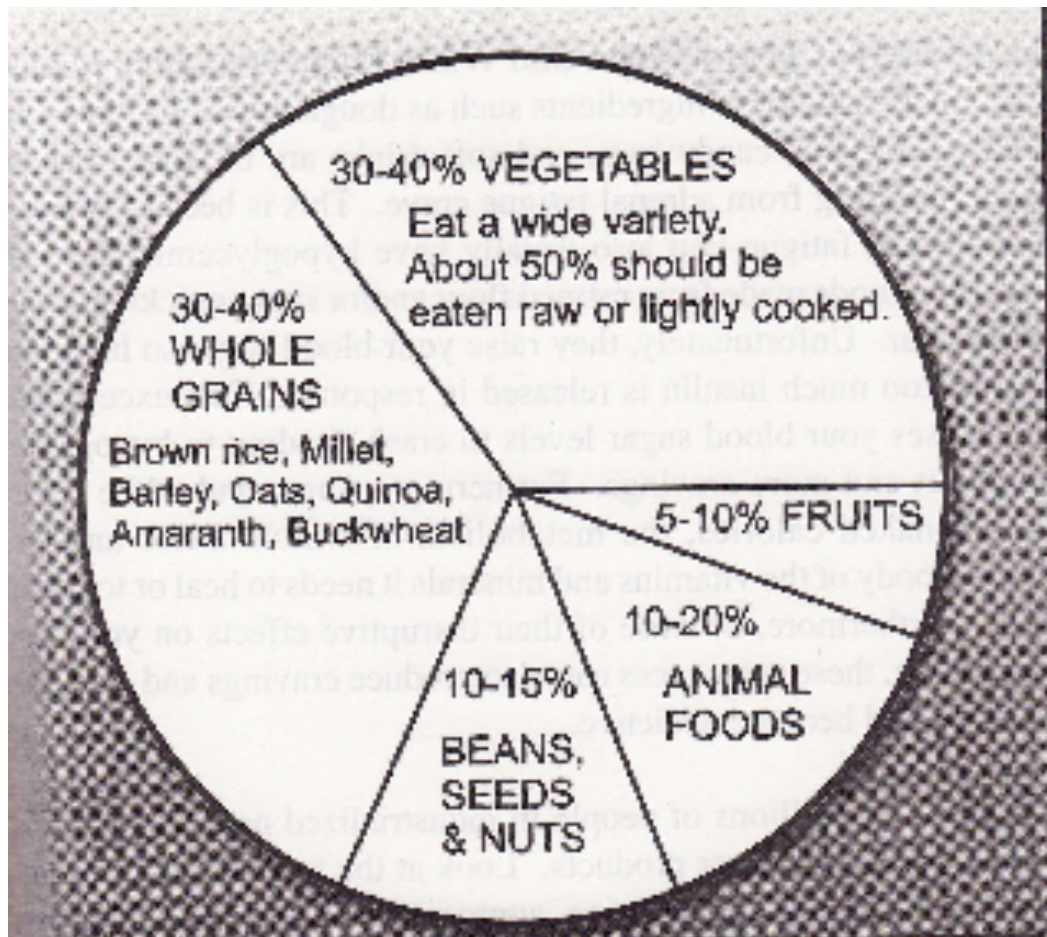


ADRENALS – PANCREAS - DIET
DIETARY INTAKE WHEEL FOR ADRENAL FATIGUE



- Eat a wide variety of items from the above food group
- Combine fats, carbohydrates and proteins at each meal
- Chew every bite at least 30 times
- Cook with butter, palm oil, coconut butter, peanut oil, sesame oil or olive oil
- Avoid deep fried fruits
- Consume essential oils by mixing with meats, vegetables and grains just before serving
- Avoid the following foods: cakes, pies, doughnuts, cookies and other foods containing white flour, sugar and chocolate.
- Avoid the following drinks: coffee, fizzy drinks, alcohol, black tea and hot chocolate

Taken from Adrenal Fatigue – James L Wilson