



Adrenal Mastery Assignment: Hormone Balancing Elixir Recipe

Purpose:

The Hormone Balancing Elixir Recipe assignment will allow you to research and get to know certain herbs and foods, alone and in combination, and their benefit towards supporting the adrenal glands. Completion of the assignment will demonstrate your ability to communicate your understanding, your research skills, and your reporting skills.

All documents may be shared on the Done-For-You page of the module, so you'll get to learn in-depth about each item and recipe without doing all the research or simply relying on a textbook.

Write in a way that is understandable by clients so it can be used as a client handout.

We'll be posting all recipes submitted, so all will have a set of recipes to share. Once completed, you will have the option of sharing your recipe in a Google document to possibly be turned into an e-book.

Choosing Your Organ and Gland Energizing Elixir Ingredients:

The chart below contains just a sampling of the dozens of herbs that can be used to support and nourish your organs and glands. Mix and match to delight your palate and your body.

Adrenal	Thyroid	Digestion	Immune	Liver/Detox	Bones
<ul style="list-style-type: none">• Ashwagandha• Astragalus• Cordyceps• Gymnostemma• Licorice ***• Maca• Mucuna Pruriens• Reishi• Rhodiola• Schizandra• Shiitake• Siberian Ginseng• Tulsi	<ul style="list-style-type: none">• Ashwagandha• Black Cohosh• Coleus Forskohlii• Eleuthero• Gotu Kola• Guduchi• Guggulu• He Shou Wu• Licorice ***• Mushrooms• Prickly Ash• Rhodiola• Rosemary• Sage• White Willow	<ul style="list-style-type: none">• Aloe• Cayenne• Cinnamon• Licorice ***• Marshmallow• Pau d'Arco• Peppermint• Slippery Elm	<ul style="list-style-type: none">• Astragalus• Cordyceps• Ginger• Gymnostemma• Reishi• Shiitake• Turmeric	<ul style="list-style-type: none">• Broccoli Seeds• Burdock• Dandelion• Garlic• Ginger• Milk Thistle• Turmeric• Yellow Dock	<ul style="list-style-type: none">• Horsetail• Nettle• Yellow Dock
<p>*** Licorice can increase blood pressure if overused. Do not include if you have a tendency towards high blood pressure.</p>					



Research Guidelines:

Your report should include all the following (if available):

- ☐ Choose one of the herbs you use and give the common name, along with an alternate name it might have.
- ☐ Write the primary action or benefit of the herb.
- ☐ Include any other secondary actions or benefits of the herb.
- ☐ List any challenges to the absorption of the herb.
- ☐ Discuss antagonizing actions of the herb (i.e., factors that decrease the absorption and utilization of the herb, including other herbs, medications, dietary factors, and heat or cold. For example: Turnips reduce the effect of ginseng.)
- ☐ Present hormone balancing and/or other therapeutic effects.
- ☐ List symptoms of excess and any other considerations or cautions.
- ☐ Include the reasoning behind the particular combination of herbs and the expected outcome.

Recipe Criteria:

- ☐ The recipe should include no more than 15 ingredients.
- ☐ The report on the herb should be no more than two paragraphs.
- ☐ Bullet point ingredient listings
- ☐ Use numbers for the directions.
- ☐ Bold the title of the recipe, as well as the stage of adrenal fatigue it is for.

Style Conventions (Please use to ensure consistency for our collective resource):

- ☐ Margins: 1" margins all around
- ☐ Recipe title: Arial 16-point font, bold.
- ☐ Report body: Arial 12-point font, line-spacing: single (set at 1.3 spacing if you can)
- ☐ Header: Report title – right-justified
- ☐ Footer: Include a document footer that includes “Prepared for the Institute of Nutritional Endocrinology (INE) by your name, credentials”.



Hormone Balancing Elixirs Recipe Template

Main ingredients in these energizing elixirs:

- ☐ Liquid base: herbal tea, nut or seed milk, fresh juice or water – 2 cups
- ☐ Fat source: nut butter, avocado, Chia Gel, soaked nuts or seeds, coconut
- ☐ Herbs: several teaspoons to several tablespoons
- ☐ Flavorings: essential oils, extracts, carob, vanilla, raw cacao
- ☐ Sweetener: stevia, Lakanto, Zero, erythritol, xylitol, or honey if your blood sugars tolerate
- ☐ Salt: sea salt or kelp powder

Directions:

1. 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 a blender.
3. Blend until smooth, then adjust flavorings and sweeteners to taste.

(Example on following page)



Example:

Adrenal and Immune Boosting Elixir

By Dr. Ritamarie Loscalzo - www.DrRitamarie.com

Ingredients:

- ☐ 1 tea bag of Spring Dragon Longevity Tea (or other favorite herbal tea)
- ☐ 16 ounces purified water
- ☐ 4 large Brazil nuts
- ☐ 1 tablespoon raw organic walnuts
- ☐ 1 tablespoon hemp seeds
- ☐ 1 teaspoon chaga powder
- ☐ 1 teaspoon maca powder
- ☐ 1/2 teaspoon reishi powder
- ☐ 1/2 teaspoon cordyceps mushroom powder
- ☐ 1/4 teaspoon astragalus powder
- ☐ 1/2 teaspoon ashwagandha powder
- ☐ 2 tablespoons raw carob powder or raw cacao powder (or ½ and ½)
- ☐ 1 tablespoon coconut butter or 2 tablespoons dried coconut
- ☐ 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice flavored liquid Sweet Leaf Stevia, or 1 teaspoon Zero or Lakanto

Directions:

- ☐ Boil water and steep tea bag for 10-15 minutes.
- ☐ Combine all ingredients in blender and blend until smooth.