

# Stress Management Protocol

DEVELOPED IN COLLABORATION WITH DR. PENNY KENDALL-REED, N.D.\*



Designed by Dr. Penny Kendall-Reed, N.D. in collaboration with Pure Encapsulations®, the Stress Management Protocol is meant to help you deliver the most effective care and support for your patient's stress regulation. Products from other trusted Atrium Innovations brands such as Douglas Laboratories® have been added to provide a complete and robust protocol.

90% of visits to doctors' offices are due to stress or stress-related pathology. The key to permanent treatment lies in treating the entire HPA axis, not just the adrenals. Treating only the adrenals to reduce the production of stress hormones is band-aid therapy that merely slows the sympathetic response. We must re-establish the lost negative feedback in the HPA axis and push the nervous system back to the parasympathetic side.<sup>1</sup>

MAIN CLINICAL CONCERN & PATIENT SYMPTOMS	PRODUCT RECOMMENDATIONS	RECOMMENDED DOSE	CLINICAL INSIGHTS & CONSIDERATIONS
<p><b>Hyper-Adrenal:</b> High cortisol, adrenaline, noradrenaline, ACTH and CRH</p> <ul style="list-style-type: none"> <li>Consistently worried and overwhelmed.</li> <li>Frequent racing thoughts, panic attacks, and/or increased heart rate and palpitations.</li> <li>Difficulty relaxing.</li> <li>Abdominal weight gain or difficulty losing weight.</li> <li>Waking between 2-4 am.</li> </ul>	<p>Pure Encapsulations® <b>Sereniten Plus</b> (Product Code: SRP4C-C)</p>	<p>2 capsules twice daily on an empty stomach*</p> <p>Take 2 extra capsules at 2:00 am on waking</p>	<p>Lactium® Milk Protein Hydrolysate (alpha S1-casein tryptic hydrolysate) is the only known ingredient to inhibit FKBP5 from binding and blocking the hypothalamic and pituitary receptors allowing for re-establishment of normal negative feedback in HPA axis.</p>
	<p>Pure Encapsulations® <b>Magnesium Glycinate</b> (Product Code: MG1C-C)</p>	<p>2 capsules before bed</p>	<p>Encourages muscle and nerve relaxation.</p>
	<p>Pure Encapsulations® <b>Melatonin 3 mg</b> (Product Code: ME36C-C)</p>	<p>3 capsules (9 mg total) at 8:30 pm if sleep is an issue</p> <p>Slowly reduce to 1 or 2 capsules as the adrenals balance</p>	<p>Do not use time-release melatonin here.</p>
	<p>Pure Encapsulations® <b>L-Theanine</b> (Product Code: LTH6C-C)</p> <p>OR</p> <p>Pure Encapsulations® <b>Pure Tranquility Liquid</b> (Product Code: PTLC-C)</p>	<p>1 capsule on an empty stomach. Take only as required for racing thoughts</p> <p>4 droppers full on an empty stomach</p>	<p>Relaxes racing thoughts.</p> <p>Calms physical symptoms of stress such as shaking, tremors etc.</p>
<p><b>Adjunct Tests: Hyper-Adrenal</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Orthostatic Blood Pressure</li> <li><input type="checkbox"/> Serum ACTH</li> <li><input type="checkbox"/> 24-hour cortisol urine analysis</li> <li><input type="checkbox"/> Genetic Testing: FKBP5, NR3C2, ADRB2, COMT</li> </ul>			

PE-STRESSPRO-0124C

\*Dr. Penny Kendall-Reed, N.D. is a retained advisor to Atrium Innovations.

\*On an empty stomach - 30 minutes or more before food or 2 hours or more after.

\*\*Ideally no later than 8:30 pm to follow the natural circadian rhythms.

These products may not be right for everyone. Always read and follow the label. Contact us for more information.



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<p><b>Hypo-Adrenal:</b> Flatline cortisol (still possibly high over 24 hrs but loss of curve), low adrenaline and noradrenaline.</p> <ul style="list-style-type: none"> <li>Falls asleep and stays asleep but wakes exhausted.</li> <li>Tired most of the day</li> <li>Frequently lightheaded on standing.</li> <li>Abdominal weight gain or difficulty losing weight.</li> <li>Increased joint pain or body inflammation.</li> </ul>	<p>Pure Encapsulations® <b>Sereniten Plus</b> (Product Code: SRP4C-C)</p>	<p>2 capsules twice daily on an empty stomach*</p>	<p>Lactium® Milk Protein Hydrolysate (alpha S1-casein tryptic hydrolysate) is the only known ingredient to inhibit FKBP5 from binding and blocking the hypothalamic and pituitary receptors allowing for re-establishment of normal negative feedback in HPA axis.</p>
	<p>Pure Encapsulations® <b>Magnesium Glycinate</b> (Product Code: MG1C-C)</p>	<p>2 capsules before bed</p>	<p>Encourages muscle and nerve relaxation.</p>
	<p>Genestra Brands® <b>TAD+ (60/120 caps)</b> (Order Codes: 08301/08301120)</p> <p>AND</p> <p>Genestra Brands® <b>TADS</b> (Order Code: 08300)</p> <p>OR</p> <p>Douglas Laboratories® <b>AdrenoMend™</b> (Product Code: 200529-120HYC-C)</p>	<p>1 tablet each of TAD+ and TADS 1-2x daily with food at breakfast and lunch. Stay on until Orthostatic BP improves by 10 mm Hg.</p> <p>OR</p> <p>2 capsules twice daily on an empty stomach* Stay on until Orthostatic BP improves by 10 mm Hg</p>	<p>To rejuvenate adrenals and increase lost adrenaline and noradrenaline production.</p> <p>OR</p> <p><b>Vegan friendly –</b> To rejuvenate adrenals and increase lost adrenaline and noradrenaline production in an adaptogenic manner.</p>
	<p>Pure Encapsulations® <b>Melatonin-SR</b> (Product Code: MESR6C-C)</p>	<p>3 capsules at 8:30 pm**</p> <p>Slowly reduce to 1 or 2 pills as the adrenals balance.</p>	<p>To help regulate circadian rhythms and encourage Stage 4 delta wave deep sleep.</p>
	<p><b>Adjunct Tests: Hypo-Adrenal</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Orthostatic Blood Pressure</li> <li><input type="checkbox"/> Serum ACTH</li> <li><input type="checkbox"/> 24-hour cortisol urine analysis</li> <li><input type="checkbox"/> Genetic Testing: FKBP5, NR3C2, ADRB2, COMT</li> </ul>		

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MAIN CLINICAL CONCERN & PATIENT SYMPTOMS	PRODUCT RECOMMENDATIONS	RECOMMENDED DOSE	CLINICAL INSIGHTS & CONSIDERATIONS				
<p><b>Oscillating Hyper- to Hypo-Adrenal :</b> Before Adrenals crash, they alternate between the hyper- and hypo- state making diagnosis more difficult.</p> <ul style="list-style-type: none"> <li>• Alternating energy levels from frenetic high to very low.</li> <li>• Wakes between 2-4 am, but not consistently.</li> <li>• Episodic light-headedness on standing.</li> <li>• Usually tired on waking.</li> </ul>	<p>Pure Encapsulations® <b>Sereniten Plus</b> (Product Code: SRP4C-C)</p>	<p>2 capsules twice daily on an empty stomach*.</p> <p>2 extra capsules when waking between 2-4 am</p>	<p>Suggest taking one dose before bed to reset the HPA axis, decrease CRH, and decrease the stress response.</p> <p>Helps to reset the abnormal peak of cortisol that occurs at 2 a.m. from stress.</p>				
	<p>Douglas Laboratories® <b>AdrenoMend™</b> (Product Code: 200529-120HYC-C)</p>	<p>1 capsule twice daily on an empty stomach*</p>	<p><b>Vegan friendly –</b> To rejuvenate adrenals and increase lost adrenaline and noradrenaline production in an adaptogenic manner.</p>				
	<p>Pure Encapsulations® <b>Melatonin-SR</b> (Product Code: MESR6C-C)</p>	<p>2 capsules at 8:30 p.m.** Slowly reduce to 1 capsule as adrenals balance.</p>	<p>To help regulate circadian rhythms and encourage Stage 4 delta wave deep sleep.</p>				
	<p><b>It is not recommended to use glandular products such as TADS and TAD+ in this situation as they can push the adrenals too hard.</b></p>						
<p><b>Adjunct Tests: Oscillating Hyper- to Hypo-Adrenal</b></p> <table border="0"> <tr> <td><input type="checkbox"/> Orthostatic Blood Pressure</td> <td><input type="checkbox"/> 24-hour cortisol urine analysis</td> </tr> <tr> <td><input type="checkbox"/> Serum ACTH</td> <td><input type="checkbox"/> Genetic Testing: FKBP5, NR3C2, ADRB2, COMT</td> </tr> </table>				<input type="checkbox"/> Orthostatic Blood Pressure	<input type="checkbox"/> 24-hour cortisol urine analysis	<input type="checkbox"/> Serum ACTH	<input type="checkbox"/> Genetic Testing: FKBP5, NR3C2, ADRB2, COMT
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Imbalanced cortisol leads to reduced immunity, nighttime hot flashes, an increase in inflammation by up to 76%, and decreases digestive enzyme production by up to 88%. Treat these individualized symptoms that arise from stress simultaneously. Similarly, always treat stress when treating the above ailments.

REFERENCES:

1. Nerurkar A, Bitton A, Davis RB, Phillips RS, Yeh G. JAMA Intern Med. 2013 Jan 14;173(1):76-7.

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