



# Jacksonville Chiropractic Center

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## DOs and DON'Ts in RECOVERING FROM CHRONIC FATIGUE SYNDROME / ADRENAL FATIGUE

The following are some of the most important things  
to do and not to do to recover from adrenal fatigue.

### AVOID THESE:

- ✗ Pushing yourself to exhaustion
- ✗ Sugar, caffeine and junk food
- ✗ Being critical and harsh with yourself
- ✗ Skipping meals
- ✗ Eating carbohydrates by themselves
- ✗ Staying up late and catching your "second wind"
- ✗ Arising early if you don't have to
- ✗ Food that you react to or are allergic to
- ✗ Drinking sodas, coffee, alcohol, juice
- ✗ Making someone else responsible for your health
- ✗ People who steal your energy
- ✗ Taking care of everyone and everything else
- ✗ Feeling guilty about caring for yourself
- ✗ Excessive seriousness
- ✗ "The grind"
- ✗ Aggressive exercise

### DO THESE

- ✓ Pace yourself
- ✓ Eat real, whole, fresh food
- ✓ Be compassionate and kind to yourself
- ✓ Eat every two hours
- ✓ Eat a combination of carb, fat and protein
- ✓ Get to bed by 10:00 pm
- ✓ Sleep until 8:00 am when possible
- ✓ Eat balanced, nutritious food
- ✓ Drink water, herbal teas
- ✓ Become informed about your health
- ✓ Be with people who are concerned for your wellbeing and are helpful in your recovery
- ✓ Take care of and nurture yourself
- ✓ Find an inner balance and sense of peace with taking care of yourself
- ✓ Find things that make you laugh
- ✓ Do things you enjoy
- ✓ Mild to moderate exercise