

16 Snacks to Heal Adrenal Fatigue

By Medical Medium®, Anthony William

- Apple, Celery, Dates
- Orange, Avocado, Spinach
- Sweet potato, Lemon juice, Spinach
- Cucumber, Avocado, Lime juice
- Bananas, Dates, Romaine lettuce
- Coconut water, Dried apricots, Celery
- Coconut water, Banana, Spinach
- Mache, Berries, Pear
- Fig, Celery, Mango
- Cilantro, Oranges, Butter leaf lettuce
- Raspberries, Tangerines, Green leaf lettuce
- Berries, Raw honey, Cucumber
- Collard greens, Apples, Dates
- Red leaf lettuce, Bananas, Grapes
- Cauliflower, Apple, Cucumber
- Watermelon with lime and celery juice

Adrenal Snack Categories

Sugar/Glucose (g/100g)	Potassium (mg/100g)	Mineral Salts (Sodium)		
Raw honey	82	Dates	656	Celery
Dried apricots	53	Avocado	485	Kale
Bananas	23	Banana	358	Sprouts
Grapes	16	Cauliflower	299	Spinach
Figs	16	Apricot	299	Lemon juice
Mango	14	Coconut water	250	Mache
Pineapple	10	Figs	232	Lime juice
Pear	10	Grapes	191	Red Leaf Lettuce
Apple	10	Orange	181	Collard greens
Watermelon	9	Mango	168	Cucumber
Apricots	9	Berries	150	Green leaf lettuce
Orange	8	Cucumber	147	Butter lettuce
Strawberries	5	Lemon juice	138	Romaine lettuce
Raspberries	4.5			
Sweet Potato	4			

These snacks are designed to support the adrenals so that you have the proper communication in your system to do the things you want and need to do.

Try eating more often, every hour to hour and a half if you believe your adrenals are exhausted. The key component is glucose present in fruits and lots of vegetables.

Life is busy and looking after your adrenals is like putting fuel in your tank so that you are not running on fumes all the time.

In these combinations you are providing what is needed and in proper combination for greater health.

It's what you do next that matters. Taking your health back can be easier than you think!

To Health!

Nancy Perlman

Learn more at:

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