

# Escape from Zombie Land: Get the energy you deserve



**Tara Ross - NATUROPATH**  
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Congratulations for taking the first step towards increasing your energy levels by downloading this report. My name is Tara Ross and I am a naturopath, hormone advisor and the owner of Harmony Natural Medicine Clinic. Over the past 9 years of consulting in my naturopathic clinic, each day I see many clients who time and time again present with identical symptoms.

Clients say they feel like they are stuck in a kind of Zombie Land where even getting out of bed some days seems like a monumental task. They talk to me about experiencing unrelenting fatigue that does not improve no matter how much sleep they get. They feel 'tired but wired' - having very little energy during the day but then having an overactive mind at night which keeps them from falling asleep. Many clients are also really concerned about the effect that this constant fatigue has on their mood and feel guilty and worried about how their resulting short fuse and irritability affects their relationships with loved ones.

As you can imagine, after having heard from so many people like you, I feel very passionate about sharing this report to help you treat the cause of your unrelenting fatigue so you can become the energetic, calm and relaxed person you deserve to be.

## **Adrenal Fatigue: How you could be at risk ...**

Are you trying to work out why you're so tired lately, needing that mid-afternoon sugar or caffeine hit to get you through your day?

Do you get a second wind in the early evening and then end up staying up too late because you feel too wired to sleep?

Do you have a short fuse these days, finding yourself feeling impatient and irritated by things that never used to bother you as much?

Do you experience “brain fog,” frequently forgetting details that in the past were easy to remember?

Do everyday tasks seem to require more effort than ever before?

### **So what is really going on with your health?**

These are all symptoms of **adrenal fatigue**. Your adrenal glands are two tiny glands that sit above your kidneys and have the important job of producing the “get up and go” hormone cortisol. Adrenal fatigue occurs after your adrenal glands have pumped out high levels of cortisol over a long period of time to cope with your fast paced life that often includes high stress levels and not enough rest. Eventually you reach the bottom of your cortisol fuel tank, resulting in no more “get up and go” and causing energy levels to plummet. Many people try to ignore these symptoms to push through the day. You then end up feeling overwhelmed by everything you need to do and the fact that you have no energy to do it! If this sounds like you, my advice is to put some of your own needs first, primarily your health. You need to refill your fuel tank so you can be the best person you can be.

### **The good news? Adrenal fatigue is entirely treatable and you can also prevent it from reoccurring ...**

The right combination of dietary and lifestyle changes can help to restore normal adrenal gland function. The following tips discuss how *when*, *what* and *how* you eat can help you to have sustained energy all through the day, and get a great night’s sleep. Life becomes much more enjoyable when you have the energy you need!

## **Tip #1 for Reversing Adrenal Fatigue – Refill your fuel tank by changing *when* you eat**

One of the most important steps in reversing adrenal fatigue is changing *when* you eat. Adrenal fatigue happens when your adrenal glands can't make adequate amounts of "the get up and go" hormone cortisol and you start to reach the bottom of your cortisol fuel tank. The best way to refill your fuel tank is to eat regularly. Never allow yourself to get too hungry. When you skip meals or wait too long between meals your blood sugar levels become low and your body pumps out cortisol from your almost empty fuel tank to push them back up again. You want to reserve as much of this precious fuel as possible for getting through your busy day, so please don't waste cortisol on balancing your blood sugar levels. Eating 3 meals and 2 - 3 small balanced snacks throughout the day will balance your blood sugar levels and lessen the burden on your already exhausted adrenal glands.

- Eat breakfast within an hour of waking up to restore blood sugar levels after your body has been relying on stored energy during the night
- Eat a small balanced snack around 9:00 – 10:00 AM, especially if you eat your breakfast early
- Eat lunch between 11:00 AM and noon
- Eat a small balanced snack between 2:00 and 3:00 PM to prevent that mid-afternoon energy slump
- Eat dinner by 6:00 PM, and make this your lightest meal of the day
- If you experience sleep problems, eat a small snack about an hour before bed to help balance your blood sugar levels as you sleep

Ok, I know that you may have some questions forming now. Here are some of the most commonly asked questions I get from my clients with adrenal fatigue when I recommend eating this way:

### **“What if I don't feel hungry, especially first thing in the morning?”**

People often don't feel hungry in the morning because they have sluggish liver function which can often accompany adrenal fatigue. Try having a glass of water with ½ a lemon squeezed into it, first thing in the morning and then eat a little later. You may also need to retrain your body to eat breakfast. Start with something small with some protein – e.g. a smoothie made with some fruit, yoghurt or milk and protein powder.

### **“What if I often forget to eat?”**

When we are young we instinctively know how to regulate our blood sugar. Children know when they are hungry and then they eat. It's natural for them to eat small amounts of food regularly to balance their blood sugar levels. That's why these little Energizer Bunnies have so much stamina and run rings around most of us! Why should it be any different for adults? If you want more energy, take a leaf out of a child's book and eat when you feel hungry.

Also, when your body has become accustomed to not eating regularly, you may mistake your hunger for a caffeine craving. Instead of having a cup of tea or coffee, sit down and have a small snack.

### **“What if I get too busy to prepare all those meals for myself?”**

Most clients, especially mums, tell me they spend a lot of time lovingly preparing nutritious meals for their kids and then don't have time to sit down and eat themselves. My answer to them is “ask yourself the following question – why wouldn't I eat what I give my children to eat?” You serve healthy meals for your kids so it makes sense to make enough for you too and sit down to eat with your kids at every meal and snack time. Not only will you save time by only making one meal, you also get to enjoy sharing healthy food together with your children.

### **“Won't I put on weight if I eat that often?”**

When you skip meals or wait a long time between meals your depleted adrenal glands have to pump out cortisol all day long to balance your blood sugar levels. High cortisol levels encourage your body to conserve all the energy from your food in the form of fat, particularly around your waistline. By eating smaller meals more regularly your body doesn't need to use cortisol to balance blood sugar levels and many people find they lose weight easily, particularly that hard to shift spare tyre.

### **“What should I eat?”**

Yes, that's a great question! My next tip is about *what* foods to eat to nourish your adrenal glands and refill your cortisol fuel tank ...

## **Tip #2 for Reversing Adrenal Fatigue – Refill your fuel tank by changing *what* you eat**

In the previous tip I talked about the importance of *when* to eat. An equally important way to refill your fuel tank is by changing *what* you eat. When we feel overwhelmed by all the things we need to do in our lives and not having enough energy and time to do them we often choose foods and drinks that give us an instant energy boost – e.g. highly refined carbohydrates (bread, crackers, pasta and noodles), baked goods (muffins, cakes and pastries), chocolate, lollies, coffee, tea and/or soft drinks. It is often very hard to ignore these refined carbohydrate, sugar and caffeine cravings as this is your body's response to low blood sugar levels.

Unfortunately, the surge of energy you get from consuming these foods is followed by an even greater dip in energy, causing you to feel worse. Sugar and refined carbohydrates stimulate a spike in blood sugar levels and a subsequent spike in the corresponding hormone insulin that clears sugar from our bloodstream so fast that we crash, causing our blood sugar levels to resemble a yoyo, going up and down constantly which leads to more cravings. Remember also that an imbalance in blood sugar levels causes your body to use up your precious reserve of cortisol from your nearly empty fuel tank which is all the more reason to eat foods that keep your blood sugar levels stable.

You probably already know that it is best to limit or avoid these high sugar and refined carbohydrate containing foods however it may still be hard for you to identify foods that contain hidden sugars and to know exactly which foods you should eat to help to stabilise blood sugar levels. Below is an extract of the **Blood Sugar Balancing Eating Plan** hand out that I give to my clients:

### **Blood sugar balancing guidelines:**

#### **Eat regularly:**

Eat 3 main meals and 2 – 3 healthy snacks in between meals to keep your blood sugar levels from plummeting which results in using up your fuel tank's precious cortisol reserve.

#### **Include foods high in protein in every meal and snack:**

Lean meat, poultry, fish, eggs, nuts, seeds, tofu, tempeh, dairy and legumes are all good sources of protein. Protein helps to balance your blood sugar levels, leaves you feeling full for longer and keeps sugar and carbohydrate cravings at bay.

#### **Include more healthy fats in your meals:**

Healthy fats also help to regulate your blood sugar levels and keep you feeling full for longer. Please be aware that moderate amounts of healthy fats don't make you put on weight. As I previously discussed it is usually your erratic blood sugar levels and resulting high blood cortisol levels that encourage that spare tyre. Healthy fats are found in foods such as nuts, seeds, avocado, coconut oil and olive oil.

#### **Avoid hidden natural sugars:**

These are found in foods such as dried fruit, fruit juices, "no added sugar" jams, flavoured yoghurts and foods containing a lot of dried fruit/ fruit juice extracts like most muesli bars and other snack bars (even the ones in the health food section). Even natural sugars like the fruit sugar fructose cause your blood sugar levels to become unstable.

#### **Eat more slow release whole grain carbohydrates:**

Choose oats, quinoa (a great, easy to prepare alternative to rice), brown rice, and legumes over white flour products and other refined carbohydrates (most breads, pasta, white rice, noodles, crackers, muffins, etc.) as the latter contain a lot of quickly released glucose – yet another form of sugar - that cause your blood sugar levels to yoyo.

#### **Cut down on stimulants:**

Stimulants containing caffeine cause blood sugar levels to yoyo e.g. tea (yes, even green tea), coffee and cocoa. Remember that you may be mistaking your hunger for a caffeine craving so try eating a small snack containing protein and some healthy fats like a handful of almonds before you reach for the kettle.

#### **And most importantly, *always* eat breakfast:**

Your body's blood sugar levels are low after using up your energy reserve during sleep so starting the day with a balanced breakfast of a combination of protein, slow release whole grain carbohydrates and healthy fats will instantly refill your fuel tank.

### **Recommended meal options:**

#### **Breakfasts -**

- raw muesli (toasted varieties contain a lot of added sugar and unhealthy trans fats) or porridge (quick oats are fine) with milk, fresh fruit, your favourite nuts and seeds for protein and healthy fats and spices such as cinnamon or vanilla for flavour and texture
- egg and vegetable based breakfast e.g. – an omelette containing veggies/ a poached egg with mushrooms/tomato/spinach
- whole grain, whole meal toast with a protein topping (e.g. egg/hommus/baked beans/nut butter/low fat cheese and tomato/sardines)

#### **Lunch -**

- salad with a protein (e.g. egg, a tin of tuna or salmon, chicken, turkey, low fat cheese, four bean mix)
- whole meal, whole grain sandwich/wrap with salad and one of the above proteins
- protein (e.g. chicken/beef/lamb/legume) and vegetable soup with one slice of whole meal, whole grain bread
- leftovers from the night before

#### **Dinner -**

Have a combination of lean animal protein/vegetable protein, whole grain carbohydrate and vegetables.

*No matter what the meal is, the portion size is what helps to balance blood sugar levels – a good guide is to have a palm size of protein, a small handful of carbohydrate and fill the rest of the plate with cooked vegetables/salad.*

- lean meat/poultry/fish/tofu/tempeh/legumes and lots of veggies/salad (e.g. BBQ meat with a big serve of salad; roasts with lots of baked and steamed veggies; curries/ stir-fries/casseroles with a small amount of rice, noodles, etc. and lots of veggies; vegetable based soups with lean meat/ legumes or grains like pearl barley)

#### **Snacks –**

- handful of mixed nuts and seeds
- natural yoghurt with fresh fruit/nuts/seeds
- 2 or 3 whole grain crackers (Vita-Weats are good) with avocado/cottage cheese/hommus
- veggie sticks with hommus/guacamole/tzatziki/beetroot or tomato salsa dips

To lessen the stress that's often associated with making dietary changes, consider preparing meals in large quantities that you can freeze, like soups or casseroles, on the weekends so

you have them ready on busy weeknights, or if you are time and energy strapped grab a healthy takeaway like rice paper rolls or sushi for lunch or dinner occasionally.

Please don't feel defeated if you veer off path occasionally. Bingeing, especially on sugar, can often lead to feelings of guilt, making you feel like giving up on eating healthy. But don't worry, I always tell my clients to eat their best 80% of the time and the other 20% is up to them because guilt is the last thing your adrenals need!

### **Tip #3 for Reversing Adrenal Fatigue – Refill your fuel tank by changing *how* you eat**

In the last two chapters I have covered *when* and *what* to eat and this chapter is all about *how* to eat to support your adrenal glands. How you view food makes a big difference to how well you will succeed in making healthy food choices to support your adrenal glands.

#### **Do you eat to live or live to eat?**

If you eat to live, food is primarily a fuel source and something you eat because you have to. If you live to eat, you are already thinking about what you want to eat for dinner before you are finished eating lunch! Either way it is important to build a healthy relationship with food.

#### **If you eat to live:**

Remember that choosing nutrient filled food and eating regularly is the most effective way to refill your tank with cortisol which will give you the energy to get through your busy day. Take the focus off eating by thinking of meal times as a time to sit down at the dinner table and have some precious family bonding time.

#### **If you live to eat:**

Remember that healthy food can be tasty and exciting too. A few fresh herbs in a salad or a spice rub on a piece of steak or fish will liven up any meal. Remember that you can eat plenty of food as long as you balance your meals and snacks with a small amount of protein and complex carbohydrate and lots of vegetables. If you are a foodie get inspired with healthy recipe books – my kitchen cupboards are bulging with them! I can highly recommend “80/20” Diet by the Healthy Chef Teresa Cutter – it's full of tasty, easy to prepare and healthy recipes.

### **Tip #4 for Reversing Adrenal Fatigue: You're not in this alone...**

I hope that as a busy and exhausted person reading this report, you have quickly gained some insight into how what, when and how you eat can make a big difference to your energy levels. These tried and tested tips that I use daily with my clients have been proven to get results within a couple of weeks and in some cases, a few days!

However, if after following this advice you still feel unrelenting fatigue your adrenal function may be extremely low. Adrenal fatigue can differ in severity from person to person. If you have had these adrenal fatigue symptoms for a long time your adrenal glands may require

herbal and nutritional supplementation, in addition to the dietary and lifestyle advice I have recommended in this report in order to return to their normal function.

There may also be other underlying health issues that are causing you to feel so fatigued. For example, conditions such as low thyroid function and reproductive hormone imbalance have unrelenting fatigue as one of their most common symptoms.

As a naturopath specialising in health conditions such as adrenal fatigue, reproductive hormone balance and thyroid support I am in one of the best positions to help you identify and then treat hormonal imbalance. The adrenal glands, thyroid gland and reproductive organs all produce different hormones that work together in a very delicate balance in the body. If one hormone (e.g. low cortisol in adrenal fatigue) is out of kilter it can affect all the other hormones causing systemic hormonal imbalance.

At Harmony Natural Medicine Clinic I offer advanced pathology testing to accurately test all of your hormone levels – adrenal, thyroid and reproductive hormones. Saliva hormone testing is the gold standard for testing adrenal and reproductive hormone levels and serum testing is recommended for thyroid function. I also offer Bioimpedance Analysis testing at the clinic – a quick, non-invasive, scientifically validated test that calculates the health of your body's cells as well as helping to identify the causes of your lack of energy.

### **Shirley's success story:**

When Shirley first came to Harmony Natural Medicine Clinic she was experiencing many adrenal fatigue symptoms. Shirley felt “tired but wired”, experienced sleep problems and said she could barely get out of bed in the morning most days. After following my treatment protocol for reversing adrenal fatigue Shirley talks about her progress:

*"Since I have been under Tara's care, she has helped to treat my debilitating chronic tiredness resulting from a health condition known as adrenal fatigue - which was not correctly diagnosed through the medical system. Tara has also helped me get back to feeling myself again with renewed amounts of energy most days. I have also been able to leave all sorts of emotional burdens behind, allowing me to step forward with confidence in my future.*

*One of the first things Tara recommended is that I eat a protein based breakfast which quickly led to a big increase in my energy levels. As someone who had not eaten breakfast on a regular basis since I was a teenager, I now feel hungry first thing in the morning and find that I actually get hunger pains if I do not eat. The first time I got the pain I was really worried and it took me several minutes to work out what it was. When I realised what it was I was feeling, I told Tara to give her a chuckle for the day!*

*Thanks Tara, may you continue to assist people on their health journeys."*

**Shirley Knapp, Kardinya**

## Imagine if you could finally escape from Zombie Land and get the energy you deserve ...

If you would like me to find and treat the cause of your unrelenting fatigue so you can finally be the energetic person you deserve to be, I have exciting news! Each month I offer a limited number of 1 hour obligation free Reverse Your Adrenal Fatigue consultations for \$99 (normally valued at \$125). During this consultation I will identify the cause/s of your fatigue and advise you on how to treat them so you can increase your energy levels in the quickest time possible.

As an added bonus this consultation also includes a complimentary Bioimpedance Analysis which is valued at \$50. This quick, non-invasive, scientifically validated test provides me with insight into the causes of your fatigue as well as the health of your body's cells, giving you \$175 worth of value for just \$99, a 44% saving!

As yet another added bonus, my initial 1 hour consultation also comes with my **personal guarantee** that you will learn how to treat the cause of your fatigue so you can increase your energy levels in the quickest time possible within this 1 hour session or you will be refunded the full consultation fee, no questions asked!

Bookings for these \$99 consultations are taken on a first come, first served basis until all spaces are taken. There are a couple of ways you can contact me to snap up this limited consultation offer:

The quickest and easiest way to not miss out on this limited offer is to call me at Harmony Natural Medicine Clinic on 0432 428 947.

Or you could visit Harmony Natural Medicine Clinic's website [www.harmonynmc.com](http://www.harmonynmc.com) where you can find more information about my services including Weight Loss Resistance, Thyroid Balance, Natural Fertility Management, Hormone Balance and Digestive Support programs. There is an email form on the "Contact" page where you request an appointment time. Please be sure to mention the limited "\$99 Reverse Your Adrenal Fatigue Consultation" offer in your email.

For more great tips like these and to receive quick and easy to prepare healthy recipes designed for busy people just like you, you can like Harmony Natural Medicine Clinic on Facebook at [www.facebook.com/HarmonyNaturalMedicineClinic](https://www.facebook.com/HarmonyNaturalMedicineClinic)