



Adrenal Cocktail

Spirit of Health

An adrenal cocktail is a healthy drink that uses certain vitamins and minerals to support what is already too low. Low aldosterone can tank sodium first. The longer low aldosterone goes on, potassium can fall next. Another way to find out if you would benefit from the drink is to directly test your **sodium and potassium**.

Our adrenal cocktail is used to support healthy but stressed adrenal function. The recipe has many variations, but often at its base are three ingredients. **Here is an example, though you can modify it as far as the drink portion, as not everyone wants the sugar in orange juice if they have candida or problems with blood sugar. You can replace the orange juice with coconut water if needed.**

- **1/2 cup or more Orange Juice** (for its Vitamin C)
- **1/4 – 1/2 tsp of Cream of Tartar** (for its potassium content)
- **1/4 tsp to 1/2 tsp of Sea Salt** (for sodium since one's levels might be low due to low aldosterone. Himalayan salt is also workable. Both provide some extra minerals in small amounts; processed table salt doesn't.)

When do I drink it?

It is totally individual. Once a day has helped some. Others feel more benefit with twice a day. Some drink it at bedtime because they note they sleep better, but it's up to you.

