

ADRENAL COCKTAILS

Adrenal cocktails are designed to provide the body with 375 mg potassium, 460 mg sodium and 60 mg of whole food vitamin C.

\*Ideal time to drink cocktails are mid-morning and mid-afternoon

**BASIC ADRENAL COCKTAIL**

½ cup Orange Juice, freshly squeezed (avoid additives- should just be orange juice)

¼ tsp [Cream of Tartar](http://amzn.to/2oA65q4)

¼ tsp Real Salt

**ADRENAL COCKTAIL RECIPE #2**

1 cup Coconut Water

¼ tsp [Real Salt](http://amzn.to/2F9eib3)

½ fresh squeezed Lime or Lemon or ¼ tsp Whole Food Vitamin C Powder

**ADRENAL COCKTAIL RECIPE #3**

½ cup Orange Juice, freshly squeezed (avoid additives- should just be orange juice)

½ cup Coconut Water (avoid any with ascorbic acid)

¼ tsp [Real Salt](http://amzn.to/2F9eib3)

**ADRENAL COCKTAIL RECIPE #4 (for those with throat/gut irritation)**

4 oz Orange Juice, freshly squeezed (avoid additives- should just be orange juice)

4 oz Aloe Vera Juice (inner leaf)

¼ tsp [Real Salt](http://amzn.to/2F9eib3)

**ADRENAL COCKTAIL RECIPE #5 (for high blood sugar)**

1 cup water

¼ tsp [Real Salt](http://amzn.to/2F9eib3)

¼ tsp cream of tartar

1 Tbsp lemon or lime juice (not from concentrate)

**ADRENAL COCKTAIL RECIPE #6 (great way to cover up aloe vera taste)**

2 oz aloe vera juice (inner leaf)

2-4 oz grapefruit juice

¼ tsp [Real Salt](http://amzn.to/2F9eib3)

2-4 oz sparkling water