

Dr. Khalsa's suggestions for supporting adrenals and ability to manage stress

1. **Diet:** By far the most stressful food is refined sugar in any form: table sugar, high fructose corn sweetener, and even evaporated cane juice. Even natural sweeteners like honey, maple syrup, and agave can be stressful. Keep track of how much you are eating. A person with healthy adrenals can usually adapt to one or two desserts a week without any significant consequences, but if you struggle with fatigue and other stress symptoms, it is best to avoid all concentrated sweeteners for awhile.
2. **High inflammation foods:** There are certain foods that are much more likely to cause inflammation and stress to the body, especially if the adrenals are exhausted. These are the high inflammation foods:
 1. Wheat
 2. Dairy
 3. GMO corn
 4. GMO soy
 5. All Grains
 6. Nightshade vegetables: tomatoes, potatoes, eggplant, and peppers
3. **Exercise:** Your body needs movement and exercise to function properly. Our ancestors have been active for hundreds of thousands of years. It is impossible to be healthy without some form of regular exercise. There are literally hundreds of different exercise programs out there. Evaluating the pros and cons of each is beyond the scope of this list. Try different types of exercise. Mix it up. There is a place for all types: walking, jogging, aerobic, anaerobic, weight resistance, pilates, etc.
4. **Releasing stressful emotions:** Every research study ever done on meditation has shown how its health benefits are indisputable. There are many different types of yoga and meditation. They all work on releasing the harmful effects of negative thoughts and traumas from our past. These old patterns are still rattling around in our subconscious and affecting our lives. Find a way to practice these different techniques on a regular basis. The absolute best is a daily practice. Every spiritual tradition in the world encourages people to have a daily practice of some sort. One way to think of it is that we are all pretty used to showering or bathing every day to clean our physical body. Regular practice is a way of cleansing the mind and spirit.

In my own experience, though all forms of yoga, meditation, and tai chi are effective, Kundalini yoga and meditation are the most powerful at releasing these old stressful patterns that cause you so much stress. If you are local to Pasadena, check out the Awareness Center, the yoga studio below my office. I was one of the founders of this studio 40 years ago and still teach there on a regular basis. If you are not local, you can go to www.3ho.org and find a teacher in your area.
5. **Wellness Chiropractic care:** When stress accumulates in your body, one thing that happens is that the joints of your spine lock up and create an area of local inflammation and irritation. This then interferes with your body's innate intelligence and its ability to coordinate and regulate your body. Getting regular adjustments to remove these areas of interference is one of the most important things that you can do to help your body to handle stress better.