

HPA-D Treatment Diet Action Steps

1. Use the PDF generator to create the *Diet for Hypothalamic-Pituitary-Adrenal (HPA) Axis Dysfunction* handout with your clinic's branding so that you can share it with your patients.
2. One consideration we discussed this week is that adding carbohydrates back into a patient's diet can be helpful for some individuals with HPA axis dysfunction. Have you seen success with this approach? Discuss with a colleague or on the ADAPT Discussion Forum.
3. Discuss a couple of the dietary interventions presented this week to help a patient, a friend, or a family member whom you think could benefit from this. Post and/or discuss approaches you used on the ADAPT Discussion Forum.
4. A good therapist can be very helpful for individuals with HPA axis dysfunction. If you do not already have a therapist in your clinic, obtain contact information or a link to the website of an individual to whom you would be comfortable referring your patients.