



Balancing Nutrition
Tu cuerpo en Equilibrio

To regulate cortisol and support the adrenal gland:

- Healthy_fats
- High-quality proteins
- Internal organs
- Nutritional yeast (gluten-free)
- Nuts
- Seeds

Minerals:

- magnesium
- potassium

Essential fatty acids of the omega 3 type:

- It is mainly found in sea fish (sardines, salmon, herring, tuna, mackerel, trout, halibut, sole, cod fish liver) and flax seeds.

Balancing herbs:

- Ashwagandha
- Siberian ginseng
- Orange blossoms

Supplements:

- B complex
 - Vitamin E (natural source only)
 - Probiotics
-
- Adrenal drink: (once a day, best at the end of the fast)
 - 180 ml coconut water
 - Half a squeezed lemon
 - A quarter teaspoon of Himalayan salt

