

Adrenal Fatigue

Adrenal fatigue is a very common hormone imbalance often treated medically with prednisone or cortisone. We have found a simpler and less expensive method to address this situation and it works very well.

Mix $\frac{1}{4}$ tsp of Sea Salt plus $\frac{1}{4}$ tsp of potassium chloride* with $\frac{1}{2}$ tsp of ascorbic acid crystals and mix in one quart of cold water.

Measure off two ounces and sip on this throughout the day and see if it helps relieve lower back pain and raises your energy levels. Put the rest in the refrigerator to use over the next couple of days.

*Potassium chloride is usually available in grocery stores under the name **No Salt**. Or you can look in our supplements section to find it on Amazon