

# THE ADRENAL RE@DE

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## *What Your Tier Means To You: Tier 1 Guidelines*

As you read in your Welcome & The Journey handout one of the most important pieces to our food as medicine strategy is to use metabolic, easy to digest food to interrupt the stress hormones your body has been using to function on day in and day out.

In doing so you are creating an environment where your body can begin to heal on all levels (body, mind, and emotions).

### **Recreating A State Of Balance**

Your hormonal system is influenced by your nervous system meaning it is a neurologically driven system designed to adapt over time. Unfortunately, this adaptation can result in the sacrifice of your long-term health for your short-term survival resulting in unhealthy symptoms, diagnosis, and chronic disease.

Fortunately for you, every step you will take throughout The Adrenal ReCode is designed to help you recreate a state of balance between your sympathetic and parasympathetic nervous system.

**The harmony between these two branches of the nervous system creates the ideal environment for the deepest levels of healing to occur.**

### **Step By Step Support**

The Assessment Questionnaire you completed was designed to help us identify and place you in the best Tier to help you understand and navigate the process of your personal Adrenal ReCode.

The difference between Tier 1 and Tier 2 is determined by how you've experienced all the stressors in your life and the impact this has had on your nervous system.

Below we have outlined specific recommendations for those of you who are better matched to follow the Tier 1 guidelines.



# Tier 1 Guidelines

## FOODS TO EAT

You may eat all the foods from the Food List

## FOODS TO AVOID

Avoid foods you know you have an intolerance to. As you begin to create more balance in your blood sugar you can slowly begin to add these foods back into your diet 1 at a time.

## WAKING

Eat within 1 hour of waking

## NIGHT TIME SNACK

May be required if last meal was 3 hours prior to bedtime

## NUTS & SEEDS

Ideally they should be soaked or roasted and paired with a protein and a carbohydrate

## FOOD FREQUENCY

Eat every 3-4 hours

## SUPPLEMENTS

Whole Daily+ Multivitamin:  
2 with breakfast & 1 with lunch



*Let food be thy  
medicine and let  
medicine be thy  
food.*

*- Hippocrates*



Within these guidelines are many gray areas that will become more clearly defined in the following lessons and modules.

## Tier 1 Supplement Overview

The following is an overview of the recommended and optional supplements for the program.

**NOTE:** For now just review the information. You can decide which of the optional supplements you want to order after watching the Adrenal ReCode Supplement video in Module 1: Lesson 5.

### ***Supplement Suppliers***

You will need to place orders with the following vendors to get the recommended and optional supplements you'll need for the program.

#### **PureRXO**

- Tier 2 Supplement Package [optional]
- Free Shipping within the US on orders over \$89.

#### **TWJ Supplement Store**

- Whole Daily + Multivitamin [recommended]
- Desiccated Liver [recommended if you aren't going to eat high-quality liver on the program]
- Free Shipping within the US on orders over \$95.

### ***Whole Daily + Multivitamin [recommended]***

by The Whole Journey (120-count) - **2 bottles**

The Whole Daily + Multivitamin is the only supplement we recommended you take on the program.

All other supplements and supplement packages are optional.

Purchase the [Whole Daily + Multivitamin here](#) whether or not you are going to purchase the optional Tier 1 Supplement Package below.

**Note:** This product is NOT included in the Tier 1 Supplement Package



## ***Desiccated Liver [optional]***

If you won't be eating high-quality liver on the program, you can order a bottle of [Radiant Life Liver here](#).

**Please note** that Desiccated Liver must be ordered from [The Whole Journey Supplement Store](#) and is **NOT included** in the Tier 1 Supplement Package.

## ***Tier 1 Supplement Package [optional]***

The optional [Tier 1 Supplement Package](#) must be ordered through the [PureRXO store here](#) and includes the following:

- **1 Bottle** of Pure Encapsulations Ashwagandha [120 Capsules]
  - **Note:** DO NOT TAKE Ashwagandha if pregnant or lactating
- **1 Bottle** of Pure Encapsulations Vitamin D3 [1000 IU 60 Capsules]

**Please note:**

- Whole Daily + Multivitamin and Desiccated Liver are **NOT included** in the supplement package and must be ordered separately from [The Whole Journey Supplement Store here](#).

## ***Shipping***

- Shipping from PureRXO is free within the US on orders of \$89 or more, or if you sign-up for auto-delivery.
- Shipping from The Whole Journey is free within the US on orders over \$95.
- If your supplements need to be shipped outside of the US, see the Adrenal ReCode International Supplement Substitutions Tier 1 or Tier 2 handout in MODULE 1: Lesson 5

