

# THE ADRENALINE DOMINANCE

# DIET

**Metabolic Solutions**



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## Jump start your weight loss, reduce adrenaline and balance your hormones!

### Disclaimer

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## Congratulations!

You've taken the first step toward living a happy hormone life! Your commitment to your body, your mind and your life has just taken a powerful turn. I am so excited to take this journey of renewal and balance with you!

## Adrenaline Dominance

There is a healthcare crisis in America that is completely under the radar. Almost every family is affected by it in some way or another. It is associated with adrenaline, a hormone that most people are aware of. It is best known as the "fight-or-flight" hormone, which is released in large quantities whenever we are in danger. It is an extremely powerful hormone, and has significant physiologic effects on our body. These episodes are usually short-lived, and as soon as the danger passes the adrenaline levels go back down.



However, there is another reason the body releases adrenaline, and it can occur throughout the day and night for sustained periods. The primary function of adrenaline is to ensure that the brain has a proper amount of fuel to operate. Anytime a low level of fuel is detected, the body releases adrenaline which can have a significant effect on our health, and certainly, on the quality of our life.

- prevent us from falling asleep or staying asleep
- make the mind race
- result in bruxism (teeth grinding)
- tighten the jaw (TMJ)
- cause nighttime urination especially around 2:30 am when levels of adrenaline are the highest.
- cause restless leg syndrome
- cause anger including road rage
- be the primary cause of anxiety
- create an “over-active” bladder in women and bed-wetting in children
- be the underlying cause of ADHD in children and adults
- make muscles tense leading to the buildup of lactic acid causing the pain of fibromyalgia
- cause conditions felt to be incurable such as chronic interstitial cystitis and PMDD (premenstrual dysphoric disorder)
- cause weight gain
- create muscle tension in the neck resulting in tinnitus and headaches



## Weight Gain

So far I have touched on conditions related to excess adrenaline that affects millions of lives. However, I have left out a condition that can have a significant impact on a person's life, and also affects millions of people. What I am referring to is weight. Surprisingly, excess adrenaline might be the number one reason why there are so many people fighting with weight gain. As mentioned previously, other than preparing the body for danger, the primary role of adrenaline is to provide sugar for the brain. The brain utilizes more sugar per weight than any other area of the body.

When the brain runs out of fuel, people experience a profound sense of sleepiness which is called hypoglycemia. Classically, this occurs between 3-4 pm when insulin levels are peaking, or after eating, or when people are in a car either as a driver or as a passenger. A low level of sugar in the brain automatically sends an alert to the adrenal glands via the sympathetic nervous system to release adrenaline.



## Adrenaline Dominance Diet

Adrenaline raises sugar levels via a process called gluconeogenesis, whereby it converts protein into glucose. The brain can use up fuel in as little as three hours. Understandably, adrenaline levels peak around 2:30-3:00 am, contributing to insomnia and an urge to urinate around that time. Adrenaline can create stress. This stimulates the release of another hormone called cortisol which is an anti-stress hormone.

As soon as it is released, it raises glucose levels via a process called glycogenolysis. As a result, the body is putting out two hormones that raise sugar – while people are sleeping (or trying to). When it comes to sugar, it does not matter whether you are eating it or if the body is making it, if you don't burn it up, the sugar is stored as fat in your fat cells. This may be the number one reason why people are fighting weight.



# The Adrenaline Dominance Diet

The key to lowering adrenaline is to eliminate the underlying reason why the body is overproducing it. Since the brain uses more sugar than any other tissue in the body and must have sufficient fuel at all times, whenever the level of glucose in the brain is too low, the body releases adrenaline to raise the sugar level.

It is important to have the understanding that the primary reason the body is releasing excess adrenaline is simply to raise glucose levels for the brain. However, by giving the brain the fuel it needs, there is a reduced need to use adrenaline to provide fuel. Accordingly, there are two fuels the brain uses: glucose and ketones. The best source of glucose is derived from vegetables. Ketones are derived from coconut or MCT oil.

The primary approach to managing adrenaline is to follow a meal plan designed to feed the body, and especially the brain, a steady supply of the proper amount and the right type of sugar (that is, from low-glycemic carbohydrates) plus ketones, along with using a bio-identical progesterone cream. Because everyone's metabolism is different, there is no such thing as a one-size-fits-all meal plan.

Thus the following meal plan should be treated as a set of guidelines, to be adjusted to the metabolic needs of each person's body and brain. Even though this meal plan specifically addresses excess adrenaline, anyone who wants to eat healthfully can benefit from it.

The plan will lower any excess adrenaline that may be contributing to stress. And because the meal plan keeps insulin production low, anyone with a weight problem can follow these guidelines to lose weight healthfully.

## Key components to the diet

### Ketones

Accordingly, there are two fuels the brain uses: glucose and ketones. The best source of glucose is derived from vegetables. Ketones are derived from coconut or MCT oil.

*Ketones, also known as "ketone bodies," are byproducts of the body breaking down fat for energy. This only happens when your carbohydrate intake is low, and your body switches into a state of ketosis or you consume healthy fats like coconut oil and MCT oil. Since MCT's don't require digestion, they go straight to the liver where they can be converted into ketones. This is this why many people report feeling a quick boost of energy immediately after consuming MCT oil.*

MCT oil has essentially no taste and can be added to anything.





## Resistant Starch

Resistant starch is a carbohydrate that resist digestion in the small intestine and ferments in the large intestine. As the fibers ferment they act as a prebiotic and feed the good bacteria in the gut. There are several types of resistant starch. They are classified by their structure or source.

### *Benefits of Resistant Starch*

*When starches are digested they typically break down into glucose. Because resistant starch is not digested in the small intestine, it doesn't raise glucose. Gut health is improved as fermentation in the large intestine makes more good bacteria and less bad bacteria in the gut. Healthy gut bacteria can improve glycemic control.*

### Foods Sources

Foods that contain resistant starch include: Plantains and green bananas (as a banana ripens the starch changes to a regular starch), beans, peas, and lentils (white beans and lentils are the highest in resistant starch), whole grains including oats and barley, cooked and cooled rice.



Each meal – breakfast, lunch, dinner, and bedtime snack – should provide MCT/Coconut oil, low-glycemic carbohydrates, and/or a resistant starch.

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## Progesterone Cream

The only other thing needed to control adrenaline is a 5% (50 mg per pump) progesterone cream that is applied 1-3 minutes before eating. Not only does progesterone block adrenaline from getting to adrenaline receptor sites, it also blocks insulin. Controlling insulin is another way of controlling adrenaline, since it will prevent episodes of hypoglycemia.

***\*Be sure to apply your progesterone cream (1 pump) before meals to block adrenaline and insulin.***

A more extensive review of this subject can be found in: "Adrenaline Dominance: A Revolutionary Approach to Wellness". It can be found on Amazon or on my website: [www.plattwellness.com](http://www.plattwellness.com)



## Personalized Nutrition

It is important to understand that everyone's metabolism is different. There is no one size-fits-all meal plan. For example low-carb diets do not work for the "creative" type ADHD person. One needs to assess what the particular requirements are on an individual basis. This assessment has to include the metabolic needs of not only the body, but the brain as well.



The brain utilizes more sugar than any other tissue of the body. If the brain is deprived of sugar for any reason, i.e. too much insulin production or not enough carbohydrates, the brain will shut down. This is known as hypoglycemia.

Commonly, the body will react to this situation by pouring out adrenaline to raise sugar levels (a process called gluconeogenesis) which can lead to health issues such as depression, nervousness, insomnia, anger, alcohol or drug abuse, etc. There are people who are referred to as "right-brained". These are creative-type people. Their brains require more sugar than "left-brained" people, and thereby need a different approach to weight loss than most other people.

Here one has to ensure a proper amount of sugar for the brain and, at the same time, limit the amount of insulin being produced to prevent fat production.

## The Meal Plan

The meal plan is based on two key principles: eating or drinking the right type of carbohydrates with each meal and paying attention to the timing of meals.

Low-glycemic carbohydrates provide the ideal fuel for the brain. High-glycemic foods—mostly refined carbohydrates such as white flour, white sugar, and products made with them—are digested quickly, which puts a lot of sugar into the bloodstream at once.



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This triggers the insulin–low sugar–adrenaline cycle that keeps adrenaline levels high. Low-glycemic foods—mostly unrefined foods, the kinds our bodies were designed to consume—are digested slowly, providing a steady supply of the right kinds of sugar into the bloodstream and then to the brain.

The timing of eating is important, especially for the creative brain, which seems to require feeding every three hours—a guideline that can actually work well for anyone. Thus the meal plan encourages eating smaller, even half-sized, portions four or five times throughout the day. The brain, especially the creative brain, is working even while we are sleeping. So a light snack of a low-glycemic carbohydrate—such as green vegetables or brown rice or some sweet potato—just before bedtime can keep the brain from running out of fuel during the night.

**Eating correctly is the single most important factor in lowering adrenaline. Results are often seen in just 24 hours.**

*"People who put out a lot of adrenaline at night are often in the unique position of gaining weight even while they are sleeping. This is in addition to the other characteristics of elevated night time adrenaline, such as tossing and turning, grinding teeth, restless leg syndrome, and getting up to urinate."*

— Dr. Platt

## Meal Plan Guidelines

### Water

If there is a magic liquid for weight loss and improved health, it is pure, clean water and lots of it. Water is the most abundant and important nutrient in the body. About 65 percent of the body is composed of water. Water regulates body temperature, transports nutrients, and builds tissues. It is required for joint lubrication, digestion, circulation, respiration, absorption, and excretion.

Not only do you need plenty of water for optimal health, you need water if you want to lose fat. If you are on a diet and dehydrated, you will burn muscle before you burn fat. The body is not able to burn fat efficiently without enough water. Your level of thirst is not a good indicator of your level of hydration. By the time your body registers the sensation of thirst, you are already somewhat dehydrated. Therefore, you should continue to drink water throughout the day, even when you are not thirsty. The secret is to not let yourself get dehydrated in the first place. If in doubt, drink more, not less. To determine how much water you need to drink, divide your body weight in half. That number is the minimum number of ounces of water you should drink daily.

## Vegetables

A diet centered on fresh, raw, organic green vegetables (combined with lean proteins) is one of the best foundations for wellness (and for those trying to lose weight, an excellent way to get lean as quickly as possible). Green vegetables are the perfect sugar source for the brain. They are an excellent source of fibrous carbohydrates, contain relatively few calories, and it is virtually impossible to overeat them. Eat as many vegetables as you can. All varieties are good.



## Fruit

Fruits are excellent to include in a healthy diet. They provide a type of sugar called fructose, which is not utilized by the brain. The focus should be on low-glycemic fruits in order to lessen insulin production. Choose among: cherries (a small amount), oranges (not the juice), all berries, apricots, grapefruit, kiwis, plums, peaches, pears, green apples, and green bananas.

## Fiber

Healthy, fiber-rich foods lower cholesterol and blood pressure, stabilize blood sugar levels, absorb toxins and poisons, and scrub the intestines, giving intestinal flora a place to colonize. Healthy choices include raw vegetables, nuts and seeds, oatmeal (steel cut is best), ground flaxseeds, and chia seeds.





## Protein

Healthy sources of protein include: lean beef, poultry (skinless chicken, turkey breast), fish (including sardines), and seafood, as well as legumes (peas and beans) of all kinds. Raw nuts (especially almonds), seeds (flax, sesame, sunflower, pumpkin, chia), and sprouts (sunflower, broccoli, alfalfa) are all good sources of protein. You may also include eggs or egg whites, cottage cheese, and high-protein whole grains (quinoa, millet, amaranth). The blue-green algae “superfoods” (sea greens, spirulina, chlorella) supply protein, as does nutritional yeast. A vegetarian or vegan can get plenty of amino acids from the proteins available in vegetables, nuts, legumes, and superfoods.



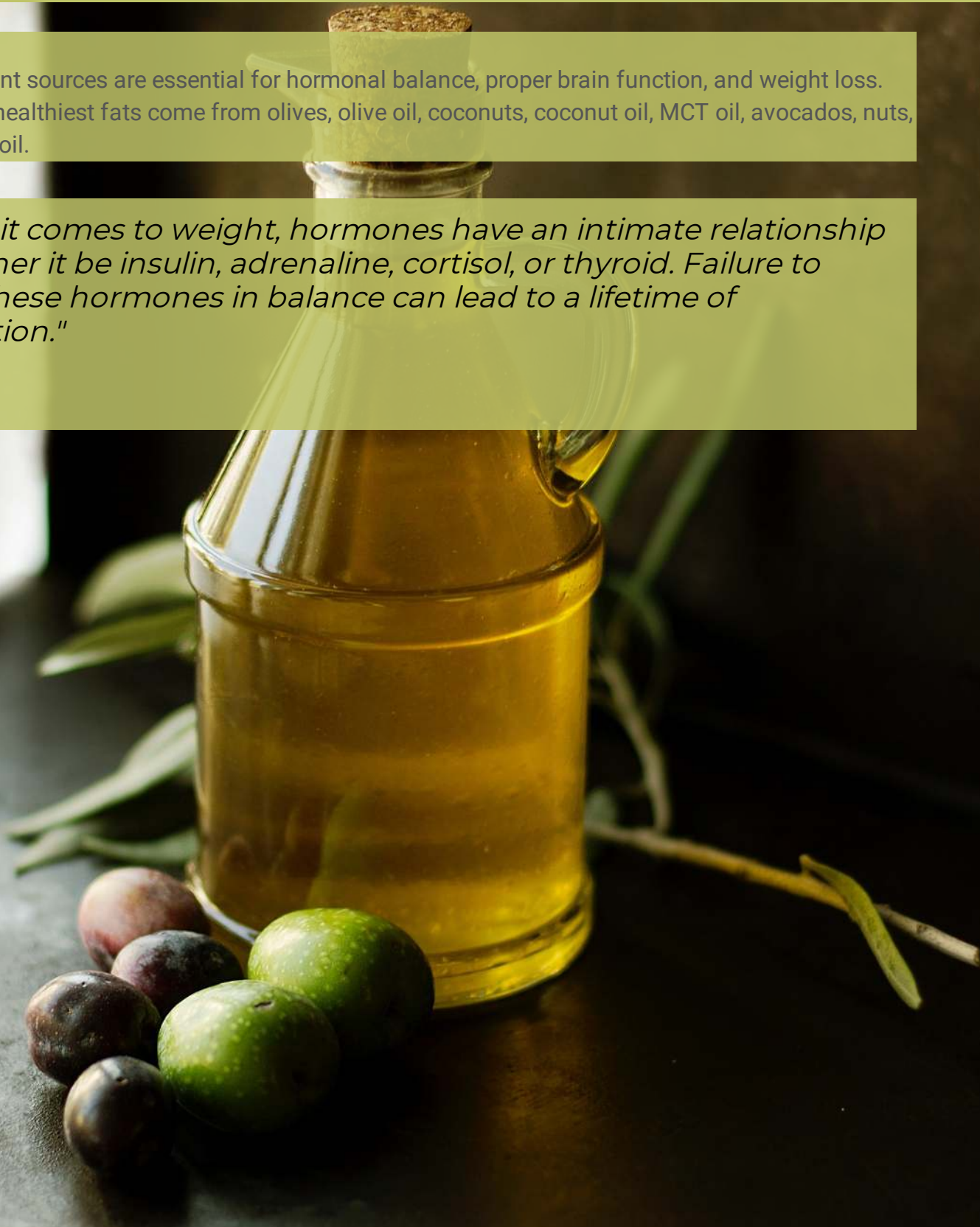
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### Fats

Fats from plant sources are essential for hormonal balance, proper brain function, and weight loss. Some of the healthiest fats come from olives, olive oil, coconuts, coconut oil, MCT oil, avocados, nuts, fish, and fish oil.

*"When it comes to weight, hormones have an intimate relationship – whether it be insulin, adrenaline, cortisol, or thyroid. Failure to bring these hormones in balance can lead to a lifetime of frustration."*

*– Dr. Platt*



## Low Glycemic Carbohydrates

Be sure to eat plenty of complex carbohydrates. They are filling and provide long-term energy. These include mixed salads, all low-carbohydrate vegetables (including a variety of greens), sprouts, brown rice, steel-cut oatmeal, plain yogurt, kefir, yams, and sweet potatoes. ***Eat sweet potatoes that have been sliced and fried in coconut oil as a side dish rather than baking. They can also be used as a bedtime snack.***



**Green Smoothies**

A green smoothie is a blended drink consisting primarily of leafy greens like kale, collard greens, chard, spinach, lettuce, and wild greens, combined with fresh or frozen fruits like pineapple, mango, apple, pear, peaches, berries, kiwis, and green bananas. Smoothies offer an easily digested source of all the nutrients from fruits and vegetables, including calcium, protein, vitamins, and minerals. Drink one green smoothie daily. Several recipes for green smoothies are provided in the meal plan.

# Adrenaline Dominance Diet

## Foods to Avoid

### Sugar

Avoid processed sugar and anything with sugar in it.

### Dairy

Avoid milk, ice cream, and flavored or sweetened yogurt. Use almond, rice, or coconut milk instead.

### Grains

Avoid foods made with refined grains (white flour) such as pasta, breads, pastries, and many cereals. Choose products made with whole grains, such as multigrain or sprouted breads (Ezekiel is a good brand), high fiber cereals, vegetable pasta, and flax and rice crackers.



## Alcohol

If you are serious about your health and you want maximum benefits from this program, alcoholic beverages should be eliminated. Alcohol is a potent diuretic. It draws water out of the cells and increases the loss of water through the kidneys. This can cause dehydration and its associated negative effects. If you are wanting to lose weight, avoid alcohol. In the body, the alcohol converts into sugar, so the body will burn the alcohol for fuel instead of burning fat.

## How to Navigate the Meal Plan

Below you will find a 4 week meal plan sample.

You can choose to follow the meal plan exactly or choose a few new recipes every week. The meal plan has been carefully created with healthy low glycemic carbs, healthy amounts of good fats, resistant starch and lots of vegetables and low glycemic fruits. This will help prevent adrenaline from spiking.

Feel free to replace certain ingredients, swap around proteins and simply make it your own by following the food guidelines above or how to make your own meal ideas below.



## Make Your Own Meal

We have provided you with a 4 week meal plan below but here are some simple meal plan ideas to add or replace to the meal plan. Mix and match get creative. MCT or coconut oil can easily be added to the following simple meal suggestions.

### **Breakfast Ideas**

Eggs, scrambled with green vegetables  
No-crust spinach quiche  
Oatmeal with flax seeds, blueberries, or strawberries  
Soup  
Brown rice cereal with flax seeds, cinnamon, and slivered almonds  
Plain Greek yogurt with berries, sliced apples, and cinnamon

### **Lunch Ideas**

Salad  
Soup  
Green smoothie or a protein drink with fruit  
Burger or sandwich wrapped in lettuce leaves instead of bread  
Cottage cheese with berries or vegetables  
Avocado, tomato, sprouts, and sliced cheese

### **Dinner Ideas**

Lean meat, fish, or poultry  
Green vegetables  
Brown rice, brown rice pasta, or sweet potato  
Beans Soup or stew  
Chili with lean meat or turkey  
Stir-fry Green smoothie

### **Snack Ideas**

Raw vegetables dipped in nut butter or hummus  
Deviled or boiled eggs  
Tuna, chicken, or shrimp salad  
Cottage cheese  
Nuts and seeds  
Sliced apples with cinnamon  
Raw food bar or low-carbohydrate bar  
Bowl of mixed fruit

## 4 Week Meal Plan

Serving sizes:

Breakfast, lunch and snacks are 1 serving.

Dinner is 4 servings to accommodate family members and leftovers. Double up on recipes for leftovers or to accommodate more family members.

Everything in grey is leftovers.

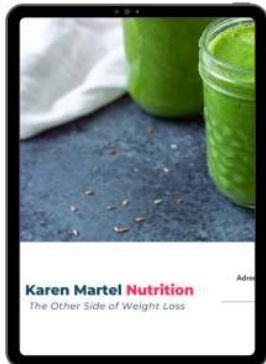
Click on the links below to download your sample meal plans!

[Week 1](#)

[Week 2](#)

[Week 3](#)

[Week 4](#)



## Adrenaline Dominance Diet

Dr. Michael E. Platt Dr. Platt has been a pioneer in the research and advancement of the therapeutic use of progesterone cream for use in managing adrenaline and hormonal imbalance. Dr. Platt is considered an important pioneer in observational, functional, alternative, and allopathic medicine focused on bio-identical hormones and adrenaline overload. The Platt Wellness Center is unique in that Dr. Platt offers his guidance on nutrition, supplements and bio-identical creams to help facilitate healing using the innate power of the body to do so. He also directly answers questions sent to [questions@plattwellness.com](mailto:questions@plattwellness.com). All clients are advised to discuss his suggestions with their doctors and other health care practitioners. <https://plattwellness.com/>





## Adrenaline Dominance Diet

Karen Martel is a Certified Transformational Nutrition Coach and Hormone Specialist. Founder of the revolutionary program OnTrack a women's hormone balancing & weight loss program. Host of the top-rated women's health podcast The Other Side of Weight Loss. After struggling with her own health issues, Karen was determined to bring her knowledge to others with a bold new approach to women's health and weight management. Karen's passion lies in helping women breakthrough weight loss resistance and find their personal weight loss code through diet variation and hormone optimization. Karen is a health leader and researcher determined to revolutionize weight loss for modern women.

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