds	Processed / dry roasted nuts
Fats / Oils	Cold pressed olive oil, grape seed oil, flaxseed oil, organic butter	Margarine, shortening, processed and hydrogenated oils, mayonnaise, spreads
Sugar	Stevia, raw honey, 100% maple syrup, 100% blackstrap molasses, agava	All forms of sugar, artificial sweeteners, high fructose corn syrup, rice syrup, date sugar, evaporated cane juice
Spices / condiments / others	All spices, hummus, small amount of sea salt or veggie salt	Salty foods, junk food, mayonnaise, mustard, ketchup Processed foods
Drinks	64 oz distilled or reversed osmosis water, caffeine free herbal tea	City water, bottled water containing chlorine or fluoride, coffee, tea, soda, fruit juice with sugar added

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# HEALTHY FOOD CHOICES FOR HEALTHY ADRENALS (cont)

## Lifestyle Changes for Adrenal Stress & Hypoglycemia

### Avoiding Adrenal Stimulators

It is very important to avoid certain foods and chemicals in order to avoid excessive stress on the adrenal glands. In order to normalize the adrenals, not only is nutritional support required, but the removal of stimulants and sources of adrenal stress need to be eliminated as well. Patients who do not comply with avoiding stimulators will have minimal results. The following is a list of foods and chemicals that need to be completely avoided when making an attempt to normalize adrenal function.

- Concentrated Sugars
- Caffeine (decaffeinated is not acceptable because it is still 60% caffeinated)
- Nicotine
- Alcohol
- Allergic foods (histamine is an adrenal stimulate)
- Partially hydrogenated fats (inhibit steroid hormone synthesis)
- Artificial Sweeteners (blocks the conversion of phenylalanine to tyrosine, which is needed to synthesize catecholamines in the adrenal medulla)
- Overtraining
- Inadequate sleep

### Stabilize Glucose Levels

If blood glucose levels are not stabilized, there will be minimal results when attempting to correct adrenal status. This is especially a concern with patients that have reactive hypoglycemia symptoms such as: irritability before meals, getting “shaky” and lightheaded when meals are missed, and when eating relieves fatigue. When blood sugar levels fall, healthy adrenals restore the levels back to normal. If the stress to the adrenal glands is not removed, the adrenals will not have the opportunity to rebuild. In addition to supplying the adrenals with the nutrients it requires to stabilize blood glucose levels such as Proglyco-SP (K13) with hypoadrenia and Glysen (K01) with hyperadrenia, dietary guidelines need to be addressed to stabilize blood sugar levels throughout the day.

### Dietary Guidelines to Stabilize Glucose Levels

1. Do not skip breakfast.
2. Eat a high quality protein based breakfast.
3. Eat every 2-3 hours. Do not wait until you are hungry.
4. Snack with low glycemic foods such as nuts, seeds, hard-boiled eggs, etc.
5. Avoid all fruit juices and carrot juice.
6. Never consume high glycemic fruits (foods) without a source of protein.
7. Avoid all adrenal stimulants (as listed above.)

Eat a well balanced diet consisting mostly of vegetables, quality grains and lean meats.

# HEALTHY FOOD CHOICES FOR HEALTHY ADRENALS (cont)

KATHY WHITE  
DOTHAN, AL

## ***DEPRESSION, SINUSITIS, CHRONIC FATIGUE (ADRENAL GLAND INSUFFICIENCY)***

SEPTEMBER 2004

Before treatment by Dr. Carnes, I had been diagnosed with clinical depression, asthma, panic attacks, chronic bronchitis, chronic sinusitis, (confirmed by an MRI), and migraines for years. The January before my visit I missed eight days of work due to a flair-up of sinusitis and bronchitis, which I also had two times earlier that year. For approximately a year, I was also experiencing complete exhaustion at times and chronic fatigue all the time. I would drag myself to work, feel as though I was dragging myself through work, crash into bed requiring 9 to 11 hours of sleep, and still wake up tired.

I put off going to a medical doctor because, as an RN, I knew the battery of tests I would be put through and was actually afraid of the diagnosis and treatment plan medical doctors use. The use of antibiotics and cortisone treatment in the past only caused more problems.

Out of desperation I started reading and following vitamin therapy. At the health food store, the nutrition therapist recommended I see Dr. Carnes because he had helped her so much. I previously thought a chiropractor was for treatment of muscle injuries and alignment problems or I would have gone to him long ago. In ten minutes Dr. Carnes had diagnosed me with adrenal gland insufficiency and recommended the adrenal diet, vitamins and change to an exercise routine I needed to follow. Two weeks after my visit I began to get my energy back. By three weeks I had a feeling of well-being that I couldn't remember feeling, as it had been so long that I felt unhealthy. My capacity to think has cleared as well as feeling healthy again.

I can't thank the Lord enough for leading me to Dr. Carnes. I know he is an answer to prayer.

KATHY WHITE, RN

# HEALTHY FOOD CHOICES FOR HEALTHY ADRENALS (cont)

## *Adrenal Fatigue and Allergies*

May 2007

It took me a while, but I finally came to see Dr. Carnes. My husband and friends had to really encourage me to come because I was skeptical. At my first visit I told Dr. Bob about my headaches, nose bleeds, allergies and fatigue. I had gone to an allergist and had the whole “nine yards” of testing. Basically I came away allergic to “everything” and was given two prescriptions including an inhaler. The doctor told me that since I was allergic seasonally I would be on the medicines everyday from now on. That was a problem because I was nursing my baby and did not want to be on drugs. I went to the health food store and tried some natural remedies, but they did not work and they even affected my baby.



I finally made that appointment with Dr. Carnes and this is the **FIRST** year, especially in the spring, that I have felt good. He told me I had adrenal fatigue as well as allergies. He put me on the adrenal diet and specific nutrition relating to my specific allergies. I felt so good that it dawned on me that I had felt bad since childhood, especially with nose bleeds.



I have learned so much! I thought I was healthy. I had never read the list of ingredients on products before, but Dr. Bob has taught me how important it is. Our family has changed the way we eat on a day to day basis, and are seeing the benefits. Now I read everything I can. My son is a “pure kid” – it all started here! He is the only one who didn’t get sick this winter in his class, and he hasn’t been on any medication. It seems the other kids are sick a lot and have constant runny noses.

Don’t be skeptical, don’t wait. Dr. Bob has not only helped me get better, but has also taught me how to stay better.

*Misti Caddell*

# HEALTHY FOOD CHOICES FOR HEALTHY ADRENALS (cont)

## BRANDS WE USE

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Baking mixes	Hogson Mill	Pancake		x		P W
Baking mixes	Glutino	Pancake		x		W
Baking powder	Rumford	Aluminum free	x	x	x	
Beans	Greenwise	Kidney, garbanzo, black beans, pinto	x	x	x	P
Beans	Dried beans	varies	x	x	x	P
Beans	West brae natural	"organic"	x		x	P
Beans	Amy's	varies				P
Bread	Udi's			x		P
Bread	Rudi's			x		P
Bread	Ezekiel					P
Butter	Canyon Creek Farms		x			P
Butter	Organic Valley		x			P
Butter	Kerry gold	butter	x		x	W- diary
Cereal	Alpen				x	P
Cereal	Kashi	Pilaf ( non GMO)			x	P
Cereal	Baker's on Main street			x		P W
Cereal	Ezekiel				X	P
Cereal	Mona's		x		x	P
Cereal	Cascadian Farms					P
Cereal	Udi			x		P W
Cereal	General Mills	Chex		x		P W
Cereal	Uncle Sam	varies	x	x	x	W
Cereal	Erewhon	Brown rice cereal	x	x	x	W
Chips	Rice Works	Rice Chips		x	x	P W
Chips	Lundberg	Rice Chips		x	x	P W
Chips	Mediterranean	Lentil chips		x		P
Chips	Xochitl	Corn chips	x	x	x	P WD
Chips	glutino	Chips		x		W
Chips	glutino	pretzels		x		P W
Coffee Sub	Pero, cafix, Roma					P
Condiment	Buddies	Pickles dill	x	x	x	P
Condiment	Buddies	Sauerkraut	x	x	x	P
Condiment	Lindsay Naturals	olives	x	x	x	P W
Condiment	Bragg's	ACV	x	x	x	P
Condiment	varies	Extra virgin olive oil- 1 <sup>st</sup> cold press				P W
Condiment	veganise	Mayonnaise				P

# HEALTHY FOOD CHOICES FOR HEALTHY ADRENALS (cont)

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Condiment	Ojai Cook	Lemonaise	x	x	x	P
Condiment	Louisiana	hot sauce	x	x	x	P
Condiment	Greenwise	Organic Ketchup	x	x	x	P
Condiment	Heinz	Organic Ketchup				W
Condiment	Greenwise	Organic Mustard	x	x	x	
Condiment	Braggs	Vinegar with Mother	x	x	x	P
Condiment	Heinz	Vinegar with Mother	x	x	x	W
Condiment	Lemonaise					
Crackers	Kame	Rice cracker	x	x	x	P
Crackers	Matzos	100% whole wheat	x		x	P
Crackers	Mary's gone Crackers	Varies crackers	x	x	x	P
Crackers	Vann's	Varies crackers		x		W
Drinks	Marinellis	Unfiltered apple juice	x	x	x	P
Drinks	*Zevia					P
Drinks	Lakewood	Unfiltered cranberry	x	x	x	P
Drinks	Lakewood	Unfiltered tart cheery	x	x	x	P
Flour	Hodgson Mill	varies	x	some	x	P
Flour	Bob's Red Mill	varies	x	some	x	P
Flour	Arrowhead	varies	x	some	x	P
Fruit	Dole	Pineapple	x	x	x	P W
Fruit	Publix	pear	x	x	x	P
Hot Cereal	Bob's Red Mill	Mighty tasty hot cereal	x	x	x	P W
Hot Cereal	Hodgson Mill	Buckwheat hot cereal	x	x	x	W
Jelly	Polaner	All fruits jelly			x	P W
Jelly	Smucker	Simply Fruit				W
Marinara/ Spaghetti sauce	Walnut Acres	Marinara & herbs	x	x	x	P
Marinara/ Spaghetti sauce	Publix Premium	Pasta sauce	x	x	x	P
Marinara/ Spaghetti sauce	Muir Glen Organic	Pasta sauce	x	x	x	W
Meat	Royal Red	Wild sockeye Salmon	x	x	x	P
Meat	Black Top	Pink Salmon	x	x	x	W
Meat	Crown Prince	Caught in the Wild	x	x	x	P
Meat	Grass fed Beef	Meat department	x	x	x	P
Meat	Buffalo Meat	Meat department	x	x	x	P
Meat	Aidell's	Chicken Meatballs	x	x		P meat
meat Lunch	Boar's head	"all natural"	x	x		P-Deli
Milk	Rice Dream, almond silk	Note: look for ones without Carageenan				P W

# HEALTHY FOOD CHOICES FOR HEALTHY ADRENALS (cont)

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Nut Butters	MaraNatha	Cashew butter	x	x	x	W
Nut Butters	Smuckers	Organic peanut butter	x	x	x	P W
Nut Butters	Laura Scudders	Organic peanut butter	x	x	x	W
Oatmeal	Greenwise	Original instant oatmeal	x		x	P
Oatmeal	McCann's	Quick cooking Irish	x		x	P
Pizza	glutino			x		P
Pizza	Udi's			x		P
Pizza	Amy's					P W Frozen
Quinoa	Arrow Head	Organic quinoa	x	x	x	P
Rice & Couscous	Bob's Red Mill	Brown or Wild Rice	x	x	x	
Rice & Couscous	Lundberg	Brown Rice	x	x	X	
Salsa	Green mountain	Gringo Salsa	x	x	x	P
Salsa	Paul Newman					W
Sauce/Dips	San-J	Tamari Soy sauce	x	x	x	P
Sauce/Dips	Eden Organic	Tamari Soy Sauce	x	x	x	P
Skin care/cosmetic	Tom's	Deodorant	Aluminum free			P
Skin care/cosmetic	Jason	Deodorant				
Snacks		Brown Rice cakes		x	x	P
Snacks	Kind	Nut bars		x		P
Snacks	Cascadian	varies				W
Soup stock	Amy's Soup	Varies	x	some	x	P
Soup stock	Imagine	Organic Chick broth	x	x	x	P
Soup stock	Kitchen Basics		x	x	x	P
Spices	Simply Organic	varies				P
Spices	Badia Organic	varies				P
Spices	McCormick		No MSG			P
Spices	Arora Creations		x		x	P
Sweeteners/sugar	Stevia					P W
Sweeteners/sugar	Truvia					P W
Sweeteners/sugar	Organic Florida Crystal					P W
Tomato Paste	Publix	Tomato paste	x	x	x	P
Tomato Paste	Greenwise	Tomato whole-paste		x	x	P
Tomato Paste	Muir Glen	Tomato paste		x	x	W
Toothpaste	Nature's gate					P
Toothpaste	Natural Tea Tree Oil & Neem					
Water	Publix	purified				P

# HEALTHY FOOD CHOICES FOR HEALTHY ADRENALS (cont)

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Yogurt	Cabot Greek		x	x	x	P
Yogurt	Stonyfield		x	x	x	P W
Yogurt	Chobani		x	x	x	P W

P is Publix, W is Walmart, WD is Winn Dixie – I did not go to Winn Dixie so they might carry many more of these items.

Brands you can feel safe with; Amy’s: [www.amys.com](http://www.amys.com); Glutino: [www.glutino.com](http://www.glutino.com); Bob’s Red Mill: [www.bobsredmill.com](http://www.bobsredmill.com), Walnut Acres: [www.walnutacres.com](http://www.walnutacres.com), Arrowhead Mills: [www.arrowheadmills.com](http://www.arrowheadmills.com) ,

Cascadian Farms: [www.cfarm.com](http://www.cfarm.com), Enjoy Life Foods ( wheat and gluten free cookies, bagels, bars & more) [www.enjoylifefoods.com](http://www.enjoylifefoods.com) or 888-50-enjoy) , Muir Glen: [www.muirglen.com](http://www.muirglen.com), udi’s: [www.udisglutenfree.com](http://www.udisglutenfree.com)

on line store: [www.vitacost.com](http://www.vitacost.com)

It is so important to read labels. I encourage you to read the label on any product on this list before buying it. Companies change in ingredients in their products.

Many of the restaurants have gluten free menus ...Just ask your server!

## *Pantry Conversions*



# HEALTHY FOOD CHOICES FOR HEALTHY ADRENALS (cont)

The following items are found in our pantry. Items on the left are found in the standard pantry; items on the right are found in a healthier pantry. **ATTENTION DIABETICS!** The foods listed below in **all capital letters should be AVOIDED** until the doctor has instructed you it is safe to choose these foods as part of your diet. As your glucose stabilizes, you will be able to incorporate more foods.

<i><u>Pantry Items</u></i>	<i><u>Healthier Pantry Choices</u></i>
baking powder	aluminum free baking powder 1t baking powder = 1/2t Cream of Tartar + 1/4t baking soda
BISCUIT MIXES	WHOLE-GRAIN* MIXES
black tea	herbal teas
bouillon cubes	Pure vegetable bouillon; Miso (store in refrigerator); Chicken bouillon
Canned beans	The following beans can be purchased dried: adzuki beans, black beans, black-eyed peas; garbanzo beans; great northern beans; kidney beans; lentils; lima beans; navy beans; pinto beans; split peas
Canned tuna	Fresh or frozen tuna steaks
Cereals	Use whole-grain* hot or cold cereals; avoid cereals with additives, sugar, hydrogenated fats, or white flour
CHIPS	LOOK FOR ORGANIC, LOW-SALT, AND BAKED CHIPS; CORN OR TORTILLA CHIPS; BLUE CORN CHIPS
Coffee	herbal teas; roasted grain beverage Swiss water decaf process coffees (Be aware most commercial coffees use a chemical to get the caffeine out)
Nuts and seeds	raw, unsalted (store in the refrigerator); almonds & almond butter; cashews & cashew butter; pecans; sesame seeds & tahini; sunflower seeds; pumpkin seeds; walnuts; pine nuts
PANCAKE MIXES	WHOLE-GRAIN* MIXES
Salt	Ms. Dash varieties; sea salt (sparingly)
SALTINE CRACKERS	WHOLE GRAIN* CRACKERS WHOLE GRAIN*; RICE CAKES; HONEY GRAHAMS (WITH WHOLE GRAIN* FLOURS AND NO SUGAR)
Shortening	"Spectrum" Organic Shortening (palm oil); expeller pressed oils (keep refrigerated); olive oil; grape seed oil
Spices and herbs	all varieties sold in glass containers or bulk; avoid any sold in cans
canned soups	instant cup <b>O</b> soups home-made soups
soy sauce	liquid aminos
WHITE BREAD	WHOLE-GRAIN* BAGELS; WHOLE-GRAIN* BREAD; WHOLE-GRAIN* MUFFINS; WHOLE-GRAIN* PITA BREAD; WHOLE-GRAIN* TORTILLAS

# HEALTHY FOOD CHOICES FOR HEALTHY ADRENALS (cont)

<u><i>Pantry Items</i></u>	<u><i>Healthier Pantry Choices</i></u>
WHITE FLOUR	WHOLE-WHEAT* FLOUR; WHOLE-WHEAT* PASTRY FLOUR; CORNMEAL; SPELT FLOUR; OAT FLOUR; RICE FLOUR; BARLEY FLOUR; BUCKWHEAT;
WHITE PASTA	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE RICE	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE SUGAR ASPARTAME(NUTRASWEET) SACCHARIN SUCRALOSE (SPLENDA) SORBITOL, XYLITOL	RAW, UNFILTERED HONEY; MAPLE SYRUP; BROWN RICE SYRUP; MOLASSES; SUCANAT; APPLESAUCE; STEVIA (Limit these sweeteners if you are on a diabetic or hypoglycemic diet with the exception of Stevia) (Stevia is preferred for Diabetics and Hypoglycemics)
<b><u>REFRIGERATOR ITEMS</u></b>	
Cheese	Goat's milk cheese or sheep's milk cheese (Feta, Romano, Cheddar, Chevre) sparingly
Eggs	Farm fresh, from grain fed chickens
FRUITS	FRESH OR FROZEN; ORGANIC, IF POSSIBLE; ALL VARIETIES only 1 for diabetic, borderline diabetic and hypoglycemic
Margarine & butter	Olive oil; sesame oil; grape seed oil or other vegetable oil (avoid canola oil)
Meat	Organic meats (no steroid, hormones, antibiotics used)
Milk	Oat milk; rice milk; almond milk; cashew cream; raw goat's milk (from a clean source) Most people prefer almond milk and/or oat milk
Sauces and condiments	Natural ketchup (sugar free) Safflower mayonnaise Preservative-free salad dressings with no hydrogenated fats; preservative and sugar free mustards; low sodium salsa's; FRUIT ONLY JAMS AND JELLIES
vegetables	Fresh or frozen; organic, if possible; all varieties