

Aviva Romm, MD: Willpower Won't Work PODCAST SHOWNOTES

SHOWNOTES

The Role of the Adrenals and Handling Stress

Dr. Aviva Romm is the mother of four grown children, a Yale-trained physician specializing in integrative medicine for women and children, a midwife, an herbalist, an award-winning author, and the creator/owner of *WomanWise*, on-line courses dedicated to vitality and optimal health for women and children. An internationally respected expert in botanical and integrative medicine for women and children, she has spent nearly 30 years as a healthcare practitioner and advocate for the health and environmental concerns of women and kids.

Willpower

We are all hardwired with primitive programming from our brain to the adrenal glands that seeks to keep us alive at all costs. It runs on fat, sugar/carbohydrates, and salt (responding to primitive threats and the modern day stresses and threats we feel today). In survival mode, we produce extra cortisol which then in effect clouds our judgment/willpower in our brain. Ultimately, a lot of the failures we experience are not our fault and further guilt and shame just perpetuates the production of adrenal stress hormones and continues this survival mode.

Adrenals

Two tiny glands that support our blood sugar, our immune system, our ability to produce and control inflammation, they trigger the release of insulin to control sugar-- they run some of the most important processes in the body. They produce hormones and catecholamines-- most commonly adrenaline. Cortisol is another common hormone the adrenals produce. It can affect mental clarity and cause us to hold more weight in the middle of our bodies.

Symptoms of adrenal fatigue or overdrive. Most Americans are in a constant state of overdrive. Symptoms include trouble sleeping, feeling overstimulated constantly, fatigued, irritability, rage, digestive issues, inability to focus, and bad dreams. The overdrive can only be sustained for so long. Adrenal fatigue symptoms shift to depression or sadness, trouble sleeping or getting restful sleep, cravings for sugar/carbs, fat and salt, increased illness, fertility problems, insulin resistance, and autoimmune diseases.

Inflammation

Inflammation is the root of all illness. It can cause autoimmune conditions, anxiety, depression, and dementia. It also runs our food cravings, which perpetuate inflammation and food allergies or leaky gut. To cut the cravings, we have to be tough, especially on sugar. Tapping into the parasympathetic system, the rest and digest system is where we can turn off this overdrive stage. We can give ourselves permission to pause, and reflect on whether the choice we are making will actually make us feel the way we want to feel. Additionally-- it's a good idea to clear out the temptations from your cabinets and refrigerator. Don't set yourself up to have to resist, change

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your mindset, and be aware of this survival mode and cycle. Have something on hand that feeds your cravings healthfully like sea salted almonds instead of french fries.

Visit Aviva's website for more on your Adrenals and getting out of overdrive:

<http://www.avivaromm.com>

Listener Question

1. *Does the no snacking rule apply to diabetics?*

It's important to balance your blood sugar so that your body doesn't need as much sugar as often.

2. *How does one become a fat burner instead of glucose burner while eating lentils and beans?*

Get those slow low carbs, 1-2 servings at lunch and dinner-- not a ton and always high fiber. Amounts are critical. Too low of a carbohydrate count can crash your adrenals.

3. *Is it true some people cannot be fat burners?*

Improve insulin sensitivity, vitamin D intake with supplements and resistance training.

4. *Advice on the prevention of muscle loss*

You'll have more fluid retention in the beginning and a lot of the initial loss is that fluid, not necessarily muscle. Make sure to get optimal amounts of protein and add resistance training to build that lean muscle.

5. *Alternatives to pineapple based digestive enzymes*

There are other options and my own digestive enzyme does not contain bromelain (found in pineapple) so it's a great alternative to those with pineapple intolerance.

Remember, YOU are worthy, dare to live a life that matters.

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