

HPA-D Treatment Therapies & Supplements Action Steps

1. Use the PDF generator to create the *HPA-D Protocol Matrix* handout with your clinic's branding so that you can share it with your patients.
2. Add the recommended supplements for high cortisol to your clinic's supplement list or to your electronic health record, and include dose instructions from this week so that you can easily provide these to your patients.
3. Add the recommended supplements for low cortisol to your clinic's supplement list or to your electronic health record, and include dose instructions from this week so that you can easily provide these to your patients.
4. Prescribe one of the HPA-D protocols from this week to yourself, a patient, a friend, or a family member with HPA axis dysfunction, and discuss the results in the ADAPT Discussion Forum.