



WHOLISTIC MINDS

Adrenal Handout

Signs of Adrenal Insufficiency:

- 1) Slow to wake up or wakes up irritable in mornings despite good sleep
- 2) Unexplained irritability/high reactivity that comes and goes, especially right before growth spurt; Children and adults can be “tired but wired”
- 3) Children who slow down 3-5PM only to get a second wind after 6-7PM with difficulty falling asleep
- 4) Difficulty with transitions or becomes highly irritable or “tantrums” for seemingly no reason
- 5) Subtle dark circles under eyes that quickly come and go, worse if the child lacks sleep
- 6) Eczema in arm or leg folds, while the rest of the body is spared
- 7) Gets sick easily, especially if has other findings on this list

Adrenal Treatments - Gemmotherapies

- 1) *Ribes nigrum* (Black Currant) is by far the best adrenal supporter available, and also has wonderful adrenal balancing properties (adaptogen). It strengthens the system, while having a calming effect.
- 2) *Rosa canina* (Briar Rose) is a great adrenal supporter, which also helps decrease nasal congestion and supports the digestive tract.
- 3) *Quercus pedunculata* (Oak) is a powerful adrenal supporter that is the perfect treatment for children who are run down and lack energy. It is very stimulating and should not be given to children who are already hyper-excitabile.
- 4) ADULTS – *Eleutherococcus* (Eleuthero) is an amazing adrenal supporter for adults who are stressed or run down. This herb can be purchased in capsule form online and in most health food stores.

Dosing: Gemmotherapies are readily available to the public through three companies, which include Boiron, Seroyal (Unda) and Herbal Gems. Herbal Gems are harder to find but 8 times more concentrated than the other brands.

- a. Boiron or Seroyal – 8-15 drops per 10 pounds of weight divided in 1-2 doses
- b. Herbal Gems – 1-2 drops per 10 pounds divided in 1-2 doses

These products can be purchased online from websites such as Amazon and pureformulas.com.

Caution: In children who are “tired but wired,” you may wish to start at 1/5 the dose and over 2-3 weeks slowly increase to full dose to give them a chance to adjust. The dosing recommendations are generalizations, and some children may need far less, and others more. If you have any doubt, start at a lower dose and monitor for a few days before increasing. Stop at whatever dose you start seeing change. Please consult with a healthcare professional before use, especially in children less than 2 years of age.

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