

Programs For Adrenal Fatigue

Dr. Wilson's Adrenal Fatigue Supplement Program combines suggestions about lifestyle, diet, rest and body-mind techniques with specific recommendations for dietary supplementation. Together they create a comprehensive **Program for Adrenal Fatigue** that effectively supports and promotes healthy adrenal function, vitality and stress hardiness.*

We have found that one of the easiest ways to quickly see if adrenal fatigue may be affecting you is to take Dr. Wilson's [Adrenal Fatigue Questionnaire](#). The questionnaire covers many of the common fatigue causes and stress symptoms associated with fatigued adrenals. Although not meant to be a stand-alone diagnostic tool, this stress quiz can be helpful in indicating the presence and degree of adrenal fatigue

Read the dietary and lifestyle suggestions found in Chapter 12 and Chapter 13 of Dr. Wilson's book and use the information to start making changes in your life that will support your body and your ability to handle stress. Many of these changes should be for life. Do the ones that are easiest for you to change first. Sometimes even little changes can make a surprising difference. Work up to the ones that are more challenging and go at a pace that doesn't stress you more. If you are feeling very overwhelmed, it can help to take a long-term perspective and realize that if you keep gradually improving your life one step at a time, you will get there. In six months, a year, two years you will be able to look back and see that you really have come a long way from where you are now. Many people have shared this journey and are very glad they did.

Dr. Wilson designed the four supplements in the Adrenal Fatigue Quartet® to work together to promote this process of revitalization and enhance your stress resilience.* The directions below are based on Dr. Wilson's clinical experience with what produces optimal results.* They work deeply with your body's own health-building processes, so it is important to give yourself enough time to experience a lasting difference.* We recommend you continue using them as suggested for a minimum of six months to two years. Let how you feel guide you.

Click on the directions below to see the recommended supplement schedule using the Doctor Wilson's Original Formulations adrenal supplements: Adrenal C Formula, Adrenal Rebuilder, Super Adrenal Stress Formula and Herbal Adrenal Support Formula (or its alternate Herbal HPA).

[Mild Adrenal Fatigue](#)

[Moderate Adrenal Fatigue](#)

[Severe Adrenal Fatigue](#)

Mild Adrenal Fatigue Protocol

Time	Adrenal Rebuilder®	Adrenal C Formula®	Super Adrenal Stress Formula®	Herbal Adrenal Support Formula®
On rising	1 caplet	1 caplet	1 caplet	10 drops in water or non-citrus juice
Noon meal	1 caplet	1 caplet	1 caplet	10 drops in water or non-citrus juice if there is a mid-afternoon low
2:30 PM				
Bedtime	1 caplet	1 caplet	1 caplet	10 drops in water or non-citrus juice

**Many people with adrenal fatigue find that they feel better when they drink salted water (1/8 – 1/4 teaspoon salt in an 8 oz. glass of water) on rising and again in the afternoon. We suggest you try it to find what works best for you. Supplements may be taken with plain or salted water, non-citrus juice or milk.*

Note for alcohol sensitive people – [Herbal Adrenal Support Formula](#) & [Herbal HPA](#) are herbal tinctures that contain 25% alcohol. People who cannot take any alcohol may add the recommended dose to 8 oz. of water and simmer for 10-15 minutes in a pan on low heat to evaporate the alcohol before drinking.

Note for people with high blood pressure or sensitive to licorice – substitute Herbal HPA for Herbal Adrenal Support Formula.

200 mg magnesium citrate (available in health food stores) – 1 on rising and at 1 at noon may also be helpful – if persistent loose bowels occur with magnesium, switch to magnesium glycinate (available at Essential Wellness).

Moderate Adrenal Fatigue Protocol

Time	Adrenal Rebuilder®	Adrenal C Formula®	Super Adrenal Stress Formula®	Herbal Adrenal Support Formula®
On rising	2 caplets	2 caplets	2 caplets	15 drops in water or non-citrus juice
Noon meal	1 caplet	1 caplet	1 caplet	10 drops in water or non-citrus juice
2:30 PM	1 caplet	1 caplet	1 caplet	
Bedtime	1 caplet	1 caplet	1 caplet	10 drops in water or non-citrus juice

**Many people with adrenal fatigue find that you feel better when you drink salted water (1/8 – 1/4 teaspoon salt in an 8 oz. glass of water) on rising and again in the afternoon. We suggest each*

person try it to find what works best for them. Supplements may be taken with plain or salted water, non-citrus juice or milk.

Note for alcohol sensitive people – [Herbal Adrenal Support Formula](#) & [Herbal HPA](#) are herbal tinctures that contain 25% alcohol. People who cannot take any alcohol may add the recommended dose to 8 oz. of water and simmer for 10-15 minutes in a pan on low heat to evaporate the alcohol before drinking.

Note for people with high blood pressure or sensitive to licorice – substitute Herbal HPA for Herbal Adrenal Support Formula.

200 mg magnesium citrate (available in health food stores) – 1 on rising and at 1 at noon may also be helpful – if persistent loose bowels occur with magnesium, switch to magnesium glycinate (available at Essential Wellness).

Severe Adrenal Fatigue Protocol

Time	Adrenal Rebuilder®	Adrenal C Formula®	Super Adrenal Stress Formula®	Herbal Adrenal Support Formula®
On rising	2 caplets	2 caplets	2 caplet	15 drops in water or non-citrus juice
Noon meal	1 caplet	2 caplets	1 caplet	10 drops in water or non-citrus juice
2:30 PM	1 caplet	1 caplet	1 caplet	10 drops in water or non-citrus juice
Bedtime	2 caplets	1 caplet	1 caplet	15 drops in water or non-citrus juice

**Many people with adrenal fatigue find that you feel better when you drink salted water ($\frac{1}{8}$ – $\frac{1}{4}$ teaspoon salt in an 8 oz. glass of water) on rising and again in the afternoon. We suggest each person try it to find what works best for them. Supplements may be taken with plain or salted water, non-citrus juice or milk.*

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Note for people with high blood pressure or sensitive to licorice – substitute Herbal HPA for Herbal Adrenal Support Formula.

200 mg magnesium citrate (available in health food stores) – 1 on rising and at 1 at noon may also be helpful – if persistent loose bowels occur with magnesium, switch to magnesium glycinate (available at Essential Wellness).

Programs For Stress

-Avoiding Letdown After a Stressful Event

The letdown that almost invariably follows a stressful event is largely attributable to adrenal fatigue.* However, with proper adrenal support you can often minimize or avoid the letdown and maintain a healthy ability to handle stress.* Dr. Wilson formulated very special dietary supplements designed specifically to work together to support the adrenal glands and stressed bodies.* You may find that taking them as recommended helps you bounce back more quickly from those difficult times.* If you are already experiencing letdown after stress, you may find it helpful to start taking the following supplements as soon as possible and continue for at least 3-4 weeks, or as long as needed.* If you expect a stressful event, such as a new job or exams, you may find it helpful to take them during the 1-2 weeks leading up to the event as well as for 3-4 weeks afterwards, or as long as needed.*

Time	Adrenal C Formula*	Super Adrenal Stress Formula*	Herbal Adrenal Support Formula*
On rising	1 caplet	1-2 caplets	10 drops in water or non-citrus juice
Noon meal	1 caplet	1-2 caplets	
2:30 PM			
Bedtime	1 caplet		10 drops in water or non-citrus juice

Note for alcohol sensitive people – [Herbal Adrenal Support Formula](#) & [Herbal HPA](#) are herbal tinctures that contain 25% alcohol. People who cannot take any alcohol may add the recommended dose to 8 oz. of water and simmer for 10-15 minutes in a pan on low heat to evaporate the alcohol before drinking.

Note for people with high blood pressure or sensitive to licorice – substitute Herbal HPA for Herbal Adrenal Support Formula

Magnesium Citrate (200 mg); available in most health food stores– 2 capsules at noon, with a glass of water or juice

Use the Adrenal Rebuilder only if you don't experience satisfactory results after 5 to 7 days

*

For an energy boost and additional adrenal support during the day, add:*

[Adrenal POWER Powder](#) – Mix or blend ½ to 1 scoop with 8 oz or more of the beverage of your choice (smoothies, protein shakes, milk or juice) and drink mid-morning or mid-afternoon.

-Maintaining Stress Hardiness During Stressful Times

If you are going through a generally stressful time, taking the following products as directed will not only minimize the negative effects of stress on your body but will also help you maintain steady energy and feel less stressed.

Time	Adrenal C Formula*	Super Adrenal Stress Formula*	Herbal Adrenal Support Formula*
On rising	1 caplet	1-2 caplets	10drops in water or non-citrus juice
Noon meal	1 caplet	1-2 caplets	
2:30 PM			
Bedtime	1 caplet		10 drops in water or non-citrus juic

Note for alcohol sensitive people – Herbal Adrenal Support Formula & Herbal HPA are herbal tinctures that contain 25% alcohol. People who cannot take any alcohol may add the recommended dose to 8 oz. of water and simmer for 10-15 minutes in a pan on low heat to evaporate the alcohol before drinking.

Note for people with high blood pressure or sensitive to licorice – substitute Herbal HPA, for Herbal Adrenal Support Formula.

Immune Support Protocol

Adrenal function can be affected by the stress of illness, especially respiratory infections.* The connection between the adrenal glands and the lungs is so strong that proper fetal lung development depends on the presence of adequate amounts of the adrenal hormone, cortisol. Recurrent illness, particularly bronchitis, pneumonia or other respiratory infections, can contribute to fatiguing the adrenals.* If this is the case, providing effective immune support may help maintain health *and* reduce the demands on the adrenals. For uniquely effective immune support we recommend the following special dietary supplements: *

Time	Body-Guard® (take for 7-10 days only)	Nat-Stim® OR Super Immune Space Sprinkles™

On rising	10-15 drops in water or non-citrus juice	1 capsule Nat-Stim OR mix 1 scoop Super Immune Space Sprinkles into moist food or beverage
Noon	10-15 drops in water or non-citrus juice	
5 – 6 PM	10-15 drops in water or non-citrus juice	
Bedtime	10-15 drops in water or non-citrus juice	1 capsule Nat-Stim OR mix 1 scoop Super Immune Space Sprinkles into moist food or beverage

Take [Nat-Stim](#) OR [Super Immune Space Sprinkles](#) consistently for three months and then daily amount may be decreased by half. For optimal results continue taking regularly.*

Intestinal Function Protocol

If you are experiencing mild constipation or intestinal upsets (common during adrenal fatigue) you may find the following supplements helpful:*

Time	Squeaky-Clean®	Inner Healing®	Body-Guard® (take for 7-10 days only)	Super Immune Space Sprinkles®
On rising	Optional 1-2 capsules with 12 oz water	1-2 capsules	10-15 drops in water or non-citrus juice	mix 1 scoop into moist food or beverage
Noon		1-2 capsules	10-15 drops in water or non-citrus juice	
5 – 6 PM			10-15 drops in water or non-citrus juice	mix 1 scoop into moist food or beverage
Bedtime	1-2 capsules with 12 oz water	1-2 capsules	10-15 drops in water or non-citrus juice	

Supplement Reduction Schedule

To achieve the most satisfactory results, it is important to continue taking each supplement in *Dr. Wilson's Adrenal Fatigue Program (the Adrenal Fatigue Quartet®)* for the recommended length of time. Decades of clinical experience with adrenal fatigue and stress has shown that staying on the program long enough is what leads to lasting success and the ability to

maintain healthy stress hardiness and adrenal resilience without the supplements. Dr. Wilson found that for mild adrenal fatigue this typically takes about 6-9 months using the dietary supplements along with the lifestyle and diet changes recommended in his book, *Adrenal Fatigue: the 21st Century Stress Syndrome*. For moderate adrenal fatigue it takes about 12-18 months, and for severe adrenal fatigue it can take as long as 2 years or more. However, people vary widely in the speed with which they rebound once given proper support.

When your energy has been good and steady for at least six weeks straight and you think you are ready to decrease your supplement intake, carefully follow the suggested reduction directions below to gradually eliminate the supplements while maintaining that energetic zest for life.

After each reduction step, if you do not maintain energy and continue to feel good, go back one step and stay there for three more weeks before trying again. It helps to note the time of day when you feel lowest and reintroduce the supplements from about two hours before that time. For example, if your low is between 2:30 and 4:00 PM, reintroduce the noon supplements you had eliminated. If you feel like you are slipping back after being off the entire program for several weeks, we suggest using the mild adrenal fatigue protocol for about three months before trying the reduction schedule again. The goal is that at some point you will maintain optimal results without the supplements.

Important Notice – If your life continues to be stressful, we recommend staying on this program as long as significant stress continues. You can begin cutting back gradually once you have been feeling good for at least six weeks straight, but there is no need to rush.

Reduce or eliminate products one at a time, in the order given below. After each reduction, maintain the same amounts of everything else and continue on the reduced regimen for three weeks before proceeding to the next step:

- [Mild Adrenal Fatigue Supplement Reduction Schedule Directions](#)
- [Moderate Adrenal Fatigue Supplement Reduction Schedule Directions](#)
- [Severe Adrenal Fatigue Supplement Reduction Schedule Directions](#)
- [Troubleshooting](#)

Mild Adrenal Fatigue Supplement Reduction Schedule Directions

Most people experiencing mild adrenal fatigue get optimal results by staying on the Mild Adrenal Fatigue Program for at least 3 consecutive months. Many take 6 months or longer. However, after a minimum of 6 weeks of consistently feeling good on the Mild Adrenal Fatigue Program, if you want to try reducing the supplement levels, follow the guidelines below. Note that the products are eliminated in consecutive order, one at a time, not simultaneously. The first to be reduced is Product 1, followed by Product 2, etc.

Product 1 – Super Adrenal Stress Formula®

1. Eliminate the morning Super Adrenal Stress Formula
2. If after 3 weeks you still feel fine, eliminate the noon Super Adrenal Stress Formula

3. If after 3 weeks you still feel fine, eliminate the bedtime Super Adrenal Stress Formula
4. If you begin to experience a need for more support for energy, mood or concentration, go back to the supplement level where you felt fine and hold it there for another 6 weeks before eliminating any more Super Adrenal Stress Formula. It may help to continue taking 1 or 2 Super Adrenal Stress Formula a day for as long as desired*

Product 2 – Herbal Adrenal Support Formula®

1. If after 3 weeks you still feel fine, eliminate the morning Herbal Adrenal Support Formula
2. If after 3 weeks you still feel fine, eliminate the bedtime Herbal Adrenal Support Formula
3. If you begin to experience a need for more support for calmness, steady energy or hormonal balance, it may help to continue taking 10-15 drops of Herbal Adrenal Support Formula once or twice a day for as long as desired*

Product 3 – Adrenal C Formula®

1. If after 3 weeks you still feel fine, eliminate the noon Adrenal C Formula and noon magnesium (if taking magnesium)
2. You can continue taking 1 Adrenal C Formula and 1 200 mg magnesium citrate, morning and night, indefinitely*

Product 4 – Adrenal Rebuilder®

1. If after 3 weeks you still feel fine, eliminate the morning Adrenal Rebuilder
2. If after 3 weeks you still feel fine, eliminate the noon Adrenal Rebuilder
3. If after 3 weeks you still feel fine, eliminate the bedtime Adrenal Rebuilder
4. If you begin to experience a need for more support for restful sleep, it may help to take 15 drops of Herbal Adrenal Support Formula, 2 Adrenal Rebuilder and 400 mg of magnesium, half-an-hour before bed for as long as desired*

Moderate Adrenal Fatigue Supplement Reduction Schedule Directions

Most people experiencing moderate adrenal fatigue get the best results by following the Moderate Adrenal Fatigue Program consistently for at least 9 consecutive months. Many take 12 months or longer. However, if after a minimum of 6 months on the Moderate Adrenal Fatigue Program you have had good steady energy and have felt back to your old self for at least 6 weeks, you can try reducing the level of supplementation. Simply switch from the Moderate to the Mild Adrenal Fatigue Program supplement directions and stay on it for at least 6 more weeks. If, after at least 6 weeks, you still feel just as good, follow the instructions above to gradually eliminate the supplements of the mild program. At any time in this process if your energy and well-being start diminishing, go back to the supplement levels from 3 weeks before.

Severe Adrenal Fatigue Supplement Reduction Schedule Directions

Severe adrenal fatigue supplementation is the trickiest to reduce. Most people experiencing severe adrenal fatigue get optimal results by following the Severe Adrenal Fatigue Program consistently for at least 18 months. Many take 2 years or longer. However, if you have been

following the Severe Adrenal Fatigue Program for a minimum of 6 months and have had good steady energy and felt back to your old self for at least 6 weeks, you can try reducing the level of supplementation. Simply switch from the Severe to the Moderate Adrenal Fatigue Program supplement directions and stay there for at least 6 more weeks. If, after at least 6 weeks, you still feel just as good, switch to the Mild Adrenal Fatigue Program supplement directions. After at least 6 weeks on the mild program, if you still feel just as good, follow the instructions above to gradually eliminate the supplements of the mild program. At any time in this process, if your energy and well-being start diminishing, go back to the supplement levels from 3 weeks before.

Troubleshooting

Lack of Progress or Increase in Symptoms: If you find that any reduction in the supplement levels causes an increase in symptoms, begin looking for a body burden – something that could be pulling your adrenals down. It could be a chronic illness, tooth infection, constant life stress or other hidden stressor affecting your adrenals. If you suspect a physical source, seek help from your physician to locate and treat the body burden.

Slow Progress: Some people experiencing adrenal fatigue take 2 years or more of consistent, targeted support to fully maintain optimal adrenal health. Make sure you follow the recommendations in the lifestyle and diet sections of *Adrenal Fatigue: the 21st Century Stress Syndrome*. Most people can and will rebound with the proper care – it is often just a matter of time and it is important to continue and to be patient with your body. We have received numerous success stories from people who were where you are now and persevered.