

Adrenal Paleo Morning Elixir



Combine



1 TBS of P'au D'arco

**1 piece of organic prepared
Rehmannia root**

(approximately 1-2 TBS in size)

1 TBS of Cats Claw

2-3 cups of water

Simmer for at least 20 min.

Strain and pour into blender

Add and Blend

2- 3 TBS of Organic

Raw Whey powder

1 TBS Collagen peptides

1-2 Tsp MCT oil

1/4 tsp of He Shou Wu powder

(Fit eeTee is what I use)

1 tsp of maple syrup if desired

Start slowly with a small cup and
increase gradually as the herbs can

have a laxative effect if they are
used in large amounts.

**The tea base can be used for
2-3 more batches afterwards!**



Enjoy!

May your reality be radiant!