



WHOLISTIC
KIDS & FAMILIES

Adrenal Handout

Signs of Adrenal Insufficiency:

- 1) Slow to wake up/ irritable in mornings despite good sleep
- 2) Older children who no longer nap but become irritable/quick to anger 2-4PM
- 3) Children who have unexplained irritability/high reactivity that comes and goes, especially right before growth spurt. Children and adults can be “tired but wired.”
- 4) Children who slow down 3-5PM only to get a second wind after 6-7PM with difficulty falling asleep
- 5) Dark circles under eyes that quickly come and go, worse if the child does get 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
- 8) High propensity to develop allergies, especially if has other findings on this list

Adrenal Treatments - Gemmotherapies

- 1) Ribes Nigrum (Black Currant) is by far the best adrenal supporter available, but also has wonderful adrenal balancing properties (adaptogen). It can help strengthen 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. Briar Rose can be a good tonic to boost adrenal gland functioning during the wintertime.
- 3) Quercus Pedunculata (Oak) is a powerful adrenal supporter. Oak is the perfect treatment for children who are run down and lack energy. It can be very stimulating and generally should be avoided in children who are already hyper-excitable.
- 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. Boiron and Seroyal (Unda) both sell a 1D concentration (diluted) mixture. Herbal Gems provides a more concentrated mixture.

- a. Boiron or Seroyal (less concentrated) – 5-8 drops per 10 pounds of weight divided in 1-2 doses
- b. Herbal Gems (concentrated) – 1 drop per 10 pounds divided in 1-2 doses

These products can be purchased from our website or many websites online, including 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 infants under 3-4 months of age.

Please make sure you have signed up for our email list to be first to hear of our future products.

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