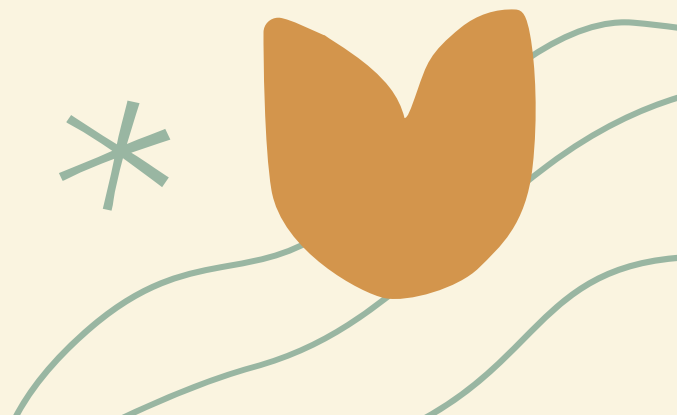
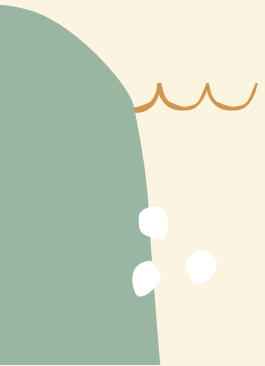


# Mineral-Rich Hydrating Elixirs

Nourish Functional Health



# Adrenal Cocktail

## WHAT IS AN ADRENAL COCKTAIL?

The adrenal cocktail focuses on three nutrients: vitamin C, sodium, and potassium. These are key to maintaining adrenal health. This trio also helps maintain hormone stability, proper hydration, and electrolyte balance.

### ORANGE JUICE

Orange juice is loaded with whole food vitamin C and it's an energizing source of simple carbohydrates.

When stressed, your adrenal glands use more vitamin C than they would on a regular basis. Beyond regulating cortisol production, vitamin C's antioxidant properties are also needed to fuel the adrenal glands, protect against oxidative stress, and boost the immune system.

*Substitutes: You can sub fresh OJ for one teaspoon of whole food vitamin C powder. You can sub OJ with lemon or grapefruit juice. The key is getting the whole food vitamin c.*

### COCONUT WATER

In addition to being naturally sweet and hydrating, coconut water is loaded with several important minerals.

*Substitutes: You can sub coconut water for aloe vera juice or cream of tartar in lieu of coconut water.*

### SEA SALT

By adding a large pinch of high-quality sea salt, you're adding additional essential electrolytes and minerals (like magnesium) that are key for energy production, blood pressure, and adrenal function. Salt also supports the adrenals and elevates the flavor of adrenal cocktails, so don't skip!

*Substitutes: You can sub salt with trace minerals and/or quinton ampoules.*

### BOOSTERS

When it comes to adrenal cocktail recipes, there are plenty of optional add-ins. You can either keep it simple or elevate this daily wellness routine. Because there is some concern that the natural fruit juices in adrenal cocktails can spike blood sugar, you can add a few spoonfuls of coconut cream for fat and a scoop of collagen powder for protein. Both of these macronutrients will help blunt a blood sugar spike.



## ADRENAL COCKTAIL BASIC RECIPE

*build your minerals profile and nourish  
your adrenals with daily adrenal cocktails*

- 1/2 cup organic OJ - (60mg)
- 1/2-3/4 cup coconut water - (375mg)
- 1/4 tsp. unrefined sea salt - (460mg)

For a creamsicle like flavor, add a few spoonfuls of full fat coconut milk.

For added minerals and a protein boost, add a scoop of collagen powder.

## WHEN TO DRINK AN ADRENAL COCKTAIL

Most of my clients prefer drinking their adrenal cocktail mid-morning. That said, it can also serve as an afternoon pick-me-up. Energy levels tend to dip between 10 and 11 a.m. and 2 and 3 p.m., so either of those windows—when you would normally reach for a cup of caffeine or a handful of sugar—is ideal.

# Mineral-Rich Iced Matcha



## WHAT IS MATCHA?

Matcha is a Japanese green tea powder made from finely powdered dried tea leaves. It has a slightly bitter, vegetal taste and a vibrant green color that results from the leaves' high chlorophyll levels. It's been the cornerstone of traditional Japanese tea ceremonies for centuries, but it recently became popular in the US because of its health benefits.

## NUTRIENT DENSE

Matcha is one of the planet's best natural sources of antioxidants, serving over 10x the amount of antioxidants typically found in a cup of green tea and may help stabilize harmful free radicals.

One serving of matcha green tea contains 306mg of protein, 272mg total amino acids, and 50mg of lipids, amongst other nutrients. It also has minerals such as potassium, magnesium, calcium, zinc, phosphorus and iron. You'll find important antioxidants in matcha including vitamins A, B1, B2, B6, C, E, K, and more than 50% of the daily intake of vitamin A carotene.

Matcha green tea contains a high dose of L-theanine, an amino acid linked to mental alertness, cognition, and relaxation. It also improves the production of dopamine and serotonin, the neurotransmitters that help us feel good.

## COCONUT WATER

In addition to being naturally sweet and hydrating, coconut water is loaded with several important minerals.

## COLLAGEN POWDER

Adds a boost of protein and additional minerals.

## CAFFEINE

A cup of matcha tea usually has around 35 mg of caffeine.

## BOOSTERS

When it comes to iced matcha recipes, there are plenty of ways you can serve it (hot or cold). To balance blood sugar, you can add a few spoonfuls of thick coconut cream for fat and a scoop of collagen powder for protein. Both of these macronutrients will help blunt a blood sugar spike.

## ICED MATCHA - 8oz BASIC RECIPE

*build your minerals profile and nourish your adrenals with daily iced matcha*

- 1 tsp Matcha
- 1 oz hot water, 175°F is ideal (whisk)
- 1-2 tbsp collagen powder (whisk)
- Fill glass with ice
- 1 oz full fat coconut milk
- Coconut water, top off 6oz glass

You can always forego the full fat coconut milk and substitute with your non-dairy milk choice - like almond milk.

# Stinging Nettle's Elixir

## WHAT IS STINGING NETTLES?

Nettle, or stinging nettle, is a shrub that comes from northern Europe and Asia. Its scientific name is *Urtica dioica*. The leaves, stem, or root from the nettle plant can be crushed and made into powders, tinctures, creams, teas, and more. While people have used it for centuries as an herbal medicine, modern research also supports many of the potential health benefits of nettle and nettle tea.

### NUTRIENTS

Nettles has an antihistamine, anti-inflammatory, and antibacterial properties. It is high in amino acids, protein, flavonoids, and bone-building minerals like iron, calcium, magnesium, potassium, boron, and zinc, along with vitamins A, C and K.

Nettles makes for a great addition to build your mineral profile, supports MAST cells and allergies. Additionally, nettles has been shown to support healthy blood pressure and may aid in blood sugar control.

### CLOVES

Cloves contains a good amount of minerals like potassium, manganese, iron, selenium, and magnesium. Additionally they are high in vitamins A, C, K, B1, B2 and B6.

### MANUKA HONEY

Manuka Honey contains a wide range of vitamins and minerals which help support the normal body functions, including B-vitamins, vitamin C & K, calcium, copper, iron, magnesium, potassium, sodium, and zinc.

### HISTAMINE EASE

Here's how nettle tea can help ease your allergies:

- Multiple studies have found stinging nettles to be effective antihistamines, some studies show freeze-dried nettles to be more effective than pharmaceutical allergy drugs!
- Lab research has found several ways that nettles can lower histamine reactions; nettle extract can block histamine receptors, inhibit mast cells from releasing histamines and even block the formation of inflammatory cells.



## STINGING NETTLES EXLIR BASIC RECIPE

*build your minerals profile and nourish your adrenals with daily nettles elixir*

- 1 organic nettles tea bag
- 6 oz water
- 3-4 cloves
- 1 tbsp manuka honey



Steep nettles tea, along with cloves  
5-10 min. remove tea bag and add in Manuka honey.

### ICED TEA VERSION

Stinging nettles makes for a great iced tea version as well. To make, simply following the steeping directions and instead of one teabag, add 3-6 teas bags depending on the size of container. Add in addition water. Sip & Enjoy!

# KNOW YOUR MINERAL LEVELS

Want to know your personal mineral needs? Run a Hair Tissue Mineral Test (HTMA) to find out your mineral levels. This functional test has become one of my favorites – for all my clients. It offers insight into digestive health, thyroid function, adrenal health, inflammation, heavy metal toxicity, mineral imbalances, immune function, and more. Not only is HTMA affordable, and provides incredibly valuable insight, but it's also accurate.

## WHAT IS A HTMA?

HTMA is a screening test that uses soft tissue mineral biopsies (from hair) to provide a reading of the intracellular mineral levels and heavy metal deposition in the hair.

Hair is body tissue in which minerals get deposited in very specific patterns. This ultimately, when properly interpreted from a skilled practitioner, provides us with a blueprint for your unique body's biochemistry. The hair tells your nutritional history has proven to be an effective way to glimpse how your body is responding to your environment (nutrition, toxicant, stress, metabolic processes and more).

## FIND OUT ABOUT YOUR MINERAL LEVELS

1. Take our mineral quiz, click [here](#)
2. Read our most recent blog on how minerals can support your body, click [here](#)
3. Check your mineral levels by running your own HTMA, click [here](#)

## What an HTMA can reveal



- Mineral Deficiencies and Imbalances
- Heavy Metal Toxicity
- Metabolic Rate (fast or slow oxidation)
- Optimal Macronutrient Ratios (for your oxidation type)
- Adrenal Dysregulation
- Thyroid Function
- Nervous System Imbalances
- Protein Synthesis
- Inflammation
- Energy Levels
- Mental Health Issues
- Blood Sugar Imbalance

## WHO CAN BENEFIT?

Everyone can benefit, that's another cool thing about this screening tool. It's non-invasive, and can be done at home with only a teaspoon level of hair. I have used the HTMA with the following clients and each has had great success in bringing their main health challenges back into balance by following the nutritional guidelines and lifestyle adjustments they receive in their Roadmap to Health.