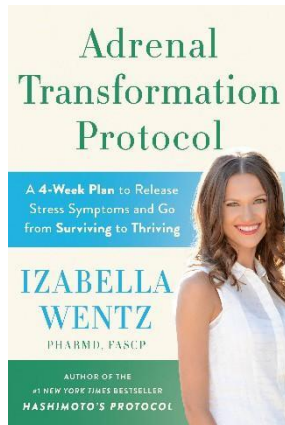


A life-changing program to rebalance your adrenals and reclaim your energy and vitality.



**ADRENAL TRANSFORMATION PROTOCOL**  
**A Four-Week Plan to Release Stress Symptoms and Go from**  
**Surviving to Thriving**  
By Izabella Wentz, Pharm.D.

*"If you want to learn how to have the body and mind you want and even manage your stress like a boss, read this book right now. Izabella is a master of the many secrets of your adrenal glands."*

-**Dave Asprey**, father of biohacking, founder of *Bulletproof*,  
and four-time New York Times bestselling author

Low energy, insomnia, brain fog, anxiety, burnout – these symptoms have become persistent for many through the last few turbulent years. With so many shifts in our daily lives, it feels like the new normal is constant fatigue. In her new book, #1 *New York Times* bestselling author Dr. Izabella Wentz tackles the growing problem of adrenal dysfunction and offers a path to healing.

**ADRENAL TRANSFORMATION PROTOCOL: A Four-Week Plan to Release Stress Symptoms and Go from Surviving to Thriving (April 2023)** outlines a 4-week program featuring powerful diet and lifestyle changes to help those suffering from adrenal dysfunction feel better. Like her breakout book, **Hashimoto's Protocol**, this new book translates the latest in scientific research to help patients eliminate symptoms which conventional medicine has failed to address or even acknowledge.

Our adrenal glands, often referred to as our stress glands, are two small, triangle-shaped organs which sit on top of our kidneys. When in balance, they produce just the right amount and types of hormones to help us deal with stress. This careful regulation is essential to our survival. But when we are under increased or constant stress – often from a big life event such as starting a business, having a baby, losing a job, or living through a pandemic – this can cause the adrenals to work overtime. Eventually, they may fail to produce the essential hormones the body needs to cope with stress, thus perpetuating the cycle of chronic stress, and we are left feeling depleted. Chronic stress symptoms are a clue that the major body systems that keep us healthy and thriving – the adrenals, gut, and liver – are compromised.

Complete with self-assessments, condition-specific workarounds, schedules, exercises, and 40+ recipes, **Adrenal Transformation Protocol** lays out a comprehensive, easy-to-follow program to help those experiencing symptoms of adrenal dysfunction (including fatigue, poor memory and sleeplessness, to name just a few) get their health and lives back. Readers learn how to replenish their systems using nutrient-dense foods to communicate to their bodies that there is an abundance of food, and they are safe. There is also a focus on reenergizing and revitalizing the body through gentle lifestyle changes and enjoyable activities. Dr. Wentz guides readers towards removing inflammatory actions, thoughts, and behaviors, and understanding how outdated coping mechanisms, resentments, self-limiting beliefs, and

trauma may be holding them back from healing.

The **Adrenal Transformation Protocol** is based on Dr. Wentz's belief that adrenal, immune, and thyroid issues develop as adaptive mechanisms to protect us in times of danger. This program is designed to make it easy for readers to get to the root cause of their symptoms and address healing from every angle. By shifting lifestyle and thought patterns and focusing on the four main causes of stress – inflammation, circadian rhythm imbalances, nutritional imbalances, and psychological stress – we can turn off “danger signals” and instead send “safety signals” to our bodies to help them heal. Many who have completed the program report that it has greatly improved their energy, sleep, libido, and focus, while reducing anxiety, fatigue, and even joint pain.

Praise for **ADRENAL TRANSFORMATION PROTOCOL**:

"Feeling tired, stressed-out, foggy, and just not like yourself? You don't have to feel this way! Dr. Wentz gives you the blueprint to reclaim your health in this groundbreaking book." -**Dr. Kellyann Petrucci**, *New York Times*-bestselling author of *Dr. Kellyann's Bone Broth Diet* and creator of the Bone Broth Lifestyle

"Once again, Izabella translates complicated science into an actionable, research-supported, completely life-changing plan. Using the foundation of food as medicine, this book will help you overcome the debilitating symptoms of adrenal dysfunction and feel energized, clearheaded, and strong again." -**Mark Hyman, MD**, *New York Times* bestselling author of *The Pegan Diet*

"Dr. Izabella Wentz is a thought leader and unparalleled researcher who is passionate about digging deeper to understand the true root of our health issues. In this book, she offers the most comprehensive look at adrenal dysfunction I've read, along with clear strategies to get us back on track. It's a must-have for anyone suffering." -**Jolene Brighten**, NMD, FABNE, author of *Is This Normal?* and *Beyond the Pill*

"Adrenal dysfunction is a source of suffering among millions of people and yet remains poorly understood by both conventional and alternative medical practitioners. Dr. Wentz's book is an excellent resource that integrates the valid science behind adrenal dysfunction with evidence-based and safe lifestyle changes. She shows that hope is possible and has created an excellent protocol that can help guide people back to thriving." -**Alan Christianson**, NMD, *New York Times* bestselling author of *The Adrenal Reset Diet*

**ADRENAL TRANSFORMATION PROTOCOL**  
**A Four-Week Plan to Release Stress Symptoms and Go from Surviving to Thriving**  
By **Izabella Wentz, PharmD, FASCP**  
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**About the author:** Izabella Wentz, PharmD, FASCP, is an internationally acclaimed thyroid specialist and a licensed pharmacist who has dedicated her career to addressing the root causes of autoimmune thyroid disease after being diagnosed with Hashimoto's thyroiditis in 2009. She is the author of three books on Hashimoto's: *Hashimoto's Thyroiditis Lifestyle Interventions for Finding and Treating the Root Cause*, *Hashimoto's Food Pharmacology*, and *Hashimoto's Protocol*, which became a #1 *New York Times* bestseller. Dr. Wentz currently lives in Austin and Los Angeles with her husband, Michael, and their son, Dimitry.

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