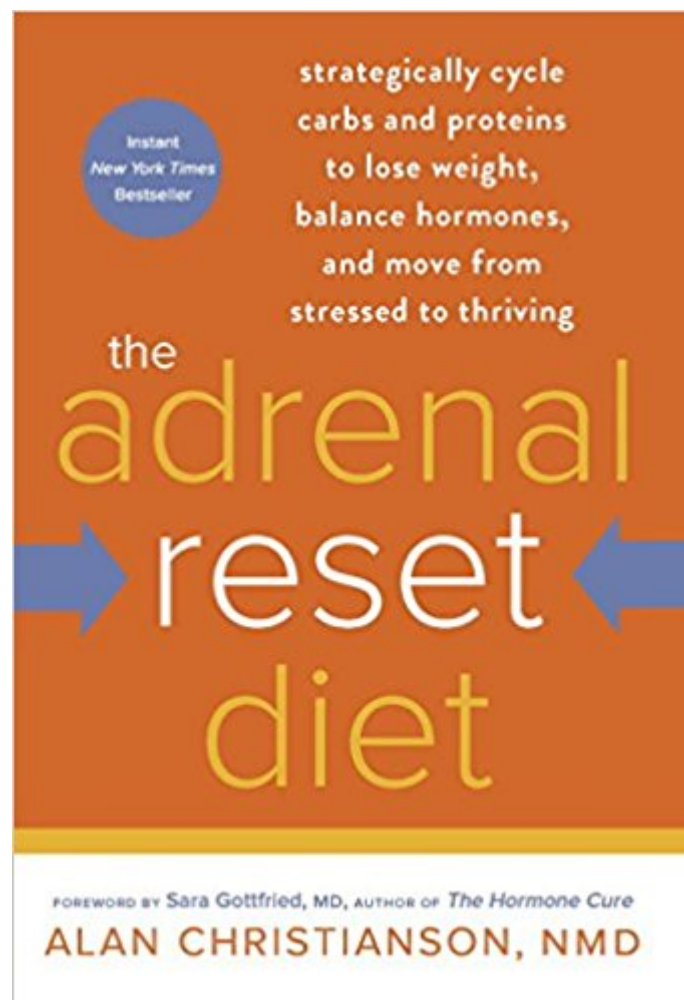




The book was found

# The Adrenal Reset Diet: Strategically Cycle Carbs And Proteins To Lose Weight, Balance Hormones, And Move From Stressed To Thriving



## Synopsis

Go from wired and tired to lean and thriving with The Adrenal Reset Diet. Why are people gaining weight faster than ever before? The idea that people simply eat too much is no longer supported by science. The emerging idea is that weight gain is a survival response: Our bodies are under attack from all directions—•an overabundance of processed food, a polluted world, and the pressures of daily life all take their toll. These attacks hit a very important set of glands, the adrenals, particularly hard. The adrenal glands maintain a normal cortisol rhythm (cortisol is a hormone associated with both stress and fat storage). When this rhythm is off, we can become overwhelmed more quickly, fatigued, gain weight, and eventually, develop even more severe health issues such as heart disease or diabetes. In The Adrenal Reset Diet, Dr. Alan Christianson provides a pioneering plan for optimal function of these small but powerful organs. His patient-tested weight-loss program is the culmination of decades of clinical experience and over 75,000 patient-care visits. In a study at his clinic, participants on the Adrenal Reset Diet reset their cortisol levels by over 50% while losing an average of over 2 inches off their waists and 9 pounds of weight in 30 days. What can you expect? Learn whether your adrenals are Stressed, Wired and Tired, or Crashed and which adrenal tonics, exercises, and foods are best for you. The clinically proven shakes, juices, and other delicious recipes, to use for your Reset. New ways to turn off the triggers of weight gain with carbohydrate cycling, circadian repair, and simple breathing exercises. An easy 7-day ARD eating plan to move you and your adrenals from Surviving to Thriving.

## Book Information

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## Customer Reviews

"In *The Adrenal Reset Diet*, Dr. Alan Christianson clarifies the true cause of the obesity epidemic and provides a brilliant plan to shift from stressed and overweight to trim and thriving. If you are stressed and can't lose weight, you must read this book."

—Steven Masley, MD, FAHA, FACN, FAAFP, CNS, best-selling author of *The 30-Day Heart Tune-Up*

"Adrenal burnout isn't your fault in our fast-faster society, yet its ramifications can stall fat loss and create weight loss resistance. In *The Adrenal Reset Diet*, Dr. Alan Christianson provides practical, easy-to-implement strategies to reset your adrenals, lose fat fast, and restore optimal health."

—JJ Virgin NYT Bestselling Author of *The Virgin Diet*

"Dr. Alan Christianson finally proves that weight gain is not your fault. The key to getting lean is to reset your inner clock, not to struggle and starve. His diet gives you the definitive formula to lose weight and thrive."

—Sara Gottfried MD, NYT Bestselling Author of *The Hormone Cure*

"In *The Adrenal Reset Diet* Dr. Alan Christianson sheds new light on weight loss by teaching you how you can use carbohydrate and protein cycling along with resistant starch to balance your hormone levels, and decrease your blood sugar and insulin levels. A must read for anyone who lives in our modern stressed out world."

—Jayson & Mira Calton Authors of *Naked Calories* and *Rich Food, Poor Food* [CaltonNutrition.com](#)

"As Dr. Christianson so eloquently explains, simple change in your diet and lifestyle can make a profound difference in your weight, energy and overall well-being. It's not just what you eat, but when you eat it. The recipes are delicious, easy to prepare and the meals, never boring. His recommendations are easy to follow and implement, scientifically based, and yield rapid rewards. You owe it to your health to read this!"

—Hyla Cass MD, integrative physician, author of *"8 Weeks to Vibrant Health"* [www.cassmd.com](#)

"*The Adrenal Reset Diet*" is a breakthrough book with real solutions to optimize adrenal function and increase your energy, lose weight and feel balanced. Dr. Christianson is a wealth of knowledge and we are fortunate to have this book that shares his experience and wisdom. He lays it out with an easy to follow and results-driven approach."

—Dr. Trevor Cates, Creator of the 21-Day Healthy Habits Challenge

"Whether you're struggling with your weight, living a high-stress lifestyle, or just not feeling like yourself, you MUST read this book. Using the latest cutting-edge science, Dr. Christianson masterfully proves that obesity is not just a matter of poor diet, inactivity,

or lack of “willpower”, but a survival response instigated by your own body. Find out exactly how to press the reset button and transform your body from stressed and fat to thriving and fit. Highly recommended! --Sean Croxton, Underground Wellness

“The Adrenal Reset Diet gives us a badly needed brand new perspective on why people gain weight. These ideas are timely and will help thousands understand how to safely use carbs and manage their lives to heal their adrenals.” --Kevin Gianni, health author, activist and blogger RenegadeHealth.com

“The secret to health isn’t found in a crash diet, ab-sculpting gizmo, magical fat loss pill. It’s our lifestyle that is out of sync with the ancient intelligence of our biology and we’re suffering as a result. Dr. Alan’s dietary hacks, adrenal tonics, breathing exercises, and relaxation techniques show you how you can retune your body to truly thrive. Do yourself a favor and read this book.” --Abel James, author of The Wild Diet and host of Fat-Burning Man

ALAN CHRISTIANSON, NMD, is a Naturopathic Medical Doctor who specializes in natural endocrinology with a focus on thyroid disorders. He founded Integrative Health, a physician group dedicated to helping people with thyroid disease and weight loss resistance regain their health. He has been named a Top Doctor in Phoenix magazine, and has appeared on national TV shows, including The Doctors, CNN and Today, and in numerous print media. He also trains other physicians in the United States and internationally on management of thyroid disease, weight loss, and hormone replacement. Dr. Christianson lives in Scottsdale with his wife and their two children. Visit him at [DrChristianson.com](http://DrChristianson.com).

I wanted to write a review for people who are in the same situation as me. I had breast cancer at the age of 45 and did chemo, radiation and currently take tamoxifen. Tamoxifen is an estrogen blocker. As a result of my chemo I went into chemically induced menopause overnight. I am a chef who knows how to make sawdust taste good so I can follow a diet very strictly. I have been gluten free for 5 years. First I tried gluten free vegan. Gluten free vegan was the worst for me. No energy. I lost no weight in 3 months being extremely strict. I then went primal. I even tried Dr. Jack Kruse Leptin reset. I did lose weight but really it is almost impossible to keep up. I just ended up going back to primal. In the morning I ate eggs with greens, coffee with full fat cream, lunch was salmon, chicken or grass fed beef again with low carb vegetables and at night the same sort of combination and sometimes some cheese. Once in a while I would cheat and have a rice cracker or some gluten free bread as a treat. I workout with a trainer and don’t overdo it. Not a pound lost. I even counted

teaspoons of sugar I ate throughout the day. I can only have 10 and after that my body makes too much insulin and too much insulin is a carcinogen for me. Carbohydrates-Fiber divided by 5= teaspoons of sugar if you want the equation. Nope. No weight loss. Then a friend told me about the adrenal reset. I thought she was crazy. There was no way I was going to eat beans or "good carbs" and lose weight. In the past the second I ate beans the scale went up up up. I started to listen to Dr. Christianson talk about his book in any interview I could find on the internet. My first thought was I bet the women who did his study were in their 20's but I was wrong! Turns out most of the women in his study had thyroid problems, were diabetic and the average age was 45 so I figured that there were some women in there who were in menopause or perimenopause. I really went out on a limb to try this reset. He was asking me to eat carbs! Beans! I went off the coffee cold turkey. I replaced that with tea and sometimes I have a yerba mate with raw cacao powder and cardamom with coconut milk. You can tell I am a foodie:) I have been on the reset for 3 weeks. The first week was a mess for me. Honestly I could not sleep. I even tried the lights out, no electronics TV before bed. The beans gave me gas as he said it would. But I stuck with it. I ordered his shake and his vitamins so I could do exactly as he would prescribe his patients. By the way, I love his shake! Tastes really yummy and actually keeps me full. I am so glad I have stuck to it. I have lost 5 pounds, and my waist has gone down, just this week I am starting to sleep like a baby. My husband says I am so much better to be around. I am not hungry all the time. (I hate that) I get to eat a more varied diet and I feel so much better. My skin looks good too! No more gas from the beans just this week so it takes time. I actually think I can stick with this eating plan. It is different because it is about the timing of your carbs (good carbs). I am wondering if the beans are starting to change my gut biome? I ordered beans from Rancho Gordo because I was so happy to have them again I wanted the best. I make pintos at night and put in a palm size of shredded white chicken, chopped onion, chopped tomato, cilantro and a drizzle of olive oil. Heaven. In the morning I have a shake or Dr. Christianson's breakfast chili that I make and eat throughout the week like he does. Except I top mine with a handful of baby kale and cilantro to add more dark leafy greens. The Adrenal Rest book is easy to read. The print is large. I think he did this so those with low energy would not fall asleep reading his book. Very smart. I am a slow reader but I went through his book in 2 days. I think it is important to do as he says. Stick with it. Don't give up. Do the 3 months. That is what I am doing. I hope my review helps.

Save \$14 and skip this book. There are a lot of words in this book but ultimately nothing of true value that one can apply to seriously address adrenal dysfunction issues. I have been battling adrenal

fatigue for a number of years, have read several books and can draw from my own experience. I am not a doctor but someone who has an opinion. First, if you suspect adrenal fatigue, go see a professional for a consult and get a cortisol test to see the slope of your daily cortisol levels, this along with your symptoms can validate a claim of adrenal fatigue or not (i.e. if your cortisol levels are low in the AM and high in PM, you most likely have an adrenal issue). If you do have an adrenal fatigue issue, it is important to know what stage you are in as more severe stages of adrenal fatigue require different protocols/and or supplements. In general here is what I can recommend for mild to moderate adrenal dysfunction, which I suspect most people are in when they first realize that something is wrong with them. I implemented the below techniques/knowledge, got better, then after a few years, because of my crazy work schedule + life circumstances, find myself again revisiting this unpleasant situation. I got the book hoping to find some new insights but unfortunately did not. My suggestions: Stop all alcohol, sugar, chocolate and caffeine consumption period. Goes without saying but ditch all processed, junk food - sodas, chips, cookies etc. The occasional indulgence is fine but this is a slippery slope - discipline is needed here. It will be painful but your adrenals get whipped by these substances. Eat breakfast as soon as you get up, I experimented with intermittent fasting and this was the straw that broke the camels back - do not do any type of fasting while you are trying to heal your adrenals! Diet: Simple - eat the best, most natural, organic food you can buy. Eat 3 meals a day, balanced small to moderate proportions (yes takes discipline) and do not snack, except before bedtime. Exercise, but gently at first, walk, yoga, easy bike ride for 20-30 min a day, 2-3 times a week. Exercise in the sun, in the late afternoon if possible, then within the hour have your dinner (with some carbs as the good dr. suggests). Never exercise in the morning as your cortisol is already elevated, you shouldn't spike it higher. Walk barefoot on grass, dirt, connect to the earth - your body will appreciate plugging into earth's battery. Go to bed at 10pm every night at the same time, have a light snack before bed to keep your blood sugar levels up during the night. Soaked almonds or almond butter works nicely. Make bone broth soups - feeds the adrenals with needed nutrients - plenty of recipes online. Focus on belly breathing or breathing from your abdomen at night when laying in bed before sleep. This will help you relax and fall asleep. Ditch toxic relationships, friendships, negative people, websites, books etc. These all unnecessarily cumulatively stress out your adrenals. Buy and take to heal your adrenals: Vitamin C, Vitamin B6, Niacin and Pantothenic Acid, Magnesium Glycinate, Ashwagandha, Licorice - can help rebalance your daily cortisol levels. Adrenal Glandulars to help rebuild the adrenals. This can be overcome, it takes discipline and perseverance - but above all the key is to be conscious of how you live life - to reduce stress and to give your body a break and a chance to recover, to rebalance. I lost sight of this and

over did "it" - and I'm back having to deal with this issue, again. Best to you all.

Love this book! Made me realize that I needed to really get my eating in check to feel better and to balance my hormones once and for all! I've been following the eating plan for 4 weeks now and this is the best I've felt in a very long time. I'm 56 years old and feel like I'm 25 again!

I can't recommend this book enough for anyone who has been feeling drained, can't lose weight, has thyroid problems, Etc. I feel like a new person and the concepts are so easy, way to implement, the book is an easy read and explained in a simple way that you can get it and finally understand what has been going on with your body and mind, trapping you in an unhealthy state.

This is a great book for folks looking to improve their lives! By eating real food in a way Dr Christianson recommends, you can improve your sleep, increase your energy and (probably) lose weight. The ideas are not complex. The results can be significant. It is basically about carbohydrate cycling throughout the day to appropriately cycle cortisol (that your adrenal glands make). In three weeks my sleep has improved (much REM sleep with vivid dreams), my energy is greater and I am never hungry! My weight is several pounds less and my waistline is 1" to 1-1/2" smaller. All that, and my desire to keep munching throughout the evening is greatly reduced (-90 %)!!! This stuff is easy and could last a lifetime!!!! highly recommend this book!! One warning: This book is not perfect. Some parts seem too complicated and much information is presented that does not add that much to the basic concept. However, the overall result is a huge success!

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Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy, Adrenal Reset Diet Book 1) Adrenal Fatigue Diet: Reset your Energy, Balance your Hormones and Boost your Serotonin, Dopamine and Oxytocin Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! Hormone Reset Diet: The Ultimate Cure to Balance Your Hormones and Lose Weight (Hormone Therapy, Hormone Cure, Hormone Secret) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Travel Tips and Adrenal Fatigue Syndrome: How to Avoid Adrenal Crashes (Dr. Lam's Adrenal Recovery Series) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Leptin Reset: 14 Days to Resetting Your Leptin and Turning Your Body Into a Fat-Burning Machine (Leptin Resistance, Leptin diet, Hormone Reset Diet, ... all grain, Ketogenic Diet, Atkins Diet) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing)

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