



Dr. Ritamarie's

C.A.F.E.



Correcting Adrenal Fatigue and Exhaustion to *Boost Your Energy to the Brim!*

Adrenal Nourishing Foods

- Green leafy vegetables
- Low-glycemic fruits
- Sea vegetables: kelp, dulse, nori, more
- Garlic and onions
- Sunflower lecithin
- Mushrooms: shitake, maitake, reishi, cordyceps, chaga
- Omega-3 rich foods: hemp seeds, chia seeds, flax seeds, algae and deep ocean fish
- Probiotic and prebiotic rich foods: kefir, rejuvelac, sauerkraut, coconut yogurt, seed yogurt, Jerusalem artichoke, chicory

Adrenal Support Elixir

Ingredients:

- 1 tea bag plus 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 tablespoon coconut butter (**Artisana**) OR 2 tablespoons dried coconut
- 1/2 teaspoon Reishi powder (**Mountain Rose Herbs**)
- 1/2 teaspoon Cordyceps Mushroom powder
- 1/4 teaspoon Astragalus powder (**Mountain Rose Herbs**)
- 1/2 teaspoon Ashwaganda powder (**Mountain Rose Herbs**)
- 2 tablespoons raw carob powder or raw cacao powder
- 1 tablespoon Maca powder (**Health Force Nutritionals**)
- 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored Sweet Leaf Stevia (or 1 teaspoon Zero)

Directions:

1. If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
2. Put water, fat, herbs, flavorings, sweetener and salt in blender.
3. Blend until smooth, then adjust flavorings and sweeteners to taste.

Dr. Ritamarie's CAFE Program for Adrenal Burnout and Health



If you need a wake-up experience that will heal instead of steal your energy, it's time for Dr. Ritamarie's ***Correcting Adrenal Fatigue and Exhaustion CAFE program***.

This 5-part program and accompanying materials provide deep insight and strategies to repair and refuel your tired adrenal glands, the body part responsible for protecting you in the face of stress and danger.

Understand the widespread problems that tired adrenals can cause. Learn to assess the state of your adrenals and determine what stage of adrenal exhaustion you are likely in. This program includes an adrenal health assessment, food solutions, suggestions for herbs and supplements to support your tired adrenal glands, and delicious recharge recipes that will **boost your energy to the brim!**

Importantly, you'll walk away with **a step-by-step 30-day adrenal reset protocol** you can personalize and build on to put the swag and sizzle back in your step!

Discover All the CAFE Features and Bonuses!

Click NOW to Learn More!

<http://www.CAFEprogram.com>



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