

Morning Elixir

Drink first thing or within 30 minutes of waking up.

1 serving

16 ounces of room temperature or warm water

1 tablespoon fresh lemon juice (about ¼ of a lemon)

1 teaspoon melted raw honey

1/2 teaspoon freshly grated ginger (if you can't find fresh ginger, use 1/8 teaspoon organic dried ginger)

1/8 teaspoon of Himalayan pink salt

- Combine in a cup or glass and stir well before drinking.

Notes:

- The easiest way to grate the ginger is with a [microplane](#).
- If your honey is cold, heat a little bit of the water and dissolve the honey in the hot water.

Nutrition Information

Fresh lemon juice activates the water with enzymes and flushes toxins that your body collected overnight.

Melted raw honey refills glycogen reserves in the liver. Glycogen is stored carbohydrates. People with adrenal and thyroid dysfunction don't have enough glycogen reserves for the liver to release in times of stress or when you miss a meal. When this happens, your body has no choice, it has to release stress hormones, activating the sympathetic nervous system, putting you into fight or flight to keep you going. When you refill your glycogen storage your body can release glycogen to deliver fuel and block the release of cortisol allowing your parasympathetic nervous system (rest-digest-heal) to remain in the driver's seat. Raw honey also gives you live enzymes for digestion and supports the healing of the protective coating of your nerve cells called the myelin sheath which insulates neurons so they can send electric signals faster and more efficiently. In that way the raw honey can act as a memory enhancer.

Ginger alkalizes your body and helps optimize hydrochloric acid production in your stomach so you can digest and use vitamin B12. Your adrenals and your brain need vitamin B12 to function properly. Stress kills hydrochloric acid.

Himalayan Pink Salt is packed with over 84 trace minerals. It creates an electrolyte balance within your body, strengthens bones, lowers blood pressure and improves circulation. It also helps to protect the delicate balance of minerals in your cells, avoids excess water retention, and prevents premature aging.