



The Adrenal Thyroid Revolution Supplement Guide

SOS Rx: Daily Dose Supplements

Herb/Supplement	Uses and Cautions	Dose
EPA/DHA (fish oil, cod liver oil, or algaederived)	Protects cells from oxidative stress, reduces inflammation, protects nervous system, boosts mind and mood. See resources for brands known to be safe from environmental toxins.	850 EPA / 200 DHA 1 to 2x/day
Magnesium (glycinate is the preferred daily dose form)	Called “the calming mineral,” yet one that most of us are deficient in, magnesium is an important daily supplement for hundreds of important reactions in our bodies, including blood sugar and insulin regulation (it appears to improve insulin sensitivity and aid pancreatic function, helping to counter hyperglycemia), bone health, mood, detoxification in the liver, and muscle relaxation—including keeping your heart muscle in a regular rhythm, and blood pressure, to name a few.	300 to 1,200 mg/day total (If you need to take magnesium glycinate for constipation, you can combine the different forms of magnesium toward the maximum total daily dose.)
Multivitamin	Provides a general baseline for bridging the phytonutrient gap. Look for a multivitamin that doesn't contain sugar, artificial dyes, or additives and that contains B-complex with methylfolate and methyl B12, zinc, selenium, and iodine. B-complex with methyl-B vitamins supports a healthy nervous system and liver detoxification; zinc provides a boost to your immune system, keeping you resilient and resistant to infections; selenium boosts liver detoxification by increasing glutathione, one of your body's most important detoxification compounds (more in the next chapter), reduces anxiety and depression, supports healthy thyroid function, and may reduce thyroid antibodies. Many women are low in iodine, which is needed in low amounts for healthy thyroid hormone production.	As directed; a one-a-day is usually easiest to keep up with

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Vitamin D₃	Supports immunity, boosts mind and mood, especially for depression; it is also essential for optimizing blood sugar when elevated, healthy functioning of your immune system, thyroid, and the health of your intestinal lining, among hundreds of functions essential for your wellness. Improves insulin levels by protecting the pancreas and increasing insulin resistance.	2,000 units/day; up to 4,000 units/day for 3 months if your testing shows that your blood level is low or you have elevated blood sugar or insulin resistance

SOS Rx: Natural Support for Sleep, Mind, and Mood

Herb/Supplement	Uses and Cautions	Dose
L-theanine [Ⓞ]	A calming amino acid found almost exclusively in green tea, L-theanine, much like meditation, increases relaxation yet supports focus and alertness by increasing alpha brain waves. It compares favorably to antianxiety medication in the prevention of anxiety, even under stress, within one hour of taking a dose. It also enhances the production of neurotransmitters, including serotonin, dopamine, and GABA, producing a state of well-being. It may also help to reduce blood pressure.	100 to 200 mg/day
Lavender [Ⓞ]	Deepens sleep, reduces anxiety. Scientific studies support the use of lavender for the relief of tension, whether used as a tea, herbal extract, or even inhaling the essential oil (aromatherapy). My preferred form for reducing anxiety and sleep disruption due to frequent waking is oral lavender oil. I've had patients who have successfully tapered off of long-term use of antianxiety medications after starting on just 60 mg of lavender oil (in capsules) daily. It can be taken before bed, or in the morning. It's shown equal effectiveness to antianxiety sleep medications such as benzodiazepines with none of the risks. It is also especially helpful for performance anxiety—for example, regarding test taking. While at this dose, I do not have concerns about the very mild potential estrogen effects of lavender oil; don't use if you personally have had estrogen-receptor-positive cancer or are at high risk due to immediate family history (your mother or sister has had estrogen-receptorpositive cancer). Aromatherapy use acceptable in pregnancy.	One lavender oil capsule (60 mg) before bed
Magnesium	Promotes relaxation, relieves anxiety and depression. Can be taken before bed to promote mental and muscular relaxation. Magnesium also helps if restless leg syndrome or muscle cramps keep you awake.	400 to 800 mg/day

SOS Rx: Natural Support for Sleep, Mind, and Mood

Herb/Supplement	Uses and Cautions	Dose
Melatonin ⊕	Helps initiate sleep and may also improve menopausal night sweats. Numerous studies support effectiveness and safety.	0.5 to 3 mg in the hour before bed
Passionflower	Promotes sleep and improves sleep quality; helps you feel more rested when you wake; also useful for anxiety.	40 to 60 drops of the tincture (or 320 mg in a capsule)
Probiotics	Should contain <i>Lactobacillus</i> and <i>Bifidobacterium</i> species; reduces stimulation of the HPA axis. Exciting research on the gut-brain connection has yielded a whole new field of study: psychobiotics—looking at the use of probiotics to improve mood and cognitive function—and studies are not disappointing. We now know that enhancing the presence of beneficial gut flora relieves anxiety, alleviates depression, reduces inflammatory cytokines, and reduces HPA axis overstimulation. <i>Bifidobacterium infantis</i> and <i>B. longum</i> are among the strains of probiotics that have been found to be particularly beneficial, leading to reductions in depression, irritability, and anxiety, and improving stresscoping abilities.	1 to 2 capsules/ day, with a minimum of 10 billion CFUs (colony forming units) daily
Relora ⊕	Sleep, anxiety, energy. A combination of magnolia and phellodendron, reduces SOS and anxiety, improves sleep and energy, reduces cortisol, and may help to safely raise DHEA.	500 mg at bedtime
SAMe ⊕ (S-adenosylmethionine)	This amino acid, important for methylation, appears to be as potent as some pharmaceutical options for depression. Also helpful in the treatment of anxiety, pain and inflammation in osteoarthritis, and muscle soreness with fibromyalgia.	400 to 1,600 mg/ day; may take 1 to 2 months to notice effects because it has to build up in your system
St. John's wort	In more than eighteen studies with nearly six thousand individuals, St. John's wort has been found to be as effective as or more effective than antidepressant medications with none of the side effects.	300 to 600 mg/day of products standardized to 0.3% hypericin and/or 3 to 5% hyperforin
Turmeric	Because of its overall anti-inflammatory effects, turmeric, as well as one of its main active constituents, curcumin, is an important herbal supplement to consider if you're struggling with brain fog, anxiety, or depression.	1 to 3 mg powdered turmeric or 1,200 to 2,400 mg curcumin daily
Vitamin B₆	Taken before bed specifically to relieve night waking by reducing nocturnal cortisol spikes.	50 to 100 mg
Vitamin B₁₂ (Methylcobalamin)	Plays an especially important role in allowing your body to reset its circadian rhythm, possibly due to its effects on melatonin production, and improves quality of sleep leading to feeling refreshed when you wake up.	1,000 mcg taken sublingually

Key: ⊕ = Not safe for use in pregnancy.

Natural Alternatives to Common Pain Medications

Herb/Supplement	Comment	Dose
Boswellia ☹	Reduces inflammation and pain of osteoarthritis and inflammatory bowel disease supplements.	350 mg three times daily
Bromelain ☹	An enzyme from pineapple, can be taken daily to reduce chronic inflammation and also helps with digestive symptoms.	200 to 320 mg twice daily
Capsaicin	Derived from hot peppers, highly effective for relieving chronic nerve pain when applied topically.	Apply to the affected area three times/day. Wash hands after applying and do not touch your eyes!
Curcumin ☹	Relieves inflammation and pain.	1,200 to 2,400 mg daily
Devil's claw ☹	Shown to be better than conventional medications for low back pain	50 to 100 mg harpagoside, the active chemical in the herb, daily
Ginger	Shown to be as effective as NSAIDs for relieving pain and inflammation in menstrual cramps, headaches, and arthritic joints	500 to 1,000 mg one to two times daily
Lavender or peppermint essential oil	Alleviates headaches when applied topically.	One to two drops applied to the temples for headache, or seven to ten drops in a hot bath
SAM-e ☹	Specifically beneficial for osteoarthritis knee pain.	200 to 400 mg three times daily

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SOS Rx: Gut-Healing Herbs and Supplements at a Glance

Herb/Supplement	Uses and Cautions	Dose
Apple cider vinegar	Boosts stomach acid, improves digestive secretions	1 to 2 tbsp. in water at the beginning of meal, once or twice daily
Betaine HCl	Boosts stomach acid	Start with 1 tablet and work up to 3 if needed
DGL licorice ☹	Relieves GERD (reflux)	1 to 3 chewable tablets or capsules between meals

SOS Rx: Gut-Healing Herbs and Supplements at a Glance

Herb/Supplement	Uses and Cautions	Dose
Digestive enzymes	Undigested food in stool, gas, or bloating after meals	1 or 2 at the beginning of each meal
Fiber	Decreases unhealthy cholesterol, improves detox of hormones from digestive system, nourishes healthy gut flora	Ideally 30 to 35 g/day
Flaxseed	Adds fiber	2 tbsp. freshly ground seed/day
Herbal bitters ⊕	Take any of a combination of: Dandelion root Burdock root Artichoke	¼ tsp. each of the herbal tinctures (extracts) in ¼ cup of water or in ½ to 1 cup of sparkling water before or after each meal. Add ¼ tsp. gingerroot as well for taste and gut-healing effects
L-glutamine ⊕	Nourishes and heals the intestinal lining	5 to 10 g powder 2x/day for at least one month
Magnesium citrate	Helpful with constipation	400 to 800 mg before bed
Digestive enzymes	Undigested food in stool, gas, or bloating after meals	1 or 2 at the beginning of each meal
Marshmallow root	Heals gut lining	2 to 6 capsules/day, or 1 to 2 cups of tea/day made by steeping 2 tbsp. in 2 cups of boiling water for 30 minutes
Probiotic	Should contain <i>Lactobacillus</i> and <i>Bifidobacterium</i> ; restores normal balance of flora and repairs gut barrier	1 to 2 capsules/day
Turmeric	Heals gut lining	2 to 10 g of powdered turmeric/day
Zinc carnosine	Heals gastric inflammation	30 mg/day

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SOS Rx: Anti-Inflammatory Herbs and Supplements

Herb/Supplement	Uses and Cautions	Dose
Curcumin ☹	An extract from turmeric, a spice that has been used in Indian cooking for thousands of years, is a natural anti-inflammatory. It is specifically effective in treating major depression resulting from SOS-related inflammation and oxidative stress. Curcumin helps with arthritis pain, pain and gut inflammation in Crohn's disease and ulcerative colitis, reduces brain fog, and reduces DNA damage from oxidative stress.	1,200 to 2,400 mg/day of extract
Essential fatty acids	Omega-3 fatty acids (DHA/EPA) have been shown in numerous studies to protect against and reverse inflammation and oxidative stress, and with that, protect against heart disease, depression, dementia, and other inflammation-related conditions.	850 EPA/200 DHA 1 to 2 x/day If you don't eat fish, algae-based vegetarian sources are available.
Ginger	Relieves pain and inflammation. Ginger has been shown to be as effective as NSAIDs for relieving pain and inflammation, including pain due to osteoarthritis, and also menstrual cramps.	500 to 1,000 mg, 1 to 2 x/day
Green tea extract ☹	Green tea boosts liver detoxification, helping you to break down and get rid of toxins while acting as an antioxidant and putting out the fires of inflammation around your body, promotes healthy flora, and supports estrogen detoxification. It can be taken as a tea, but in extract form it is a potent supplement for weight loss, hormonal balance, and detox.	200 mg/day of green tea catechins
N-acetylcysteine ☹ (NAC)	Boosts detoxification by building up glutathione, one of your body's chief detoxifiers. Glutathione is depleted by inflammation, oxidative stress—the damage to your cells caused by the smoldering fire of chronic inflammation—and infections. Low levels are associated with autoimmune conditions and chronic fatigue.	300 mg 3x/day
Quercetin ☹	Immune supporting anti-inflammatory. A flavonoid from foods, including onions and apples, quercetin is an immune-supporting anti-inflammatory that is also particularly effective if you suffer from food intolerances, seasonal allergies, eczema, hives, or histamine intolerance.	250 mg 3x/day

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SOS Rx: Herbs and Supplements to Boost Immunity

Herb/Supplement	Uses and Cautions	Dose
Andrographis ⊕	Used traditionally as an antiinflammatory, antiviral, antioxidant, and immune-enhancing herbal medicine, also preventative for colds and flu.	2,000 to 6,000 mg daily; or if a concentrated product, 200 mg daily
Probiotic	<i>Lactobacillus</i> species have been shown to boost immunity and reduce the incidence of respiratory infections and inflammatory reactions.	1 to 2 capsules/day
Reishi mushroom ⊕	This medicinal mushroom is a powerful immune-system tonic in a category of herbs called <i>adaptogens</i> that nourish the adrenals and specifically address the impact of SOS on your immune system, as you will learn in chapter 7. Reishi is especially effective for chronically recurring infections and prevents against viral infections.	3 to 9 g dried mushroom in capsules or tablets/day or 2 to 4 mL tincture in water 2 to 3x/day
Vitamin D₃	Important immune-system and mood benefits, with thousands of research studies.	2,000 units/day of vitamin D ₃ . You may need as much as up to 4,000 IU of vitamin D ₃ a day in the winter, or to bring yourself up to the optimal range if your vitamin D is low
Zinc	Reduces inflammation in the intestinal lining. Has been shown not only to boost immunity, but also to be specifically effective at fighting infections in the herpesvirus family, which includes Epstein-Barr virus. Food sources rich in zinc include beef, lamb, turkey, pumpkin seeds, sesame tahini, lentils, garbanzo beans, cashews, and quinoa.	30 mg 3x/day

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SOS Rx: Natural Approaches to Stealth Infection

Herb/Supplement	Uses and Cautions	Dose
Echinacea	A gentle yet effective antiviral and immune tonic, I often include echinacea into a seasonal plan for a woman getting “every cold that goes around.” It is safe enough for use in pregnancy and can be taken if you have an autoimmune condition, though check with your doctor first if you’re on immuno suppressive medication.	300 to 500 mg up to three times daily
Lemon balm	Antiviral, relieves stress and anxiety. Research conducted over the past decade has demonstrated impressive results using lemon balm as an antiviral herb for the HSV virus.	300 to 1,200 mg daily in tea or capsules, 40 to 60 drops of tincture 1 to 3 times daily
Licorice ⊕	Numerous studies have shown licorice preparations to have antiviral, anti-inflammatory, and a wide variety of immunomodulating effects. It should not be taken if you have high blood pressure.	150 to 300 mg daily
St. John’s wort	St. John’s wort has combined benefits on the nervous system, as an effective antidepressant, and as an antiviral, making it particularly appropriate when stress is an issue in viral reactivation or frequent viral infections.	300 to 600 mg daily

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SOS Rx: Boost Detoxification

Herb/Supplement	Uses and Cautions	Dose
Artichoke leaf extract ☉	Supports liver detoxification; antioxidant; and boosts detox compounds produced in the liver.	320 to 640 mg/ day
Curcumin ☉	Boosts glutathione production, and naturally supports detoxification.	1,200 to 2,400 mg/day of extract
Green tea or green tea extract ☉ (decaffeinated)	Boosts liver detoxification. It can be taken as a tea, but in extract form it is a potent supplement for weight loss, hormonal balance, and detox.	200 mg/day of green tea catechins or 4 to 8 cups of tea/ day
Methylfolate	If you scored high on the detoxification questionnaire, have elevated homocysteine, or know you have one of the MTHFR gene mutations, make sure to get at least 800 mcg of methylfolate in a daily supplement.	800 mcg/day
N-acetylcysteine	Discussed above, boosts detoxification by building up glutathione, one of your body's chief detoxifiers.	300 mg 3x/day
Pycnogenol ☉	An extract of maritime pine bark, pycnogenol reduces inflammation, oxidative stress, cellular membrane and DNA damage, and damage due to the impact of chronically elevated blood sugar on the cells. It contains the same compounds, procyanidins, that make cacao, green tea extract, grapeseed extract, and berries so healthpromoting and protective. Benefits include improved cognition and focus, reduction in harmful cholesterol, increased sense of well-being, reduction in inflammatory cytokines (after just five days of use), lasting reduction of symptoms with endometriosis, reduced menopausal symptoms, reduction in wrinkles, and improved osteoarthritis pain. It may also reduce fat accumulation that happens as a result of inflammation, and improve insulin sensitivity.	100 to 200 mg/day
Schizandra ☉	Schizandra is a liver tonic that appears to protect the liver, and acts as an antioxidant. Its effects on the liver may be due to anxiety and stress reduction that lessen the adverse effects of stress on the liver. It also increases glutathione production and appears to have protective effects against damage from environmental toxins, medications, and heavy metals. Consider taking this if you have Hashimoto's and poor T ₄ to T ₃ conversion.	20 to 30 drops of extract 1 or 2x/day or 2 to 4 capsules/ day

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