



## Fun Foods and Magical Elixirs for Adrenal Support: Recipe Guide

Dr. Ritamarie Loscalzo

### Agenda

## Habits, Foods, and Herbs that Nourish Your Adrenals

### Lifestyle Choices

- Avoid a high carbohydrate breakfast
- Avoid food allergens
- Avoid refined foods
- Chew your food thoroughly
- Drink plenty of pure water
- Eat an alkalizing diet
- Eat organic foods
- Eliminate caffeine, alcohol, sugar,
- Tame your sweet tooth
- Exercise
- Give your body an “oil change”
- Go gluten-free
- Keep blood sugars balanced
- Load up on fresh foods
- Load up on Vitamin C rich foods



[www.DrRitamarie.com](http://www.DrRitamarie.com)

## Foods

- Coconut
- Fresh fruits and vegetables
- Garlic and onions
- Green leafy vegetables
- Low-glycemic fruits
- Medicinal mushrooms: maitake, chaga, reishi, shiitake, cordyceps
- 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
- Sea vegetables: kelp, bladderwrack, dulse, nori, and more
- Sunflower lecithin

## Herbs and Spices

- Ashwaganda
- Astragalus
- Chamomile
- Codonopsis
- Ginger
- Ginseng
- Ho Shou Wu
- Holy Basil (Tulsi)
- Hops
- Lemon Balm
- Licorice
- Maca
- Rhodiola
- Sarsaparilla
- Schizandra
- Turmeric

## Nutrients

- Chromium
- Essential Fatty Acids
- Magnesium
- Pantothenic Acid (Vitamin B-5)
- Phosphatidyl Serine
- Pyridoxal-5-Phosphate (Vitamin B-6)
- Trace Minerals
- Tyrosine
- Vitamin C
- Vitamin E

## **Meal Planning**

### **Adrenal Nourishing Breakfast**

- Start your day with greens: low carb, moderate protein and fat breakfast and an omega-3 fat source
  - Green smoothie
  - Green juice
  - Green powder
  - Protein powder
  - Chia pudding
  - Hemp milk shake
  - Dehydrated grain-free bread with flax/coconut butter
- Adrenal support herbal tea: licorice, ginseng, lemon balm -- No caffeine

### **Adrenal Nourishing Lunch**

- Large veggie salad with omega-3 rich salad dressing and seed toppings
- Green blender soups
- Cut up vegetables with dips made with healthy fats – coconut, avocado, omega-3 rich seeds, raw nuts (soaked and sprouted)
- Wraps using green leaves and nori/sea vegetable and filled with greens, sprouts, sauerkraut and topped with an omega-3 rich dressing or spread

### **Adrenal Nourishing Dinner**

- Veggie salad with omega-3 rich salad dressing and seed toppings
- Green blender soups
- Wraps using green leaves and nori/sea vegetable and filled with greens, sprouts, sauerkraut and topped with an omega-3 rich dressing or spread
- Steamed vegetables
- “Big Bowl” – filled with steamed and/or raw veggies and a blended vegetable sauce, made from the steam water, vegetables and a fat to thicken: chia seed, avocado, tahini, nut butter, coconut or raw nuts or seeds

## **Adrenal Supporting Recipes**

### **Chia Gel**

**Ingredients:**

- 1/2 cup chia seeds
- 2 1/2 cups water

**Directions:**

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

## Chia Porridge

### Ingredients:

- 1/4 recipe *Chia Gel*
- 1/4 cup shredded unsweetened raw coconut
- 1 tablespoon pumpkin seeds
- 1 tablespoon hemp protein powder (or your favorite)
- 1 teaspoon spirulina
- 1/2 teaspoon cordyceps mushroom powder
- 1 tablespoon maca powder (**Healthforce Nutritionals Vanilla Maca** goes well)
- 1/2 dropper trace minerals (optional)
- 1/2 dropper zinc (optional)
- 4 drops flavored Stevia
- cinnamon essential oil

### Directions:

1. Put *Chia Gel* in a bowl.
2. Sprinkle in ground flax seeds and stir well.
3. Stir in remaining ingredients and stir well.
4. Check sweetness and add stevia if desired.

## Healing Elixir Base Recipe Guidelines

### Ingredients:

- **Liquid base:** 2 cups herbal tea, nut or seed milk, fresh juice or water
- **Fat source:** (Only if not made with nut milk as the liquid base) 2 tablespoons nut butter, 1/2 - 1 avocado (depending on size), *Chia Gel*, 1 handful of nuts (preferably soaked), 1/2 cup coconut meat, or 2 tablespoons coconut butter
- **Herbs:** a variety of powdered herbs, mushroom powders, and/or green powders – quantity varies depending on the herb from several teaspoons to several tablespoons
- **Flavorings:** a few drops of essential oils, a dropper full of flavor extracts, up to 2 teaspoons or more of carob powder, vanilla, or raw cacao powder
- **Sweetener (low-glycemic):** green leaf stevia or flavored stevia (chocolate, vanilla, English toffee, orange, raspberry), xylitol, or erythritol (**Zero**), or **Lakanto**.  
**Sweetener (high-glycemic):** higher glycemic sweeteners like dates, raisins, coconut nectar and raw honey are **only recommended if** you are not over weight, do not experience blood sugar imbalances, and are free of candida infections.
- **Salt:** a pinch of sea salt or sea kelp powder

### 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.

## Energize Me Elixir

### Ingredients:

- 1 tea bag of ***Spring Dragon Longevity Tea***
- 1 tea bag of ***Organic India Tulsi Licorice Spice Tea\****
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon pumpkin seeds
- 2 heaping teaspoons coconut powder
- 1/2 cup *Chia Gel*
- 1/2 teaspoon cordyceps mushroom powder
- 1 teaspoon ashwaganda powder
- 1/4 teaspoon rhodiola powder
- 1 heaping tablespoon schisandra berries
- 1/4 teaspoon Eleuthero aka Siberian ginseng
- 1 teaspoon ***Healthforce Nutritionals Vanilla Maca***
- 2 heaping teaspoons cinnamon
- 1 pinch of sea salt
- 1 handful macadamia nuts
- 6 drops ***Omica Organics Butterscotch Stevia*** for sweetener
- 6 drops ***dōTERRA Wild Orange*** essential oil

### Directions:

1. Boil water and steep tea bags for 10-15 minutes.
2. Combine all ingredients in blender and blend until smooth.
3. Adjust sweetness and flavor with essential oils as desired.

**\*Important:** Be careful with licorice if you have high blood pressure.

## Adrenal and Immune Boosting Elixir

From CAFÉ: <http://www.CAFÉprogram.com>

### Ingredients:

- 1 tea bag of **Spring Dragon Longevity Tea**
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 teaspoon chaga mushroom powder
- 1 teaspoon maca powder
- 1/2 teaspoon reishi mushroom powder
- 1/2 teaspoon cordyceps mushroom powder
- 1/4 teaspoon astragalus powder
- 1/2 teaspoon ashwaganda powder
- 2 tablespoons raw carob powder or raw cacao powder (or ½ and ½)
- 1 tablespoon **Artisana Coconut Butter** or 2 tablespoons dried coconut
- 1/4 teaspoon stevia green leaf powder, or 3-4 drops your choice flavored **Sweet Leaf Stevia**, or 1 teaspoon **Lakanto**

### Directions:

1. Boil water and steep tea bag for 10-15 minutes.
2. Combine all ingredients in blender and blend until smooth.
3. Adjust sweetness and flavor with essential oils as desired.

## Cashew Yogurt

### Ingredients:

- 1 cup water
- 1 heaping cup raw cashews
- 1 teaspoon probiotic powder, ***Healthforce Nutritionals***

### Directions:

1. Blend the cashews and water in a high speed blender until smooth.
2. Add the probiotic powder and blend at low speed just until it is incorporated.
3. Pour mixture into a clean glass jar and just rest the lid on top to keep mixture clean but to allow air in.
4. Let mixture sit at room temperature in a warm location for 24 hours.
5. Close lid and refrigerate.

## Arame Konjac Noodles with Energy Recharge Sauce

### Ingredients:

- 1 cup arame
- 2 packages of konjac noodles (these have calcium)
- soak water – enough to cover arame twice

### Sauce Ingredients:

- 2 tablespoons almond butter (you can make it with tahini, cashew butter, coconut butter, etc.)
- 1 lemon, juice of
- 1/2 - 3/4 cup of the arame soak water (it's full of minerals)
- 1 pinch of sea salt
- 1/2 teaspoon kelp powder
- 1 tablespoon **Healthforce Nutritionals Warrior Food** protein powder
- 1 tablespoon shitake mushroom powder
- 1/4 teaspoon cordyceps mushroom powder
- 1 tablespoon maca powder (plain, unflavored)
- 1 tablespoon Thai seasoning
- 1/2 teaspoon **Thai Kitchen Green Curry Paste** (available at most supermarkets)
- 1/2-inch piece of ginger

### Directions:

1. Soak arame in a large bowl in enough water to cover it twice for 15 minutes.
2. Drain arame, retaining the water.
3. Rinse and drain the konjac noodles (discard the rinse water).
4. Mix konjac noodles and arame in a large bowl.
5. Make sauce.
6. Pour sauce over arame and noodles and stir.

**Personal Note:** You can also add extra veggies if desired, i.e. red peppers, green onions, shredded carrots, etc.

## Adrenal Energizing Candy – General Guidelines

### Ingredients:

- 2 heaping tablespoons nut butter
- 1 scoop protein powder
- 1 tablespoon green powder
- 2-3 teaspoons of a variety of herbs and medicinal mushroom powders
- 2 tablespoons coconut oil
- 1 teaspoon flavor extract (vanilla, almond, etc.)
- 2 tablespoons finely shredded coconut
- 4 drops essential oil, or to taste (cinnamon, peppermint, lemon, orange, etc.)
- Low-glycemic sweetener: stevia drops or powder, erythritol, lo han
- 2 tablespoons finely shredded coconut (optional)

### Directions:

1. Put all ingredients except coconut oil in a bowl and stir until well combined.
2. Add coconut oil and stir until smooth.
3. Add shredded coconut and stir well (if desired).
4. Add stevia or other sweetener if desired for extra sweetness.
5. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
6. Freeze until solid, about half an hour.

## Adrenal Tonic Chocolate Mints

### Ingredients:

- 2 tablespoons almond butter
- 1 scoop ***Immortal Machine Superfood Drink Powder*** (or your choice of protein powder)
- 1 tablespoon green powder
- 1 teaspoon ashwaganda
- 1 teaspoon cordyceps mushroom powder
- 2 teaspoons chaga mushroom powder
- 1 tablespoon coconut oil
- 1 teaspoon almond extract
- 2 tablespoons finely shredded coconut
- 4 drops peppermint oil

### Directions:

1. Put all ingredients in a bowl and stir until well combined.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
4. Freeze until solid, about half an hour.

## Adrenal Support Chocolate Mints (from video)

### Ingredients:

- 3 - 4 tablespoons almond butter
- 1 teaspoon cordyceps mushroom powder
- 2 teaspoons maca powder
- 1 teaspoon astragalus powder
- 1/4 teaspoon licorice root
- 1 heaping teaspoon **HealthForce Nutritionals Elite Green Protein Cool Green**
- 1 teaspoon **HealthForce Nutritionals Warrior Core Foundation**
- 1 pinch of salt
- 2 tablespoons coconut oil
- 1 pinch of **Ultimate Superfoods Raw Shilajit Powder**
- 2 teaspoons carob powder
- 1 teaspoon cacao powder
- 6 drops liquid chocolate stevia
- 4 drops peppermint essential oil

### Directions:

1. Put all ingredients in a bowl and stir until well combined.
2. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
3. Freeze until solid, about half an hour.

**Personal Note:** If you are a hyper adrenal person, it's probably not a great idea to use too much chocolate because it's going to make you more hyper. If you tend to have sluggish adrenals, a little bit of chocolate is not going to hurt you. It will give you a little bit of a boost, but don't get addicted to it. You can switch off a coffee addiction to a chocolate addiction. That's still a stress on your adrenals. It's better to use carob and chocolate extract or chocolate stevia. Then you get the chocolate flavor without the stimulating effects. You could put a little bit of chocolate because it's a great source of magnesium.

Astragalus is really supportive to your immune system! It is a bit bitter, so use according to taste.

## Resources

### Chia seed

Available at most health food stores and online.

### Herbs, superfoods, and medicinal mushrooms

- **Mountain Rose Herbs**  
Excellent quality and great prices on bulk herbs and spices, essential oils, and medicinal mushroom powders.  
<http://www.drritamarie.com/go/MountainRose>
- **Healthforce Nutritionals**  
A great source of green powders, including newest one **Elite Green Protein**, **Spirulina Manna**, **Chlorella Manna**, **Vitamineral Greens**, **Greener Grasses Alkalizer**, **Elixir of the Lake**, **MacaForce Vanilla Spice/ MacaForce Dark Mint**, **Friendly Force** probiotics and **Warrior Food** protein powder.  
<http://www.drritamarie.com/go/HealthForce>
- **Immortal Machine Superfood Drink Powder**  
<http://www.drritamarie.com/go/LWImmortalMachine>
- **Ultimate Superfoods Raw Shilajit Powder**  
<http://www.drritamarie.com/go/USShilajit>

### Extracts, Flavorings, and Essential Oils

- **Mountain Rose Herbs** (food grade essential oils)  
<http://www.drritamarie.com/go/MountainRose>
- **dōTERRA** (food grade essential oils)  
<http://www.drritamarie.com/go/doTERRA>
- **Frontier Natural Products Co-op** (flavor extracts – I like their almond flavor)  
<http://www.drritamarie.com/go/Frontier>
- **Medicine Flower Flavors** (flavor extracts – available in chocolate, coconut, vanilla and many more)  
<http://www.drritamarie.com/go/MedicineFlower>

### Alternative sweeteners – sugar feeds cancer

- **Sweet Leaf Stevia** (flavors: English Toffee, Chocolate, Vanilla Crème, Hazelnut, Valencia Orange)  
<http://www.drRitamarie.com/go/SLLiquidStevia>
- **Omica Organics Liquid Stevia**  
<http://www.drRitamarie.com/go/OOLiquidStevia>
- **Zero** (organic erythritol)  
<http://www.drRitamarie.com/go/WSZero>
- **Lakanto** (lo han and erythritol)  
<http://www.drRitamarie.com/go/Lakanto>
- **Swanson Purelo Lo Han Sweetener** (monk fruit)  
<http://www.drRitamarie.com/go/SPLoHan>

### Tea

- **Dragon Herbs Spring Dragon Longevity Tea**  
<http://www.drRitamarie.com/go/DHSpringDragonTea>
- **Yogi Egyptian Licorice, Herbal Tea Supplement**  
(also comes in Egyptian licorice mint, lemon ginger, and more)  
<http://www.drRitamarie.com/go/YogiEgyptianLicorice>
- **Organic India Tulsi Licorice Spice Tea 18 Infusion Bags**  
(comes in several flavors, but avoid “chai” – it has black tea)  
<http://www.drRitamarie.com/go/ORTulsiTeaLicoriceSpice>

### Nuts, Seeds, and Miscellaneous

- **Mac’s Nut Company of Hawaii – Macadamia Nuts**  
<http://www.drRitamarie.com/go/MacsNuts>
- **Sun Organic Farms (all other nuts)**  
<http://www.drRitamarie.com/go/SunOrganicFarm>
- **Ultimate Superfoods Ojio Coconut Shredded Extra Fine Cut**  
<http://www.drRitamarie.com/go/USCoconutShreddedXFine>  
(finely shredded, raw, dried organic coconut is also available at most health food stores)

## About Your Instructor



**Dr. Ritamarie Loscalzo,**  
**MS, DC, CCN, DACBN**

Dr. Ritamarie Loscalzo is fiercely committed to transforming our current broken disease-care system into a true health care system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the ***Institute of Nutritional Endocrinology***, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition practitioners to get to the

root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with over 23 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

To learn more and get started on ***7 Simple Strategies to Jumpstart Your Energy Practically Overnight***, visit [www.JumpstartYourEnergy.com](http://www.JumpstartYourEnergy.com) or access Dr. Ritamarie's extensive collection of vibrant living health resources at [www.DrRitamarie.com](http://www.DrRitamarie.com).

## Dr. Ritamarie's Health and Nutrition Books and Programs

**B4 Be Gone Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. <http://www.B4BeGone.com>



**CAFE (Correcting Adrenal Fatigue and Exhaustion):** If you need a wake-up call that will heal instead of steal your energy, it's time for Dr. Ritamarie's CAFE program. This 5-part program provides 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. <http://www.CAFEPprogram.com>



**FAST (Food Allergy Spy Training):** You'll be guided step-by-step through my clear, proven system to uncover your food allergy culprits, repair the damage, and remove the underlying causes of your food intolerances. The FAST program is built around the Gold Standard for identification of food allergens - the Food Elimination Provocation Process (FEPP) - and allows you to move through the healing process at your own pace. <http://www.FoodAllergySpy.com>



**GREEN Cleanse:** A 7-day cleanse built around the healing mineral and nutrition-rich benefits of eating leafy is just what you need to transform exhaustion into energy, eliminate excess belly fat, and feel younger and stronger than you did in your teens! <http://www.GREENCleanseProgram.com>



**VITAL Community:** Dr. Ritamarie's VITAL Community offers Vibrant Ideas and Tools for Awesome Living! VITAL is a member community offering monthly features for those who want the networking support of like-minded people, are looking for chef-approved ways to "liven" up meals, appreciate cutting-edge science on natural health topics, and who enjoy the fulfilling benefits of Awesome Living! <http://www.VITALHealthCommunity.com>



**Dessert: Making It Rich Without Oil:** The only dessert book comprised of 100% gluten-free, dairy-free, sugar-free, soy-free, and oil-free whole raw ingredients. Each recipe includes a mouth-watering, full-sized photograph. The recipes are easy to make, fun to eat, and will make the transition to a healthier diet a very pleasant experience.

<http://www.DrRitamarie.com/makeitrich>



**Dried and Gone to Heaven DVD Home Study Kit:** This kit includes full instruction on the care and use of your dehydrator, health gems, and complete recipe demonstrations. Now you can make all your favorite comfort foods in ways that support your health, rather than drain it. Complete with DVDs, recipe guide and instruction manual, laminated reference cards, and a whole new perspective on life.

<http://www.DriedAndGoneToHeaven.com>



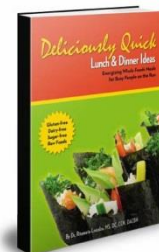
**Power Breakfasts Ideas:** Quick, healthy, and energizing recipes and tips for starting your morning with recipes that give you plenty of energy to fuel you throughout the day!

<http://RawPowerBreakfastablespoon.com>



**Quick Healthy Meals on the Run: Lunch and Dinner Ideas:** A valuable resource of more than just recipes! A complete guide to creating quick and delicious meals from ingredients you have on hand.

<http://drritamarie.com/classes/lunchdinner.htm>



**Seasonal Specials:** Halloween, Thanksgiving, Christmas and Hanukkah recipe books and videos. <http://www.drritamarie.com/shop/seasonal>



[www.DrRitamarie.com](http://www.DrRitamarie.com)

## A Sampling of Other Online Video Classes

[www.RawFoodUniversity.com](http://www.RawFoodUniversity.com)

These include access to a private web page, a PDF format recipe e-book with photos of each recipe, and a separate video for each recipe.

**Cheese: No Dairy, No Guilt Online Video:** Learn to make delicious, nutritious raw cheeses that satisfy your cravings and nourish your body.

<http://www.drritamarie.com/go/cheese>

**Thai Food Goes Raw Online Video:** Gluten-free, dairy-free and brimming with exotic spices, these recipes are easy to make and will delight any palate.

<http://www.drritamarie.com/go/Thai>

**Gluten Free Pizza and Pasta Online Video:** Experience the traditional tastes of Italy with a gluten-free and dairy-free twist as we prepare pizza (crust, sauce and cheese); Living Lasagna, Rawvioli, Manicotti, Spaghetti and other pasta dishes; "Parmesan Cheese", and more.

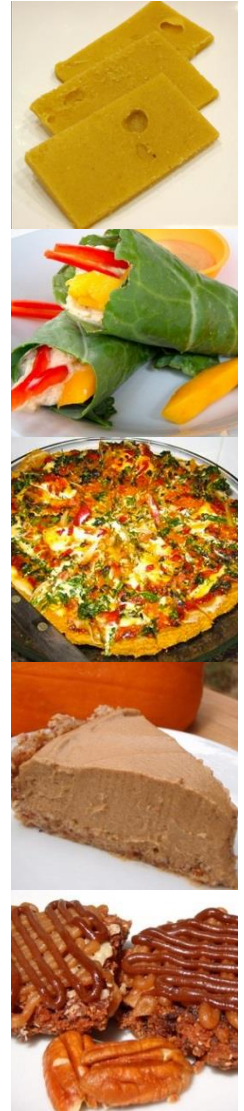
<http://www.drritamarie.com/go/RawPizzaPasta>

**Healthy Holiday Feasts Online Video:** It's easy to prepare a delicious, nutritious, gluten-free, dairy-free holiday meal that everyone can enjoy!

<http://www.drritamarie.com/go/holidayfeast>

**Sweets for the Holidays Online Video:** Create amazing gluten-free, dairy-free, raw vegan versions of traditional holiday treats such as gingerbread men, cookies in festive seasonal shapes, candy, turtle brownies, and more.

<http://www.drritamarie.com/go/sweets>



**Find all the Resources You Need for Natural Healing  
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>



ROOT CAUSE HEALTH CARE

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