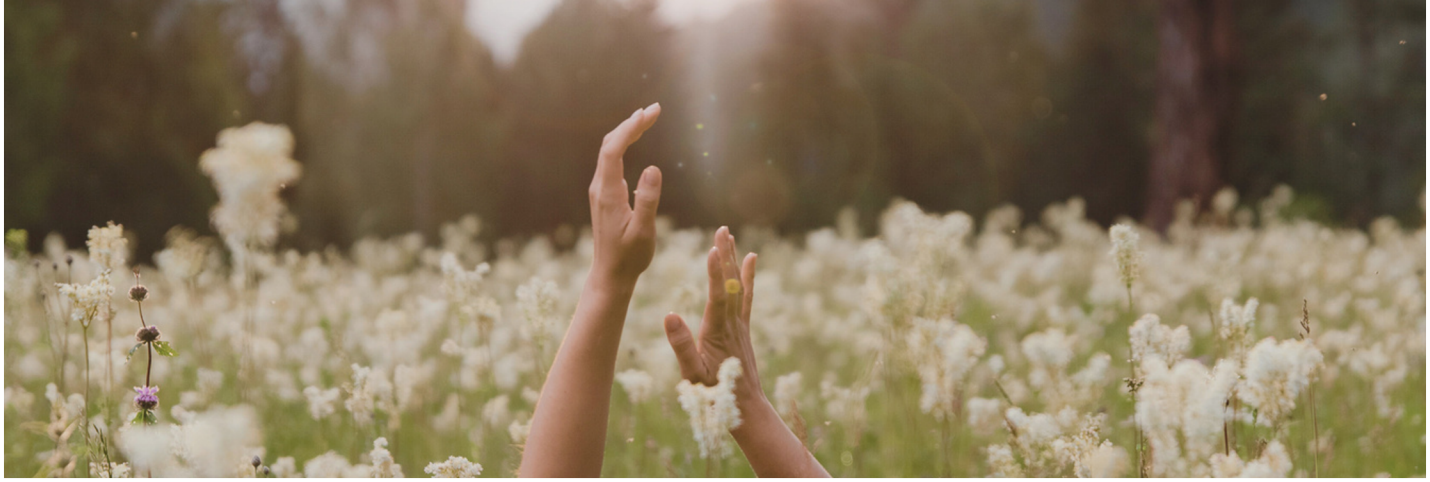
THE NOURISHED Adrenal Reset PROTOCOL GUIDE



This program gently supports adrenal healing through nervous system care, functional nutrition, and daily rituals.

BY KELSEY ALE NTP



Welcome

Hi, and welcome! I'm so glad you're here.

If you've been feeling exhausted, foggy, irritable, or just "not like yourself," know this:
You are not broken — and you're definitely not alone.

You're likely experiencing adrenal depletion, which is incredibly common for high-performing women in midlife. Between the demands of work, family, and life, your body has been doing everything it can to keep up—and now it's asking for a reset.

This 14-day protocol is designed to help you gently restore your energy, reset your rhythms, and lay the foundation for long-term hormonal balance. This isn't about pushing harder or doing more. It's about tuning in, nourishing your body, and supporting your nervous system so you can start to feel like you again.

...I know that to give the best of me, I have to take care of myself and listen to my body. - Beyonce

What This Reset Is:

- A gentle 14-day plan focused on adrenal support
- Based on whole-food nourishment, lifestyle rhythms, and daily rituals
- Designed to help you feel more balanced, calm, and connected in just a few weeks

What to Expect:

- Clear daily rhythm suggestions
- Foods and habits that support your adrenal health
- Audio-based coaching to help you understand what's happening in your body
- Guided rituals and journal prompts for deeper integration

How to Use This Guide:

- Start with the Audio Coaching Series to understand the "why"
- Use this PDF as your daily roadmap
- Reference the Adrenal Plate, Daily Checklist, and Lifestyle Swaps often
- Follow the 14-day Journal + Tracker to notice changes and patterns

Bonus: Try this 60-second grounding breath before you begin.

Be gentle with yourself. Your healing doesn't need to be rushed. You're already doing something powerful just by showing up for yourself. Let's get started.

-Kelsey



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01 Adrenals 101: Why You're Exhausted (It's Not Just Stress)

Let's start with the basics—because if you're feeling exhausted, anxious, wired but tired, or like you're dragging through the day and not sure why... it's time to understand what's happening under the surface.

Here's the truth:
You're not imagining it. You're not broken. And you're definitely not alone.

What Are the Adrenals?

You've got two small but mighty adrenal glands sitting like little caps on top of your kidneys. These glands are part of your endocrine system, and they produce several key hormones that help regulate:

- Your stress response (fight-or-flight)
- Blood pressure
- Blood sugar levels
- Electrolyte balance
- Sleep/wake cycles (aka your circadian rhythm)
- And even immune and inflammatory responses



How Your Adrenals Work

The big hormone players here are cortisol, adrenaline, norepinephrine, and aldosterone.

In a healthy state, your adrenals help you respond to short-term stress and then bring your body back into balance. But when you're under chronic stress—emotional, physical, or even hidden (like poor sleep, blood sugar crashes, or overtraining)—your brain keeps signaling the adrenals to stay on alert.

Over time, this constant "on" state creates something called HPA axis dysregulation (the stress communication loop between your brain and adrenals gets off track).

This is what people often refer to as "adrenal fatigue"—though technically, it's more about communication breakdown than your adrenals just shutting down.

Why Do Women Feel It More In Their 30s & 40s?

Between your mid-30s and early 50s, your body begins a natural hormonal transition. Your ovaries slowly reduce their output of estrogen and progesterone, and guess what? Your adrenal glands are supposed to step in to pick up the hormone production slack to help smooth that transition — especially with progesterone precursors.

But if your adrenals are already burned out from years of hustle, over-caffeination, poor sleep, and giving to everyone but yourself... they can't meet the demand. That's when hormone symptoms start stacking up.

Mini Self-Assessment: Are You Feeling This?

- [ ] Tired all day, can't sleep at night
- [ ] Afternoon crashes or sugar cravings
- [ ] Mood swings or anxiety
- [ ] Puffy, inflamed, wired
- [ ] Normal labs, but feel off
- [ ] Unstable blood sugar, even though I'm "doing everything right"



You're Not Crazy.

Adrenal imbalances and HPA axis dysfunction are incredibly common in women — but often go overlooked or misdiagnosed.

These issues can mimic perimenopause and even thyroid dysfunction, which is why they're so easy to miss.

This Reset isn't a quick fix—it's a foundational tool to begin restoring balance and building resilience. You'll start to feel shifts within a couple of weeks, and the real transformation happens over time, with consistency.

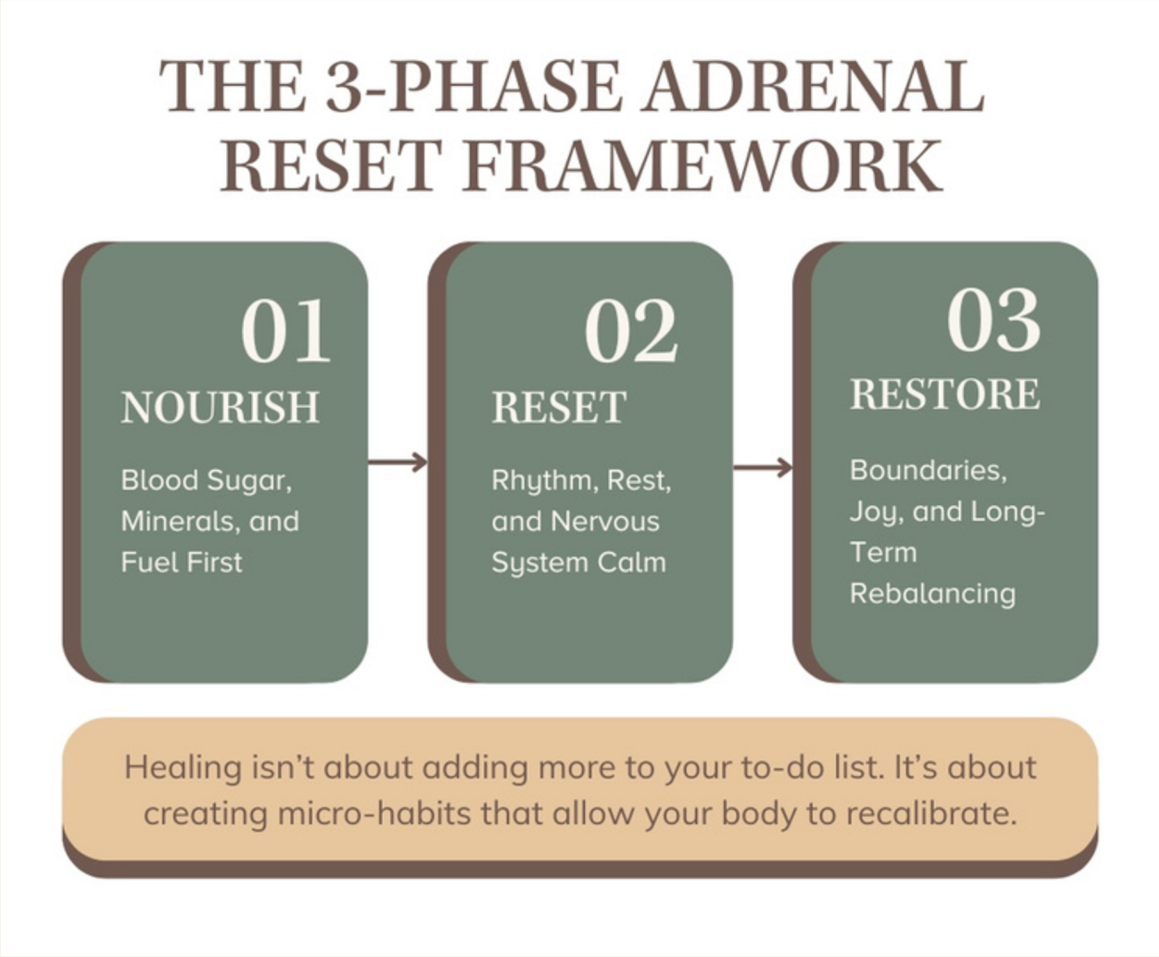
Let's take the next step and walk you through exactly how the Reset works.

02 The Nourished Adrenal Reset Framework: 3 Phases of Restoration

Now that you know what's going on inside your body, let's talk about what to do about it.

Healing your adrenals isn't about doing everything at once or adding another to-do list to your life—it's about slowing down, tuning in, and making small, consistent changes that give your body what it's been asking for.

This Reset is broken down into three key phases, each designed to rebuild your foundation and help your body feel safe enough to restore balance:





Phase 1: Nourish

Blood Sugar, Minerals, and Fuel First

When your blood sugar crashes, your adrenals jump in to “save” you by pumping out cortisol. That means if you’re skipping meals, relying on caffeine, or going too long between eating, your adrenals are constantly under pressure.

This first phase is all about feeding your body what it needs—regularly and intentionally.

In this phase, you’ll:

- Focus on the Adrenal Support Plate (balanced meals with protein, fat, fiber, and color)
- Eat within an hour of waking to ground your cortisol curve
- Eliminate caffeine on an empty stomach
- Add in mineral-rich hydration (electrolytes, sea salt, adrenal mocktails)

Your goal here is to stabilize energy from the inside out and stop the constant cortisol rollercoaster.



Phase 2: Reset

Rhythm, Rest, and Nervous System Calm

Your adrenals don't heal in chaos. They heal in rhythm.

This phase is about syncing your daily routine with your body's natural cycles and creating moments of calm throughout your day.

In this phase, you'll:

- Create a morning and evening ritual to anchor your day
- Get natural sunlight within the first hour of waking
- Practice nervous system resets (gentle breathwork, grounding, or stillness)
- Prioritize restorative movement—like walking, stretching, or just being

The goal is to regulate your circadian rhythm and help your body feel safe enough to relax out of "fight-or-flight."



Phase 3: Restore

Boundaries, Joy, and Long-Term Rebalancing

Once your body is nourished and your rhythms are supported, we shift into the long game: creating sustainable change that supports adrenal resilience over time.

This phase is about integration—finding what works for you and weaving it into your life with more ease and less pressure.

In this phase, you'll:

- Identify key energy drains and begin to set gentle boundaries
- Reintroduce intentional movement (when your energy stabilizes)
- Protect your sleep like it's your IRA
- Reconnect with what brings you joy, lightness, and laughter

This phase may extend beyond the 14 days — and that's the point. This Reset is the starting line, not the finish.

How to Move Through the Phases

You'll be guided through these phases step-by-step over the next 14 days. Each one builds on the last, which is why I recommend moving through them in order—starting with nourishment, then rhythm, then long-term restoration.

But here's something important I want you to hear:
True adrenal healing takes time.

If your system has been depleted for months — or maybe even years — it's not going to fully reset in two weeks. In fact, depending on how burned out your body is, **deep restoration can take up to 6 months or more.**

That said, **if you commit to this Reset—even just for 2–3 consistent weeks—you will begin to feel a difference.** More stable energy. Clearer thoughts. Less reactive moods. More connection to your body.

And if you stay with these habits for 60–90 days? That's where the real magic happens. This guide is your foundation. Your first "yes" to rest. And your reminder that healing is possible when you create space for it.



03 The Adrenal Support Plate: What to Eat to Restore Energy

Food is one of the most powerful tools you have to support your adrenal health—and this isn't about restriction or willpower. It's about fueling your body with what it truly needs to feel grounded, nourished, and safe again.

You don't need to count, weigh, track, or follow a rigid diet here. In fact, the more gently and intuitively you can approach your meals during this Reset, the better.



The Adrenal Support Plate

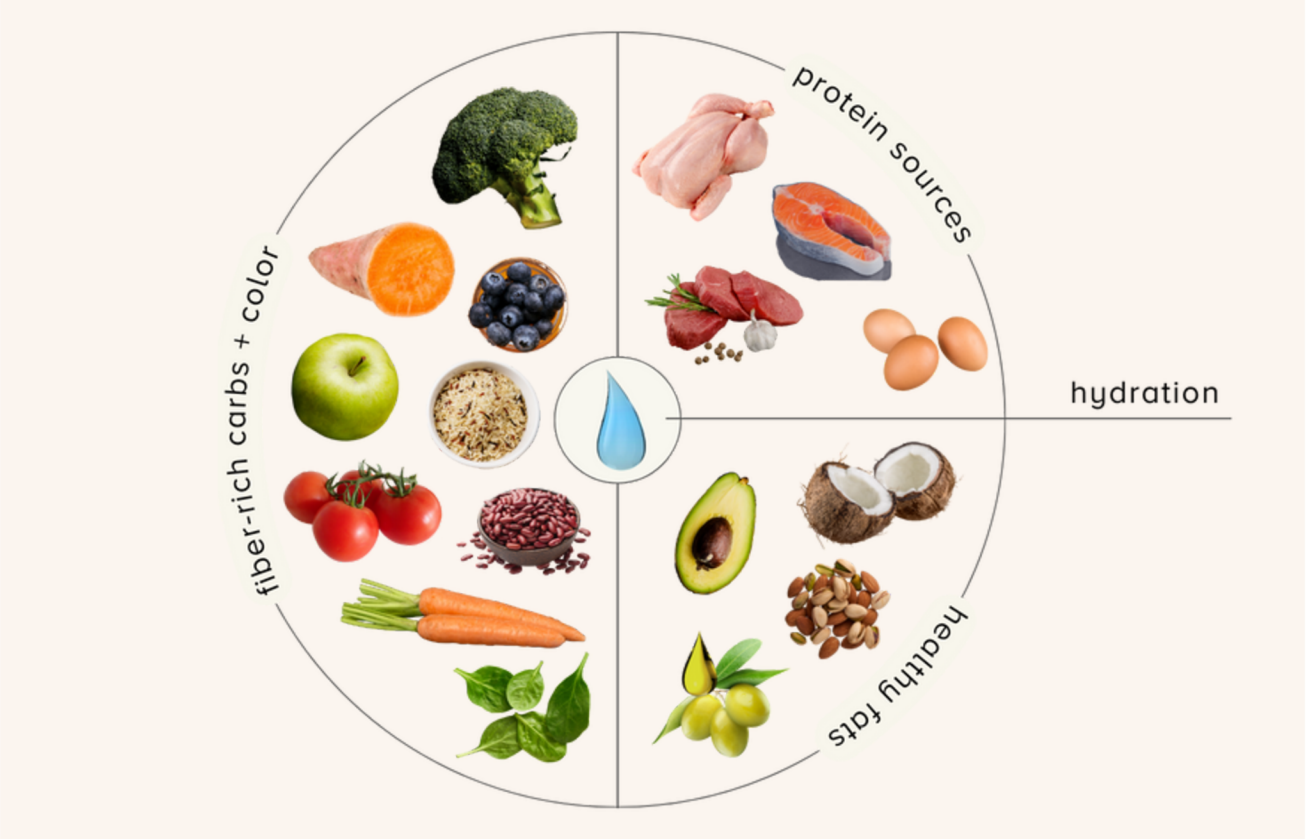
Each time you eat, aim to build a plate with these four elements:

- **Protein** – To stabilize blood sugar and support hormone repair
- **Healthy Fat** – To slow digestion and fuel your brain
- **Fiber-Rich Carbs** – Root veggies, whole grains, fruit—gentle, grounding energy
- **Color** – Minerals, antioxidants, and that nutrient-dense plant magic

Think: Simple, warm, grounding, and easy to digest.

Examples:

- Pasture-raised eggs with sautéed greens and sweet potato
- A smoothie with protein, nut butter, berries, flax, and spinach
- Nourish bowls with quinoa, roasted veggies, avocado, and grilled salmon
- A warming soup with lentils, leafy greens, and olive oil drizzle



Foods to Focus On:



- Pasture-raised meats, wild-caught fish, eggs
- Root vegetables, squash, sweet potatoes
- Berries, apples, bananas, dates
- Whole grains (quinoa, oats, rice—if tolerated)
- Leafy greens and colorful veggies
- Healthy fats: avocado, olives, coconut, ghee, nuts & seeds
- Mineral-rich sea salt, bone broth, herbal teas

Foods to Gently Reduce (for Now):



- Caffeine (especially on an empty stomach)
- Refined sugar and processed snacks
- Alcohol (which can spike cortisol and disrupt sleep)
- Skipping meals or long fasting windows
- Excessive raw, cold, or hard-to-digest foods

Eat Every 3–4 Hours (Including Mini Meals)



Your body thrives on consistency—especially when healing. Try to eat every 3 to 4 hours to prevent crashes, stabilize blood sugar, and keep energy steady.

This doesn't mean giant meals all day long. You can keep it simple:

- A full meal when you have the time
- A mini-meal (protein + fat + carb) when you're on the go

On-the-Go Snack & Mini-Meal Ideas

Perfect for busy days, work, travel, or just being a human with things to do:

- Hard-boiled eggs + apple slices + almond butter
- Turkey or chicken roll-ups + carrot sticks + hummus
- Greek yogurt (unsweetened) + berries + pumpkin seeds
- Trail mix (nuts, seeds, coconut flakes, a few dark choc chips)
- Rice cakes + nut butter + banana slices
- Energy bites (made with oats, nut butter, dates, and flax)
- Smoothie in a thermos (with protein + fat + fiber)
- A bar with clean ingredients (like RXBar, Be Well By Kelly, or similar)

These small, nourishing moments keep your blood sugar balanced and help your adrenals feel supported instead of stressed.

A Note on Intuitive Nourishment

You may be tempted to follow strict rules or jump into intermittent fasting, keto, or sugar detoxes—but I invite you to pause. Your body is in healing mode right now. It needs safety, stability, and softness. Rigid restriction is another form of stress.

Instead of controlling your meals, start noticing how different foods make you feel. Tune in before and after eating. Do you feel grounded? Energized? Anxious? Depleted?

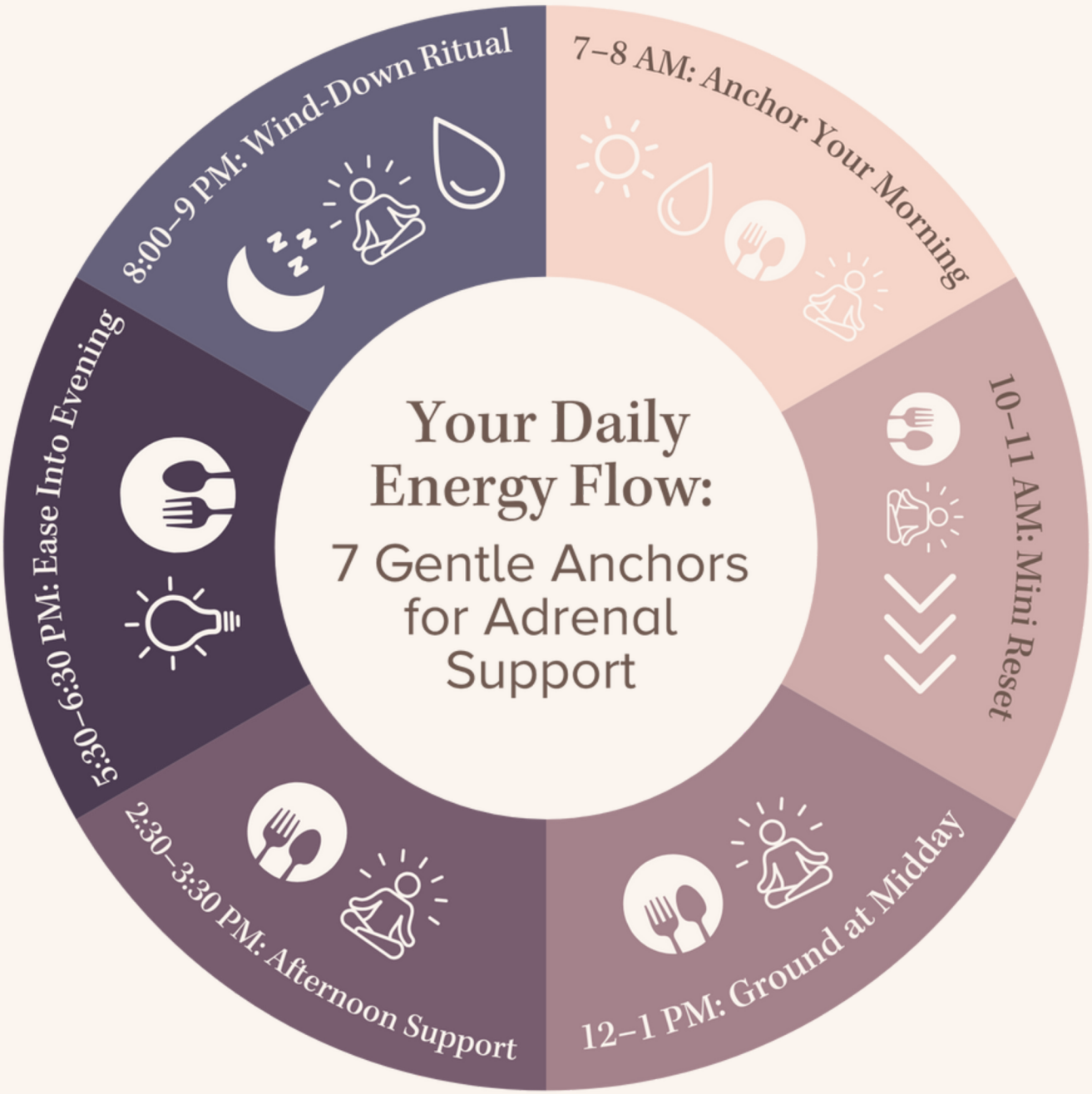
Let this be a season of trusting your body again, not overriding it.



04

Your Daily Reset Rhythm: A Sample Day of Adrenal Support

Use this as your calming rhythm map.
Pin it, print it, or revisit it each day.



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7:00–8:00 AM – Anchor Your Morning



- Natural light exposure within 30 minutes of waking (window or outside)
- Mineral-rich hydration (room temp water + pinch of Himalayan salt or adrenal mocktail)
- Nourishing breakfast with protein + fat + carbs
- Optional breathwork or stretching

10:00–11:00 AM – Mini Reset



- Snack (protein + fat + carb)
- Step away from screens for 5-10 minutes
- Move gently (walk or stretch)

12:00–1:00 PM – Ground at Midday



- Balanced lunch (Adrenal Plate)
- No multitasking during meals
- Slow down and check in

2:30–3:30 PM – Afternoon Support



- Nervous system break (guided breathwork, grounding)
- Snack if needed
- Notice the dip — don't override it

5:30–6:30 PM – Ease Into Evening



- Light, grounding dinner
- Start turning down stimulation and move away from screens
- Dim the lights

8:00–9:30 PM – Wind-Down Ritual



- Herbal tea or warm drink
- Gentle stretch or legs-up-the-wall yoga pose
- Screens totally off by 9:00
- In bed by 10:00 or 10:30

Healing happens in rhythm, not perfection.
Start with one anchor. Build from there.

Rhythm, Not Rules

You don't have to get it perfect. This isn't a schedule to add pressure — it's a supportive rhythm to anchor your day.

Start with one or two changes.

Maybe it's eating a nourishing breakfast within an hour of waking. Maybe it's dimming lights after dinner or pausing for breathwork mid-afternoon. **Small shifts lead to big change.**

Ritual = Repetition + Intention

Rituals don't have to be fancy. A ritual is simply a repeated action done with presence and care. In this Reset, **your rituals are a way of saying to your body:**

"I've got you. You're safe. You don't have to carry everything right now."





Understanding The Power of Natural Light

One of the simplest and most powerful ways to support your adrenals (and your energy) is to get natural light exposure within 30–60 minutes of waking (even if it's cloudy or through a window).

Here's why it matters:

- It helps reset your circadian rhythm (your body's internal clock) to a healthy pattern, which regulates cortisol, melatonin, and sleep cycles
- It tells your brain, "It's morning!" and supports healthy cortisol release at the right time
- It stimulates mitochondrial activity (hello, better energy at the cellular level)
- It improves mood, focus, and even hormone signaling

Even 5–10 minutes can make a difference. Step outside, sip your mineral water, and let the light do its magic.

A Gentle Reminder:

You don't have to implement everything at once. Start with one supportive shift—maybe it's eating within an hour of waking, adding minerals to your water, or dimming the lights after dinner. That's enough. That counts.

This is about consistency, not perfection — and the more gently you show up, the more your body will respond. And the more consistently you show up, the deeper the message will resonate.

You Might Already Be Noticing:

- A little more steady energy
- Softer moods or deeper sleep
- A flicker of clarity or calm returning
- That quiet "Oh... I'm coming back to myself" feeling

These are signs your system is beginning to trust you again.

I typically recommend sticking with any new protocol for at least 60-90 days. This is where the real deep changes will start to happen. Just remember there's no rush, and take it one day at a time.