



# KABA

wellness

## EQUIPMENT

- A water filter
- A kettle
- A fine grater
- A large jar

## INGREDIENTS

- Warm filtered water
- ½ lemon, freshly squeezed
- 1 tbsp of coconut oil
- 1 tsp of raw local honey
- 1 thumb grated ginger (peeled if not organic)
- A pinch of sea salt

## METHOD

- Boil filtered water in the kettle
- Fill the jar half-way with cold water
- Fill the rest of the jar with hot water
- Before adding ingredients, test the temperature with your pinky (as above)
- Add the ingredients
- Sip all day long!



## Adrenal Jar Tea

### The soothing and balancing effects of adrenal tea

This tea is a complete electrolyte to hydrate the kidney, and healthy fat to nourish the adrenal gland. Kidneys and adrenals work in unison to regulate the body's functions in the presence of stress hormones. This tea with honey and coconut oil, will also balance blood sugar levels. When the kidneys and adrenals are treated together in this nutritional bath, people typically experience a calming effect.

The **ginger** is a warming spice, designed to raise your 'digestive fire' - warming your stomach in preparation for proper digestion.

The **lemon** is packed with micronutrients and minerals, necessary components of an electrolyte. It is also alkalizing.

Unrefined **coconut oil** is a healthy fat that provides nourishment to the adrenal glands. Adrenals love to be supported by cholesterol and healthy fats. Healthy fats are a long chain energy which assist in balancing blood sugar levels over a longer period of time.

Pure unpasteurized **raw honey** is a probiotic. It is also a carbohydrate which, in small amounts, is needed to speed up absorption of water into the cell.

Seasalt, and ideally **pink Himalayan or gray Celtic salt**, has more than 50 trace minerals. Sodium is a key requirement in a complete electrolyte. It is required to bring water into cells. Remember: "wherever sodium goes, water flows!"

The tea should start off warm but not hot. Very hot water destroys the natural probiotic of the honey. To gauge if the water is the right temperature before adding the honey and other ingredients, dip your pinky in. If it's warm but you can leave in your pinky without discomfort, it's the right temperature.

A jar of tea is intended for day-long sipping. Whenever possible, let sunshine filter through the jar to reactivate the life force of the water.

This tea is so soothing, you'll wonder how you ever got through stress-filled days without it.