

THE ADRENAL RECODE

Adrenal ReCode Supplement Suggestions: Tier 1

Food is your primary healing source in Part 1 of Adrenal ReCode. It is *the* key to helping you create a new physical foundation from which to operate going forward.

Supplements are secondary and optional, but quite helpful in healing faster. It generally takes a full two years to heal from the deepest level of adrenal and nervous system imbalances and Adrenal ReCode helps you cut that time down to several months.

Choosing recommended and optional supplements will help ground your healing process and expedite your wellness by roughly 30%-50%.

They are strategically designed to help you fortify all the nutrition you're getting from your food.

A Note About Medications

You should continue to take all medications as directed by your doctor while on this program.

If you are currently taking thyroid or other steroidal medications, you will need to check in every 6 weeks with your doctor because you will be healing and will likely need to lower the dose. The same is true concerning medications for anxiety or depression.

Supplement Overview, Ordering & Doses

These supplements have been thoroughly researched for their quality, efficacy, and clinical synergy to have the most powerful positive impact in order to cut your time healing by 30-50%.



Please read the details below about why Christa selected each product so you can understand the positive effect they will have on your nervous system and adrenals and make the best decision about what to include. Click on the designated links to purchase supplements.

Complete Multi With Copper & Iron (recommended)

by Designs for Health (120-count) - **2 bottles**

The Complete Multi is the only supplement we recommended you take on the program as it is custom-formulated to help replace micronutrient deficiencies associated with adrenal dysfunction, thyroid dysregulation, and poor cellular energy. All other supplements and supplement packages are optional.

You can purchase [Complete Multi With Copper & Iron here.](#)

It contains super doses of fat-soluble vitamins, as well as methylated B vitamin support in the higher amounts required to heal your endocrine system. It also includes chromium for blood sugar stability, choline, and inositol for your brain, the right combination of thyroid vitamins and minerals, along with specific antioxidants to protect and nourish your brain, lower high homocysteine levels, and slash inflammation that is unnecessarily driving your cortisol (up or down). This product alone will help you feel 20% better within 21 days of taking it.

Ingredients:

Vitamin A (As Mixed Carotenoids and Palmitate), Vitamin C (as Ascorbic Acid), Vitamin D (as Cholecalciferol), Vitamin K (as K1 Phytonadione and Vitamin K2 Menaquinone-4), Thiamin (Vitamin B-1)(as Thiamine HCL), Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate), Niacin (as Niacinamide and Niacin), Vitamin B-6 (as Pyridoxal-5-Phosphate), Folate (as Quatrefolic [6S]-5-methyltetrahydrofolate, glucosamine salt), Vitamin B-12 (as Methylcobalamin [MecobalActive]), Biotin (as d-Biotin), Pantothenic Acid (as d-Calcium Pantothenate), Calcium (as TRAACS Calcium Biglycinate Chelate), Iron (as Ferrochel Ferrous Biglycinate Chelate), Iodine (as Potassium Iodide), Magnesium (as Di-Magnesium Malate), Zinc (as Zinc Biglycinate Chelate), Selenium (as Selenium Glycinate Complex), Copper (as TRAACS Copper Biglycinate Chelate), Manganese (as TRAACS Manganese Biglycinate Chelate), Chromium (as TRAACS Chromium Nicotinate Biglycinate Chelate), Molybdenum (as TRAACS Molybdenum Glycinate Chelate), Trimethylglycine (TMG), Quercetin, Putin, Vitamin E Isomers (as DeltaGold delta and gamma tocotrienols), Hesperidin (from Citrus Bioflavanoids), Boron (as Bororganic Glycine), Cellulose (capsule), microcrystalline cellulose, vegetable stearate, sunflower lecithin, silicon dioxide

DOSE:

2 with breakfast & 1 with lunch, not full dose on the bottle



Organ Synergy

[Organ Synergy can be purchased here](#) by Designs for Health (180-count) - **1 bottle**

Note:

- This product is recommended if you will NOT be eating 4 ounces of high-quality liver a week.

Most adults do not get enough of choline and inadequate intake can lead to poor liver function, fatty liver, gallstone formation, premenstrual syndrome, fibroid tumors, fibrocystic breast disease, and other hormonal disorders in women, along with poor memory, and nerve degeneration.

Taking 2 liver pills a day plus eating 1 egg yolk per day will give you enough bio-available usable choline to help you emulsify fat, making a huge impact on liver health so that you can better digest your fat, detoxify your liver from medication, radiation, pollution, alcohol, and other toxins.

Liver will help with the absorption of the crucial fat-soluble nutrients you are taking in via your diet to build cellular energy and heal your nervous system. If you will eat liver two times a week you do not have to order this supplement. We recommend one egg yolk daily on Adrenal ReCode to make up for the remainder of your needs of bioavailable choline/inositol.

Ingredients:

Bovine Liver, Bovine Heart, Bovine Kidney, Bovine Pancreas, Bovine Spleen, Gelatin (capsule), Microcrystalline Cellulose

DOSE:

1-2 with breakfast and 1 with lunch.

Note: If you don't eat eggs, take 3 liver pills daily while on Adrenal ReCode. Otherwise, take 2.

References:

<https://ods.od.nih.gov/factsheets/Chromium-HealthProfessional/>
<https://www.journals.elsevier.com/journal-of-nutrition-and-intermediary-metabolism>
<https://www.mdpi.com/2306-5710/2/2/13/htm>
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TIER 1

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2 with breakfast
1 with lunch



1 with breakfast
2 with lunch

