

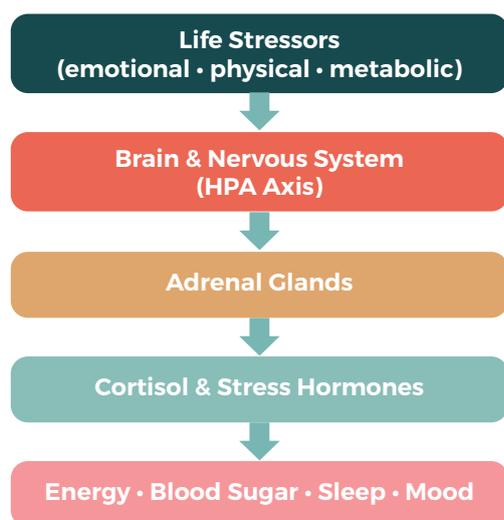
# Healthy Habits to Support Your Adrenals

## Understanding Your Adrenals

Your adrenal glands are small, triangular glands that sit on top of your kidneys. Despite their size, they play a powerful role in regulating stress response, energy levels, blood sugar, inflammation, immune function, and hormone balance through hormones such as **cortisol, aldosterone, and adrenaline**.

When stress—whether physical, emotional, or environmental—is chronic, the adrenals can become dysregulated, contributing to symptoms such as fatigue, brain fog, sleep disruption, cravings, anxiety, and difficulty recovering from stress.

## The Stress–Adrenal Connection



When stress is ongoing, this pathway stays activated, placing constant demand on the adrenal glands.

## Foundational Habits to Support Adrenal Health

Light Exposure & Circadian Rhythm (Often Overlooked)

Light is one of the strongest regulators of adrenal function because it directly influences cortisol rhythm.

### Daily light rhythm visual:

- Morning Light → Cortisol Rises (Energy, Focus)
- Midday Light → Stable Energy
- Evening Dimness → Cortisol Falls → Melatonin Rises

### Morning sunlight exposure:

- Aim for **5-15 minutes of natural morning sunlight** within an hour of waking
- Helps set a healthy cortisol peak in the morning, supporting energy, focus, and metabolism
- Reinforces a stable sleep-wake cycle

### Evening light hygiene:

- Avoid blue light (phones, tablets, computers, TVs) for **60-90 minutes before bed**
- Use blue-light-blocking glasses or device filters if screens are unavoidable
- Dim lights in the evening to signal cortisol to fall and melatonin to rise

Balanced light exposure supports both adrenal resilience and restorative sleep quality.

## Prioritize Blood Sugar Balance

Blood sugar swings are one of the biggest stressors on the adrenal glands.

### Adrenal-supportive plate visual:



### Supportive habits:

- Eat within 60-90 minutes of waking
- Include protein, healthy fats, and fiber at each meal
- Avoid skipping meals
- Limit refined sugars and ultra-processed carbohydrates

Examples include eggs with vegetables and avocado, salmon with roasted vegetables, or chicken with quinoa and olive oil.



## Rethink Caffeine Use

Caffeine stimulates cortisol release. While it may provide temporary energy, excess or poorly timed caffeine can worsen adrenal dysregulation.

### Helpful guidelines:

- Avoid caffeine on an empty stomach
- Delay coffee until after breakfast when possible
- Limit to earlier in the day
- Consider gradual reduction rather than abrupt elimination

## Build Consistent, Restorative Sleep

Sleep is when adrenal repair, hormone recalibration, and nervous system recovery occur. Poor sleep keeps cortisol elevated at night and blunts morning energy.

### Support better sleep by:

- Maintaining consistent sleep and wake times (even on weekends)
- Getting morning sunlight and limiting evening blue light exposure
- Creating a wind-down routine (dim lights, gentle stretching, breathwork)
- Avoiding late-night eating, alcohol, and intense exercise
- Ensuring adequate magnesium, protein, and stable blood sugar overnight

Quality sleep improves stress tolerance, metabolic health, immune function, and hormone balance.

Sleep is when adrenal repair and hormone regulation occur.

### Support better sleep by:

- Keeping a consistent sleep and wake time
- Creating a wind-down routine (dim lights, no screens 60 minutes before bed)
- Ensuring adequate magnesium and protein intake
- Keeping the bedroom dark, cool, and quiet

## Practice Gentle, Supportive Movement

While movement is essential, excessive high-intensity exercise can be a stressor for compromised adrenals

### Best movement options:

- Walking outdoors
- Gentle strength training
- Pilates or yoga
- Mobility and stretching work

**Think:** *Movement that restores rather than depletes.*

## Nourish with Adrenal-Supportive Nutrients

Key nutrients for adrenal function include:

### Best movement options:

- **Vitamin C** (citrus, berries, bell peppers)
- **B vitamins** (leafy greens, eggs, legumes)
- **Magnesium** (pumpkin seeds, leafy greens, dark chocolate)
- **Sodium** (especially for those with low blood pressure or salt cravings)

Food-first support is ideal, with supplementation considered on an individual basis.

## Reduce Hidden Stressors

Not all stress is emotional. Common hidden stressors include:

- Chronic inflammation
- Undereating or over-restrictive diets
- Environmental toxins
- Poor gut health
- Unaddressed infections or nutrient deficiencies

A functional medicine approach focuses on identifying and addressing these root contributors.

## Regulate the Nervous System Daily

Adrenal health is closely tied to nervous system balance.

### Simple daily practices:

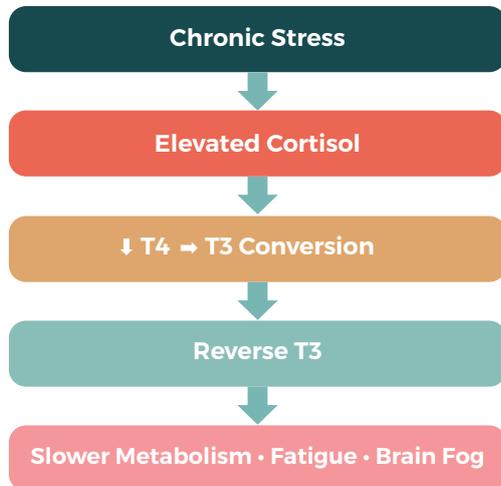
- Deep diaphragmatic breathing
- Time in nature
- Mindfulness or prayer
- Gentle stretching
- Meaningful connection with others

Even 5-10 minutes per day can significantly lower stress signaling.



## How the Adrenals Connect to Other Hormone Systems

### Adrenals & Thyroid (Metabolism)

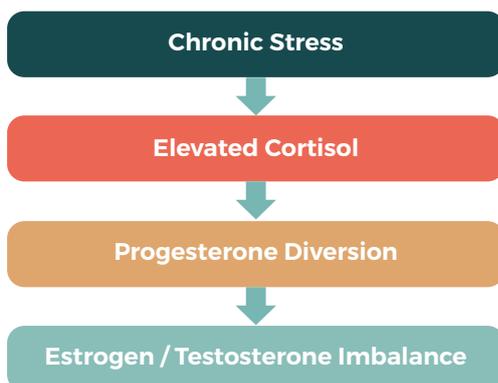


#### Chronic stress and elevated cortisol can:

- Suppress thyroid hormone conversion (T4 → active T3)
- Increase reverse T3, slowing metabolism
- Contribute to fatigue, cold intolerance, weight changes, and brain fog

Supporting adrenal health often improves thyroid signaling and metabolic efficiency.

### Adrenals & Sex Hormones



The adrenals play a supportive role in producing sex hormones, particularly as ovarian or testicular production changes with age.

When adrenal demand is high:

- Progesterone may be diverted to cortisol production (“*progesterone steal*”)
- Estrogen and testosterone balance may become disrupted
- Symptoms such as PMS, irregular cycles, low libido, mood changes, or perimenopausal challenges may worsen

Stabilizing stress hormones is often a foundational step before optimizing sex hormone therapy.

### A Supportive Mindset

Healing the adrenals is not about doing more—it’s about **doing differently**. Progress comes from consistency, patience, and listening closely to your body.

You remain the expert on how your body feels. Your practitioner’s role is to serve as a co-pilot—guiding, educating, and supporting your unique healing process.

### When to Seek Additional Support

If symptoms such as persistent fatigue, poor stress tolerance, sleep disruption, dizziness, or cravings continue despite lifestyle changes, deeper evaluation may be helpful. Functional testing and individualized care plans can provide clarity and direction.



If you’re interested in the recommended clinical-grade supplements, please email [howdy@medicalmavens.life](mailto:howdy@medicalmavens.life) and our team will send you a link for easy purchase. If you are a current Medical Mavens patient, your patient discount will automatically apply.

If you’re not yet established with Medical Mavens and would like to get scheduled, visit [www.medicalmavens.life](http://www.medicalmavens.life)

and click [Schedule Now](#)