

DIY Adrenal Cocktail Recipes



Why Adrenal cocktails?

The Basics.



How do we balance the adrenals?

The key to obtaining the power of an adrenal cocktail lies in the vitamins and minerals present. Specifically vitamin c, sodium and potassium. In times of stress, we burn through minerals first.

Vitamin C

Our adrenals *need* vitamin C. Much of the body's vitamin c is both stored in and used by the adrenal glands, which makes this foundational for adrenal cocktails. The base of this drink is typically high quality orange juice, but you can use other juice sources that you prefer such as pineapple, apple, pomegranate, blueberry, grape juice, etc. Pick organic, 100% juice with no additional sugar added.

Potassium

For optimal absorption, we need both potassium and sodium into the adrenals. A great source of potassium is Cream of Tartar, coconut water, lime juice, or aloe vera juice.

Sodium

Yes, sodium! Again, sodium helps to properly absorb other nutrients to fully hydrate and replenish mineral stores. The best source for the adrenal cocktail is high quality, pink Himalayan sea salt. Redmonds is a great option.

How to make an adrenal cocktail

-60mg of vitamin C

-375 mg of potassium

-460mg of sodium

NOTES

This is not an exact science! You can adjust the ratios to your liking, especially if you are more sensitive to juice for blood sugar control. Instead of a cup of juice, you could reduce it to 1-2 tbsps.

The Basic Recipe

Prep: 2 min Serves: 1

Ingredients

- 60mg of vitamin C
- 375 mg of potassium
- 460mg of sodium

Method

- 4 ounces of orange juice (any other juice is great, too; pick high quality 100% juice with no additional sugar added or additional ingredients
 - Pomegranate juice and blueberry juice are both high in antioxidants and help feed beneficial gut bacteria- these are always a great choice!
- 1/4 tsp Redmond Real Salt or Celtic Sea Salt
- 1/4 tsp Cream of Tartar
- 1-2 scoops of Collagen (optional)
- 1-2 ounces of coconut cream (optional)



Coconut Citrus

Prep: 2 min Serves: 1

Ingredients

- 1 cup of high quality, pure coconut water
- 1.4 tsp Redmonds Real Salt or Celtic Sea Salt
- 1/4-1/2 tsp whole food vitamin C powder
OR 1/2 fresh squeezed lime or lemon juice

**This one is great for blood sugar support*

Orange Coconut

Ingredients

- 1 cup of high quality, pure coconut water
- 1.4 tsp Redmonds Real Salt or Celtic Sea Salt
- 1/4-1/2 tsp whole food vitamin C powder
OR 1/2 fresh squeezed lime or lemon juice

Aloe Adrenal

Ingredients

- 4 ounces of juice of choice
- 4 ounces Aloe Vera Juice (inner leaf or high quality store bought)
- 1/4 tsp Redmonds salt or celtic sea salt



Blood Sugar Stabilizer

Prep: 2 min Serves: 1

Ingredients

- 1 cup filtered water
- 1/4 tsp Redmonds Real Salt or Celtic salt
- 1/4 tsp Cream of Tartar
- 1/2 fresh squeezed lime or lemon

Grapefruit Refresher

Ingredients

- 3-4 ounces of grapefruit juice
- 1/4 tsp Redmonds Real Salt or Celtic salt
- 2-4 ounces of sparkling water
- 2 ounces of Aloe Vera Juice

Pomegranate Bliss

Ingredients

- Juice of 1 lemon
- 1/4 cup pomegranate juice
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon Celtic salt
- 4 ounces of filtered water

