

## Southern Botanicals Adrenal/Thyroid Duo Instructions

Feed your adrenal glands and thyroid with important nutrient herbs before you reach an exhausted state ... or, if you already did, give your glands nourishment to rebuild.

When your adrenal system becomes overwhelmed and you are overstressed, wired and tired or just tired, over time other parts of the endocrine system may become unbalanced. Thyroid function often become depressed, resulting in low energy, less resistance to infection, slowed metabolism, weight gain, sluggish bowel movements and a low body temperature. The thyroid is well- supported by rebuilding your adrenals. Stabilizing both the adrenal and thyroid with adequate nutritional and herbal support helps both, and you stay in better balance.

Slow nourishing of the adrenals with this herbal tea allows the adrenals to rebuild over time. You can't rush the adrenals with stimulants, as this may create more stress on them. You can recognize this by a shaky feeling or complete burnout.

The Adrenal/Thyroid Tonic supplies additional support through the adaptogens Ashwagandha and Eleuthero, both of which improve stamina and energy with provide a grounded feeling of well-being, without excess stimulation. Also ingredients in the tonic provide additional supportive properties because the time-honored alcohol extraction method brings out more and different active properties of some herbs.

### **Foods For Adrenal Health** *Essential Vitamins and Nutrients You Need for Adrenal Health*

Adrenals and Thyroid especially need certain minerals and natural vitamins which are easily absorbable. These include Vitamin C, the B vitamins, the electrolyte minerals sodium & potassium, magnesium, zinc, selenium, iodine and other trace minerals. Many of these are contained in the herbs of our Nourishing Adrenal/Thyroid Tea and Tonic.

Avoid sugar, coffee and processed foods which rip nutrients from your body and lack sufficient nutrition for your endocrine glands' health, while also stressing the body and immune system.

Instead eat a variety of fresh vegetables and seaweeds, high quality proteins and fats such as in avocado, raw walnuts, almonds, pumpkin seeds, chia seeds, sunflower seeds and flax seeds, coconut, olives and a moderate amount of unprocessed grassfed chicken and turkey, and small fatty fish, whole grains and Celtic Sea salt. Limit fruits to a moderate amount, and eat smaller meals or snacks throughout the day with a good balance of fats, protein and carbs.

### **Adrenal/Thyroid Tonic Success Story:**

*"Exactly what I needed! I carry a bottle of Adrenal/Thyroid Tonic with me in my purse and take it a couple of times a day. It helps me with stamina and to get through a stressful day feeling more relaxed. The tea is delicate and delicious tasting, but I don't make that as often."* DR

**You can take the Adrenal/Thyroid Tonic or Tea alone for good effect. For best results, the Adrenal/Thyroid Tonic and Nourishing Adrenal & Thyroid Tea can be taken together according to the checklist on the back.**

### **Suggested Use:**

#### **Adrenal/Thyroid Tonic**

Dosage: Take 1-2 droppersful of Adrenal Tonic 3 times a day under the tongue or in 2 oz water. Take it at least 10 minutes before eating any food to let the herbs have best effect. This is mildly energizing so it is not recommended before bed. Taken earlier in the day, it can help to sleep at night.

### Nourishing Adrenal/Thyroid Tea:

Drink fresh daily, 2 to 4 cups a day. We recommend making a pint or quart of tea at a time to drink all day. This tea is slightly energizing, so drink it in the morning and throughout the day, but not just before bed.

*This tea is not powdered, but contains whole or cut dried herbs, leaves, seeds and fruit which benefit from soaking and simmering to extract their beneficial properties.*

**Mild Tea:** 1 Tablespoon dry herbs in each pint of water, or 2 Tablespoons per quart.

**Strong Tea:** 3 Tablespoons per quart of water.

- Soak dry tea in a covered pot of pure water for at least 15 minutes or a couple hours or overnight.
- Bring just to a simmer in a covered pot and immediately off and let steep on warm stove for 5-30 minutes.
- Pour off and drink 2-3 times a day, 1 cup or pint each time.
- Leave tea in pot and drink at home throughout the day, or pour off in a water bottle to take it with you.
- Most potent when drunk fresh within 24 hours.

### Daily Checklist – Adrenal & Thyroid Tea & Tonic Duo

Schedule	What to Take	Day 1 Done	Day 2 Done	Day 3 Done	Day 4 Done	Day 5 Done
First Thing in the Morning	Put tea herbs to soak according to directions. <i>(If you have no time to do this in the morning, soak the herbs overnight in a glass jar instead, in the refrigerator.)</i>					
10 minutes Before Breakfast	Take 1-2 droppersful of Adrenal/Thyroid Tonic under the tongue straight or in 2 oz of water, or put it in a cup of Adrenal/Thyroid tea to drink.  Pour off and drink 1 cup or pint of tea before or with breakfast.					
About 10 minutes Before Lunch	1-2 droppersful of Adrenal Tonic Concentrate					
Mid-Afternoon, about 2 Hours After Lunch	High quality snack with some protein, such as raw nuts or seeds, yogurt, or Vital Nutrition Plus with coconut water or a smoothie					
About 10 minutes Before Dinner	1-2 droppersful of Adrenal Tonic Concentrate  Did you finish off the tea? If not, drink it now before or with dinner - some hours before bed.					