

DO's 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.

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

AVOID THESE:	DO THESE:
Pushing yourself to exhaustion	Pace yourself, take breaks during the day. Take deep breaths to force your body to slow down and relax.
Sugar, caffeine, junk and processed food	Eat real, whole, fresh, organic food
Being critical and harsh with yourself	Be compassionate and kind to yourself
Skipping meals	Eat every 2-3 hours
Eating quickly	Take your time to eat. Sit and enjoy your food with no interruptions including cell phones, TV and walking/driving while you eat.
Eating carbohydrates by themselves	Eat a combination of good carbs, fat, and protein
Staying up late and catching your "second wind"	Get to bed by 10:00-11:00pm
Arising early if you don't have to	Sleep until 7:00-8:00am when possible
Foods that you react to or are allergic to	Eat balanced, nutritious food
Drinking sodas, coffee, alcohol, juice	Drink clean filtered water (not tap), herbal teas

Making someone else responsible for your health	Become empowered and informed about your health
People who steal your energy	Be with people who are concerned for your wellbeing and are helpful in your recovery
Taking care of everyone and everything else	Take care of and nurture yourself
Feeling guilty about caring for yourself	Find an inner balance and sense of peace with taking care of yourself
Excessive seriousness "The grind"	Find things that make you laugh. Do things you enjoy
Aggressive exercise	Mild to moderate exercise. You should feel a little tired but then more refreshed after exercises. If you are exhausted for the rest of the day you have done too much.