THATCHER LYNN *Salon & Wellness*
"Bridging the Gap Between Beauty and Biology"

THE TEACHER'S GUIDE TO ADRENAL HEALTH

The "30-in-30" Protocol to End the 2 PM Energy Crash

The Biology of Burnout

When you teach in a state of chronic stress, your adrenal glands are forced to pump out cortisol to keep you moving. Over time, this burns out your internal backup generator, depletes your cellular minerals, and tells your body to drop non-essential functions; like growing healthy hair. To stop this cycle, we have to stabilize your metabolism so your adrenals can finally rest.

Rule # 1: The "30-in-30" Mandate

Your body has fasted all night. If you wake up and immediately run on coffee and adrenaline, your body enters a state of panic.

- **The Action:** You must consume **30 grams of protein** within **30 minutes of waking up.**
- **The Why:** This immediately stabilizes your blood sugar and tells your nervous system that you are safe, funded, and not in a state of starvation or stress.

Rule # 2: The End of "Naked Carbs"

Carbohydrates are excellent for energy, but eating them entirely on their own causes a massive spike in insulin, followed by a rapid crash. That crash is what makes you feel exhausted by the 6th-period bell.

- **The Action:** From today forward, you will never eat a "naked carb'"
- **The Why:** Every time you eat a carbohydrate (like an apple, a piece of toast, or crackers), you must pair it with a protein or a healthy fat (like almonds, peanut butter, or cheese). This slows down absorption, providing steady, sustained energy throughout the school day.

Your Next Step: Stop Guessing

Dietary shifts are the foundation, but if your hair is thinning or you are experiencing deep metabolic fatigue, your body is asking for clinical support. It is time to get your actual biological data.

Click Here to Book Your Hair Tissue Mineral Analysis (HTMA) Consultation with Trichologist, Koree L. Thatcher