

Foods that will give your Adrenals a Super Boost

Here is a list of foods that you want to have handy this week to boost up your adrenal glands. They will go really well as you continue trying to follow the tips of the guide.

- **Proteins** – again never skip out of them – not only do they help to balance other hormones but they also support your stress glands.
- **Bone broth** – especially in the winter months make sure you make your soups with bone broth. It provides essential vitamins and minerals and amino acids that are so easily absorbed in our digestive tract.
- **Fermented foods** – sorry, I am not talking about beer... but I am talking about things such as Kambucha tea or sauerkraut.
- **Seaweed** – they are so rich in minerals and phytonutrients that they are so helpful to the adrenals. My favorite one is kelp which I add to a salad or I use it as a spice in my cooking- try it, it is so healthy!
- **Avoid your food sensitivities** – they will place a big load on your adrenal glands. You will know if you are suffering from food sensitivities if you have the following symptoms: bloating, gas, headaches, eczema, aches or pains or recurrent infections. If you think you may be suffering from food intolerances but not sure which ones they are- send me an email. I can help!