

Recipes for Health

Adrenal Tonic

The following recipe offers a simple solution to help give those over-worked adrenals a midday boost!

Recipe:

Core Licro Blend – 30 Drops

Fields of Flowers – 30 Drops

SpectraMin – 5 Drops

Combine with “adrenal-friendly” black current juice or pomegranate juice, diluted by half with still or sparkling water and a squirt of lemon or lime juice. If sweetening is desired, add stevia to taste. Sip and enjoy.

