

Adrenal Transformation Protocol

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Synopsis

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A recovery plan to heal and reverse adrenal dysfunction, from the #1 *New York Times* bestselling author of *Hashimoto's Protocol*.

What were you doing in your life before you got sick? This is a common question Dr. Izabella Wentz asks her functional medicine clients when trying to get to the root cause of symptoms ranging from low energy, to dependency on caffeine, to sleeplessness and poor memory. More often than not, she finds these individuals developed their symptoms after a period of acute or chronic stress: starting a new business, having a baby, living through a global pandemic—these can all destroy our once-resilient stress response.

Since her own diagnosis of Hashimoto's thyroiditis at the age of twenty-seven and subsequent bestselling books, Dr. Wentz has become known for her passion to translate emerging research in order to help patients eliminate symptoms conventional medicine has failed to address or even acknowledge. With *Adrenal Transformation Protocol*, Dr. Wentz tackles adrenal dysfunction, or the body's inability to produce essential hormones when it mismanages stress. While adrenal dysfunction produces a constellation of ailments, the good news is that turning these around does not have to be complicated. When we start supporting the adrenals—making a few small dietary and lifestyle changes and taking the right supplements—we can produce profound improvements within weeks or even days.

With a simple 4-week program to help identify your adrenal triggers, balance your stress response, and gradually build up your resilience to prevent excess stress from overwhelming your adrenals in the future, *The Adrenal Transformation Protocol* will set you up with a strong foundation to return to and stay in homeostasis through turbulence.

*** This audiobook includes a downloadable PDF that contains detailed charts, visuals, activities, and recipes from the book.**

Reader's comments

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