

The Adrenal Creamsicle Recipe

(From thewholejourney.com)

- 6 oz. OJ (fresh squeezed or cold pressed like Evolution brand)
- 2 Tbsp. organic raw cream (or coconut cream for vegans/non-dairy)
- 2 Tbsp. Pasture Raised Collagen ([available on the whole health store](#))
- ¼ to ½ teaspoon Himalayan pink salt

Blend it up into a delicious creamsicle, shake it up in a blender bottle, or pour into popsicle molds and freeze (kids LOVE it). For adrenal healing/balancing, drink it as soon as you wake up and 1 other time throughout the day to keep your blood sugar balanced and your thyroid fed, which will help pull you out of metabolic chaos.

Benefits of the Adrenal Creamsicle:

- ✓ Fresh squeezed orange juice is high in folate to support adrenal-fatigue induced depression. It also provides the liver with enough glucose it needs to regenerate while giving quick carbs to the thyroid so it can better work to regulate metabolism (like adding coal to the furnace).
- ✓ Collagen is loaded with amino acids, which are the building blocks for health. It is also helpful for thickening the intestinal mucosa (thin gut lining contributes to thyroid and adrenal disorders) and provides 12-16 grams of very easy to use protein, which is satiating and very helpful for those without an appetite.
- ✓ Pasture-raised raw cream provides the essential immune-boosting, brain supporting fat that will also slow the release of glucose in the OJ enough to provide balanced blood sugar. It also contains a calming peptide, which helps quell anxiety.
- ✓ Himalayan pink salt contains all 84 essential trace minerals that the adrenals and nervous system need to function properly. It is also alkaline forming so it helps support the body's natural detoxification process.
- ✓ This drink contains the perfect ratio of fat, carbs, and protein to balance blood sugar and therefore assist in proper metabolism, adrenal, and thyroid function.