



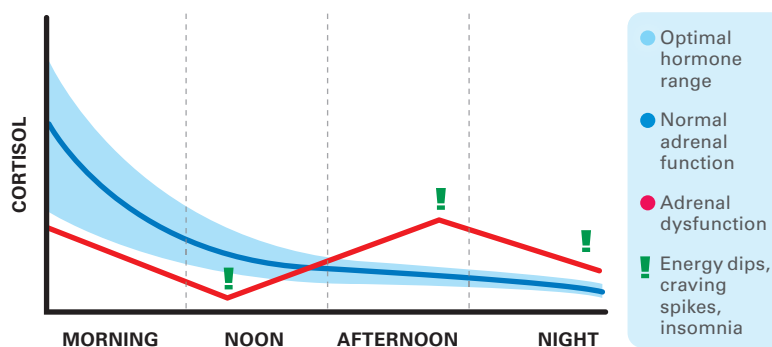
Bye-bye over-50



Tired adrenal glands are making 85% of us fat, but new science reveals easy ways to speed healing from 2 years to 3 days! Jacob Teitelbaum, M.D., says, “90% of cravings go away!” Here’s what you need to know

How out-of-whack adrenals pack on pounds

Adrenal glands are meant to release cortisol in the morning to help us get moving. But when they malfunction, cortisol output is delayed. The result? Fat-packing cravings, fatigue and insomnia



Ever felt so stressed and irritable in the afternoon that you reached for a snack pouch of salty chips...then another... and another...only to get caught in a cycle of more cravings, restless sleep, groggy mornings and unwanted weight gain? Us too! And we’re not alone. Those exhausting symptoms are telltale signs of adrenal dysfunction, which affects more than 85% of women over 40.

“Untreated adrenal fatigue is becoming an unnecessary modern-day disaster for women,” says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* He notes women are 300% more likely than men to suffer.

First, a biology-class refresher: When we’re stressed, our adrenals—glands that sit on our kidneys, responsible for producing adrenaline—snap into action. They release the hormone *cortisol* to help us power through difficult situations. Conventional wisdom was that our stress glands could

belly!

**Burn 800%
more fat!**

get worn out from decades of use and stop working. But Dr. Teitelbaum says, "Our understanding has increased quite a bit since then." Research now shows these glands work as a team with the brain's *hypothalamus*, which controls the adrenals' day/night cycle, releasing cortisol in the morning when we can use it, not in the evening when it triggers belly fat. What's more, everything from stress to toxins, nutrient deficiencies and infections like COVID can suppress the adrenals' cycle. The result, according to Dr. Teitelbaum: "This can send your body and life into a tailspin."

When the adrenal glands' circadian rhythms get out of whack, we gain weight.

For starters, our glands have trouble firing up in the a.m. to give us the energy and blood-sugar stability we need to launch our day. So we turn to sugary drinks and carbs that trigger belly fat. Then as we prepare for bed, our wonky adrenals spit out the cortisol we needed earlier, leading to mood swings and metabolism-slowness insomnia.

"I call this adrenal glitch the 'cortisol roller coaster,'" says Izabella Wentz, PharmD., a leading voice in women's hormonal health. It's common in women carrying unwanted weight. "You're almost a unicorn if you *don't* have this issue in midlife."

Yet most doctors miss the signs. Dr. Teitelbaum explains, "Current tests can only distinguish between a healthy adrenal and an adrenal with total failure to the point that it is life-threatening—nothing in between." Those of us releasing cortisol at the wrong times will still have total

cortisol output that looks "normal" on saliva tests. That's why he uses his own gauge: whether patients feel "hangry." He says, "I would not trade that symptom for any test."

"Your symptoms are 100% real and 100% reversible," says Wentz, who healed her adrenals and has taught her secrets to thousands. The key to her plan? Start each day with a drink that jump-starts the adrenals (see recipe at right). Then you'll reset your slimming circadian

**"Feeling
'hangry' equals
low adrenals"**

*—Jacob
Teitelbaum,
M.D.*

rhythms with a few key supplements, including vitamin B, which helped dieters in a European study lose 750% more weight than their peers.

Another powerhouse vitamin in her plan?

Vitamin C, which has been shown to reduce fat-packing nighttime cortisol levels by 300%.

That's key, since research suggests that people who rebalance their cortisol to optimal levels lose nine times more weight. Soothe the adrenals and 90% of cravings go away and energy increases by 80%, says Dr. Teitelbaum.

With these easy changes, adrenal dysfunction resolves naturally, says Wentz, who has seen 80% of her testers drop stubborn weight. "Old training says it can take up to two years to see a difference in adrenal health," she says. "But women on my protocol feel a change within three days and can heal within a month."

As the adrenals heal, the benefits multiply: 92% of testers reduced brain fog, 89% cut fatigue and 76% eased pain. Wentz says, "My plan helps people build resilience to stress so they're not getting into adrenal dysfunction time and again." Read on to discover how to transform *your* health!

The single most powerful way to heal your adrenals?

A liquid creamsicle!

- ½ cup freshly squeezed orange juice
- ¼ cup full-fat canned coconut milk
- ½ serving of protein powder
- ¼ sea salt



Combine ingredients in a blender until frothy. Drink upon waking up, about 1 hour before breakfast.

How the ingredients restore energy

This mixture naturally raises blood-sugar and cortisol levels in the morning, when they should be elevated

Oranges provide adrenal-supporting vitamin C and energizing glucose. According to Dr. Wentz, "Vitamin C gets depleted when we're under stress."

Protein powder prevents a blood-sugar spike and prepares the body for smooth energy throughout the day. Choose a powder free of sensitivity-triggering dairy, soy, grains, fillers and artificial sweeteners, like NOW Foods Pea Protein.

Coconut milk revs the output of feel-good *oxytocin* to halt cravings, plus prods the liver to burn 50% more fat, especially in the belly.

Salt's electrolytes support the adrenal glands—an effect that helped people in one study drop 56 pounds in six weeks!

Turn to start slimming now

Simple, stress-free slimming!

Decades of chronic stress have short-circuited the circadian rhythms that control women's adrenal function—releasing the fat-packing hormone cortisol at the wrong time of day, triggering cravings and weight gain. “Fortunately, this epidemic is treatable,” says Jacob Teitelbaum, M.D., a chronic fatigue syndrome survivor. “You don’t need a doctor to fix your adrenals and feel dramatically better.”

Now Izabella Wentz, PharmD., is sharing the plan from her new book, *Adrenal Transformation Protocol*, to save women from glandular dysfunction. Julia Genin tried it and felt calmer, more like herself. She says, “I wasn’t even expecting to lose weight and I dropped 5 pounds fast.” The plan also healed Wentz. “As soon as I was free from headaches, joint pain, bloat, fatigue, brain fog, mood swings and weight struggles, I was able to step into the life that I was meant to live—and you can too!” Here’s how:

Build strong meals

As a foundation, you’ll enjoy healthy low-carb or Paleo-style meals that quiet the irritable cravings caused by strained adrenals. You’ll exclude body stressors like excessive caffeine, alcohol, gluten and soy. You’ll also avoid hard-to-digest fare like legumes, refined sugar, processed oils, grains, dairy and high-starch veggies. That means you can enjoy hearty helpings of nourishing foods like meat, eggs, seeds, nuts, healthy fats (like avocado), low-starch veggies like asparagus and green beans, plus low-starch fruit like berries. For sweeteners, try stevia or maple syrup.

A typical day unfolds like this: Enjoy a creamsicle adrenal kick-start shake upon waking at around 7 AM (see recipe, page 27), get some sunlight early in the day and have a protein smoothie at around 8 AM. Next, eat beef soup or salad for lunch

around noon, sip a caffeine-free tea at around 3 PM and enjoy a dinner like pulled pork at around 6 PM. Reach for protein-rich snacks as needed, like Wentz’s favorites: nuts and “adrenal” deviled eggs sprinkled with electrolyte-rich sea salt. To calm your system, get to bed as early as possible.

Supplement with ABCs

Ashwagandha. This adaptogenic herb increases energy during the day, improves sleep and is believed to speed weight loss. And findings in the journal *Phytomedicine* reveal that the herb has anxiety-easing actions similar to the prescription drug Ativan. The healing daily dose? 100 to 500 mg. a day. (Ashwagandha should be avoided for those with a nightshade sensitivity.)

B vitamins boost energy by keeping the power stations in our cells running. Wentz says you can find Bs in meat, seafood, leafy greens and sunflower seeds or you can supplement with a product like Pure Encapsulations B-Complex.

Vitamin C is needed for the proper production of cortisol in the body. Wentz advises supplementing with 500 to 3,000 mg. a day.

You can get all three of these healing vitamins and herbs together in Wentz’s Rootcology Adrenal Support supplement (Rootcology.com). Take three capsules a day with meals.

In addition, speed healing with these tips...

✓ **Soak up some sun.** “Summer is the best time to heal the adrenals because getting a little sunlight promotes healing and resets circadian rhythms,” says Wentz. How? Sunlight helps the body create more *pregnenolone*, the building block to adrenal hormones. Aim for a dose of sunlight in the morning, ideally within the first hour of waking. Wentz says, “Even a few minutes a day can help.”

✓ **Try the new ginseng.** For women with adrenal fatigue, Dr. Teitelbaum swears by a potent form of ginseng called *HRG80 Red Ginseng* (like Terry Naturally Red Ginseng, Amazon.com) for restoring energy. In his study, folks taking it experienced a 72% boost in stamina compared to the placebo group. Tip: Take it in the morning for best results.

✓ **Tap into love.** To seal in success, Wentz encourages oxytocin-boosting practices that calm the body’s stress-response system. This “love” hormone, which the body produces when we cuddle a loved one, pet or stuffed animal, is known to strengthen the brain’s hypothalamus to work with the adrenals to reduce cravings. Research at the Albert

A sample day to get



breakfast

Smoothie Blend ½ cup mixed greens, 1 apple, ⅓ ripe avocado, 1 celery stick, 1 cucumber, 2 Tbs. fresh basil, ⅔ cup full-fat coconut milk and 1 scoop protein powder.

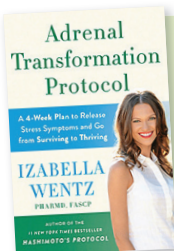


dinner

Rosemary chicken Toss 4 oz. chicken in 1 tsp. melted coconut oil, a pinch of pink salt and ½ tsp. rosemary. Bake at 375°F for 20 min. Serve with grilled veggies.

Einstein College of Medicine shows that getting extra doses of oxytocin can increase weight loss by 350% and boost belly-fat loss by 800%.

✓ **Unplug and unwind.** Exposure to the blue light emitted from electronic devices in the evening can impact our adrenal glands and sleep cycles. So try reducing your use whenever possible after 7 PM or consider wearing blue light-blocking glasses like TrueDark eyewear.



To learn more, check out *Adrenal Transformation Protocol*, by Izabella Wentz, available on Amazon.com

you started



lunch

Salad In a bowl, add 1 cup kale, 1 diced cucumber, ½ cup cherry tomatoes and ⅓ cup olives. Add 4 oz. grilled chicken or fish. Top with lemon, oil and apple cider vinegar.



dessert

Chia pudding Mix 1 cup full-fat coconut milk with 2 Tbs. chia seeds, ½ cup sliced berries and stevia to taste. Pour equally into 4 small mason jars. Chill for 4 hours.

It worked for me

"I used to hide my body—now I work as a model!"

Paulette Szalay sat on a Florida beach covered shoulder-to-shin with a shawl, trying to hide her body. Looking at all the happy vacationers, she realized she was the only one stressing, not enjoying herself. *That's it, she decided. This is the first day of the rest of my life.*

As a busy teacher and caregiver, Paulette admits, "I was a walking time bomb of stress. I probably gained 50 pounds in six months." Yet she always thought weight loss would be impossible due to a thyroid condition, which can affect the adrenal glands. So Paulette began preparing for gastric sleeve surgery by cutting out heavy carbs, eating clean meals and exercising. She lost 10 pounds in 7 days. And when she dropped 24 pounds the first month, her doctor said, "You don't need surgery. You're losing this weight on your own!"

Although Paulette was eating more than before, she found, "My sweet tooth was gone." She also practiced mindfulness, which dropped her stress from "a 10 to a 2."

After ditching 90 pounds and countless inches, Paulette fulfilled a childhood dream and earned a modeling contract. Now she's doing something that seemed impossible last year on that beach: She's confidently strutting on fashion show runways. (See her in action on Instagram @pszalay01.) "I'm in paradise," she says. "You really can change at any point. My new life feels like freedom!"

Paulette lost 90 lbs!

NOW: 162 lbs

Paulette Szalay, 58, North Haledon, NJ
Height: 5'4"



THEN: 252 lbs