

ADRENAL COCTAIL

Varieties

Variation 1

- 1/4 C fresh orange juice
- 1/4 tsp Redmans real salt
- 1/4 tsp Cream of tartar

Variation 2

- 1 C coconut water
- 1/4 tsp sea salt
- taken with a whole food vitamin C supplement

Variation 3

- Sliced oranges or watermelon
- sprinkled with:
 - 1/4 tsp Redmans real salt or sea salt
 - 1/4 tsp NO-Salt