RCMW

ROOT CAUSE METHOD WELLNESS

A ROOT CAUSE KITCHEN RECIPE

The Root Cause Adrenal Cocktail

A simple, mineral-rich sip for anyone feeling run down, low on energy or burned out by stress

What you'll need · 1 serving

½ cup	100% coconut water Unsweetened, nothing added.
½ cup	Organic orange juice Fresh-squeezed or not-from-concentrate, no added sugar.
1 pinch	Unrefined sea salt About ⅛ teaspoon. Celtic or Redmond Real Salt are great choices.
1 scoop	Good-quality collagen peptides Unflavored, grass-fed, about 10 g. Third-party tested brands like Designs for Health or Great Lakes Wellness are in my Fullscript dispensary. Ask me for the link!

How to make it

1. Pour the coconut water and orange juice into a glass or shaker bottle.
2. Add the pinch of sea salt and the collagen.
3. Stir well or shake for 10–15 seconds until the collagen dissolves.
4. Serve over ice if you like, and sip slowly.

Why these four?

- **Coconut water** brings natural potassium.
- **Orange juice** adds vitamin C and more potassium.
- **Sea salt** gives sodium and trace minerals that table salt is stripped of.
- **Collagen** adds protein, so the natural fruit sugars come with something to slow them down.

Cheers to small, steady habits!

Brooke · Brooke Gonseth, MNBP

WHEN TO SIP IT

Mid-morning or mid-afternoon, especially around that 3 PM dip. Enjoy it alongside a snack or meal rather than in place of one.

MAKE IT YOUR OWN

- Top with sparkling mineral water for a fizzy version.
- Add a squeeze of lime or a few frozen berries.
- Shake with ice for a slushy summer treat.

Please read: This recipe is shared for education and inspiration only. It is not medical advice and is not meant to diagnose, treat or cure any condition. I'm not a registered dietitian, and this isn't a meal plan. Everyone's mineral needs are different. If you're pregnant or breastfeeding, have kidney or heart concerns, have been told to limit salt, potassium or sugar, have diabetes or blood-sugar concerns, or take medications (especially for blood pressure), please check with your doctor or midwife before adding this to your routine. Never stop a medication on your own.