

# “Young Heart” Elixir

## (The Vital Heart Blend)



This homemade tonic blend elixir combines the heart-protective properties of hawthorn berries (*Crataegus*) with the anti-inflammatory and antioxidant effects of turmeric (*Curcuma longa*), ginger (*Zingiber officinale*), and the potential blood pressure regulation benefits of garlic (*Allium sativum*). The addition of lemon juice provides vitamin C and a refreshing flavor, while the optional cayenne pepper helps aid circulation.

### INGREDIENTS:

- 1 tbsp of dried hawthorn berries
- 1 small piece of fresh turmeric (about 1 inch) or  $\frac{1}{2}$  tsp of dried turmeric powder
- 1 small piece of fresh ginger (about 1 inch) or  $\frac{1}{2}$  tsp of dried ginger powder
- 1-2 cloves of fresh garlic
- Juice of half a lemon
- A pinch of cayenne pepper (optional)
- 1-2 teaspoons of honey (optional, adjust to taste)
- 1 cup water

### NOTES:

If you plan to use this elixir for an extended period, consider periodic breaks to assess its continued effectiveness and any changes in your health. Start with a small serving and then gradually increase the amount if you tolerate it well and do not experience any adverse effects.

Each variety has slightly different flavors and potential health benefits.

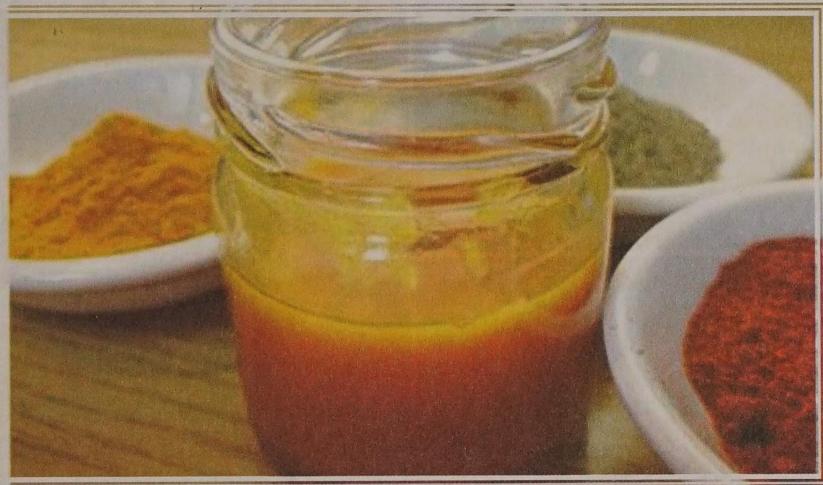
### INSTRUCTIONS:

- | **Prepare the Herbs:** If you’re using fresh turmeric and ginger, peel and thinly slice them.
- | **Boil the Water:** Bring 1 cup of water to a boil.
- | **Infuse the Herbs:** Add the hawthorn berries, fresh or dried turmeric, fresh or dried ginger, and fresh garlic cloves to the boiling water.
- | **Simmer:** Reduce the heat to low, cover the pot, and let the mixture simmer for about 15-20 minutes. This will allow the herbs to release their beneficial compounds into the water.
- | **Strain:** After simmering, strain the mixture into a cup or mug to remove the solid ingredients.
- | **Add Lemon Juice:** Squeeze the juice of half a lemon into the herbal infusion and stir.
- | **Add Cayenne Pepper (Optional):** If you like a bit of heat, add a pinch of cayenne pepper to the elixir. Adjust to your taste.
- | **Sweeten (Optional):** If you prefer a sweeter taste, you can add raw honey to the elixir. Start with 1-2 teaspoons and adjust to your taste.
- | **Stir and Serve:** Mix the elixir well and enjoy it while it’s warm. You can have this tonic in the morning or throughout the day, but it’s often consumed in the morning to kickstart the day.
- | **Storage:** If you have any leftover elixir, you can store it in the refrigerator for a day or two.

### DOSAGE:

Consume this amount once a day, preferably in the morning on an empty stomach.

# Warming Turmeric and Cayenne Balm to Promote Circulation



By harnessing the natural properties of these ingredients, this balm offers potential benefits such as increased blood flow through the capsaicin in cayenne pepper (*Capsicum annuum*), anti-inflammatory effects from turmeric (*Curcuma longa*), a warming sensation aided by black pepper (*Piper nigrum*), skin hydration via coconut oil, and protective barrier support from beeswax. Together, these elements are traditionally used to support circulation, alleviate discomfort, and provide a holistic solution for improved blood flow and localized pain relief.

## INGREDIENTS:

- ½ teaspoon of finely ground turmeric
- ½ teaspoon of finely ground cayenne pepper
- ¼ teaspoon of finely ground black pepper
- 3 tablespoons coconut oil
- 0.2 oz (6 g) of beeswax

## NOTES:

Do not apply this warming pain-relief balm to any open wounds or cuts since it will cause a sharp stinging sensation. Avoid contact with your eyes or mucous membranes, as the cayenne pepper can cause irritation.

This balm will stain the skin due to the turmeric and cayenne pepper, but since these stains are more soluble in oil, to remove them, massage some oil into your skin and then wash off with soapy water afterward.

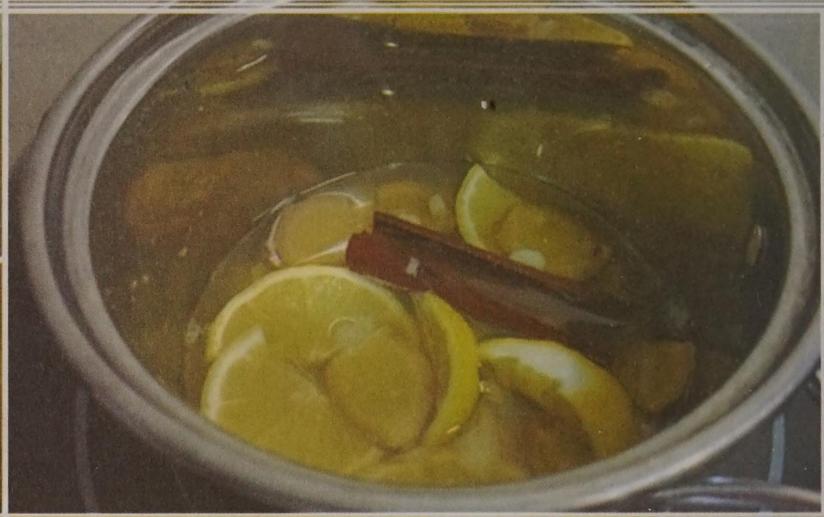
## INSTRUCTIONS:

- 1 | **Create/Use a Double Boiler:** Fill a saucepan with about an inch of water and bring it to a simmer over low to medium heat. Place a heat-safe glass or metal bowl on top of the saucepan, creating a double boiler. Make sure the bottom of the bowl doesn't touch the simmering water.
- 2 | **Combine Coconut Oil and Beeswax:** In the double boiler, add the coconut oil and the grated beeswax to the bowl. Gently heat the mixture until the beeswax is completely melted into the coconut oil, stirring occasionally with a wooden or silicone utensil. This should take about 5 minutes.
- 3 | **Add the Spices:** Carefully add the ground turmeric, cayenne pepper, and black pepper to the melted oil and beeswax mixture. Stir well to combine. Continue to heat for an additional 2-3 minutes. Once you are happy with the consistency, remove the bowl from the pot of water and allow it to cool slowly to infuse the oil with the spices, stirring constantly.
- 4 | **Transfer to a Container:** Carefully pour the hot balm mixture into your clean glass jar or container. Use a silicone spatula or a funnel for ease. Allow the balm to cool and solidify. This may take a few hours.
- 5 | **Storage:** Once the balm has solidified, seal the jar with a tight-fitting lid.

## DOSAGE:

Whenever needed, scoop a small amount of the balm and massage it onto sore or stiff areas of your body, such as muscles or joints, to promote circulation and alleviate discomfort.

# *Arterial De-Clogger*



This recipe features a blend of ingredients traditionally known for supporting cardiovascular health. Garlic (*Allium sativum*) and ginger (*Zingiber officinale*) are valued for their potential to assist in managing cholesterol levels and improving circulation. Cinnamon (*Cinnamomum verum*) is traditionally used to support blood pressure and cholesterol management. Lemon not only adds a refreshing flavor but also provides vitamin C, which is recognized for its role in supporting heart health. This combination of potent ingredients is used traditionally to support the cardiovascular system.

## INGREDIENTS:

- 2 cloves of garlic (*Allium sativum*)
- 2 inches of ginger root (*Zingiber officinale*)
- 1 x 2-inch cinnamon stick (*Cinnamomum verum*)
- ½ lemon, cut into wedges
- 1.5 cups of water
- Honey, to sweeten (optional)

## INSTRUCTIONS:

- 1 | **Prepare the Ingredients:** Peel and crush the garlic cloves to release their juice and set them aside for 10 minutes. Chop the ginger into small pieces. Use fresh, organic ingredients for the best flavor and health benefits.
- 2 | **Boil the Water:** Boil 1.5 cups of water over medium heat in a pot.
- 3 | **Infuse Ingredients:** Add the chopped ginger, crushed garlic, and cinnamon stick to the boiling water. Continue boiling until the water reduces to about a cup, ensuring the flavors are infused into the water.
- 4 | **Add Lemon:** Add the lemon wedges to the pot and then turn off the heat.
- 5 | **Steep Mixture:** Cover the pot and let the mixture steep for 5 minutes to allow the flavors to meld.
- 6 | **Strain Liquid:** After steeping, strain the mixture to remove any solid particles.
- 7 | **Sweeten:** Sweeten the tea with honey if desired, stirring until dissolved.

## NOTES:

Garlic can thin the blood, so individuals on blood-thinning medications should use caution and consult a healthcare provider before consuming large amounts.

Ginger may interact with certain medications, such as blood thinners and diabetes medications, so use caution if you are taking these medications.

## DOSAGE:

Take one cup of this tea on an empty stomach daily for 7 days for arterial health benefits.

# HERBAL SUPPORT

for the Digestive System

The digestive system plays a crucial role in maintaining our overall health and well-being. It is responsible for breaking down the food we consume into essential nutrients, which our body can then absorb and use for energy, growth, and repair.

## Tips to Maintain a Healthy Digestive System:

### HEALTHY DIET:

- Consume plenty of fiber from whole grains, fruits, vegetables, and legumes to support digestive health.
- Avoid excessive processed foods, sugary snacks, and large meals before bedtime.
- Eat in moderation - not overloading your stomach can prevent discomfort and aid digestion.
- Include probiotic-rich foods like yogurt, kefir, sauerkraut, kimchi, and kombucha to promote a healthy gut flora.
- Identify and avoid foods that trigger digestive discomfort, such as spicy foods, high-fat foods, and foods you're intolerant to.

### CHEW FOOD THOROUGHLY:

Take your time to chew food properly. Chewing initiates the digestive process in the mouth and eases the workload on the stomach.

### MANAGE PORTION SIZES:

Avoid overeating. Eating smaller, balanced meals can prevent discomfort and bloating.

### LIMIT ALCOHOL AND CAFFEINE:

Excessive alcohol and caffeine intake can irritate the digestive tract. Consume them in moderation.

### AVOID SMOKING:

Smoking can contribute to digestive issues, including acid reflux. Quitting smoking can improve digestive health.

### STAY ACTIVE AFTER MEALS:

Take a short walk or engage in light activity after meals to aid digestion.

### HYDRATION:

Drink enough water to aid digestion and prevent constipation.

## HERBAL SUPPORT

### Peppermint (*Mentha piperita*)

Traditionally used to calm digestive spasms, ease gas, and soothe indigestion. Peppermint tea and essential oil capsules are commonly used.

### Ginger (*Zingiber officinale*)

Known for reducing nausea, supporting digestion, and its anti-inflammatory properties. Ginger can be enjoyed as tea or used fresh in cooking.

### Chamomile (*Matricaria chamomilla*)

Often used to soothe an upset stomach, relieve indigestion, and promote relaxation. Typically consumed as tea.

### Fennel (*Foeniculum vulgare*)

Traditionally used to relieve bloating and gas and to support digestion. Fennel seeds may be chewed or brewed as tea.

### Turmeric (*Curcuma longa*)

Contains curcumin, which is recognized for its anti-inflammatory properties and digestive health support. Turmeric may be used in cooking or taken as an oral supplement or tincture.

### Dandelion (*Taraxacum officinale*)

Used to support liver health, which indirectly benefits digestion. Available as root tea or in supplement or tincture form.

### Licorice (*Glycyrrhiza glabra*)

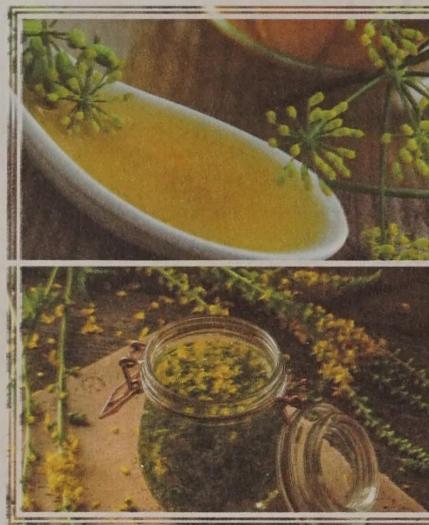
Traditionally used to soothe the stomach lining, aid digestion, and support overall digestive health. It's advised to use licorice root tea or supplements cautiously.

### Marshmallow Root (*Althaea officinalis*) and Slippery Elm Bark (*Ulmus rubra*)

Known to aid digestion, coat the digestive tract with mucilage, and provide anti-inflammatory benefits, which support gut health.



# 3-Ingredient Digestive Tonic



Fennel seeds are traditionally known for their carminative properties, which may help relieve bloating and gas. Angelica root is valued for its anti-inflammatory qualities that may soothe digestive discomfort. Agrimony, with its astringent nature, is often used as an aid in alleviating minor digestive issues. Whether you've overindulged in a meal or just want to promote healthy digestion, this homemade tonic can offer a gentle and effective solution.

## INGREDIENTS:

- 1 tbsp dried fennel seeds (*Foeniculum vulgare*)
- 1 tbsp dried angelica root (*Angelica archangelica*)
- 1 tbsp dried agrimony (*Agrimonia eupatoria*)
- 2 cups boiling water
- 1-2 tablespoons of honey or maple syrup
- Fresh lemon juice (from 1 lemon)
- Fresh mint leaves for garnish

### NOTES:

As with any plant-based product, some individuals may be allergic to certain herbs. Exercise caution. Agrimony may interfere with blood-thinning and blood glucose medications. If you are on these medications or have diabetes, consult a healthcare provider before using agrimony. You may also replace agrimony with mint.

## INSTRUCTIONS:

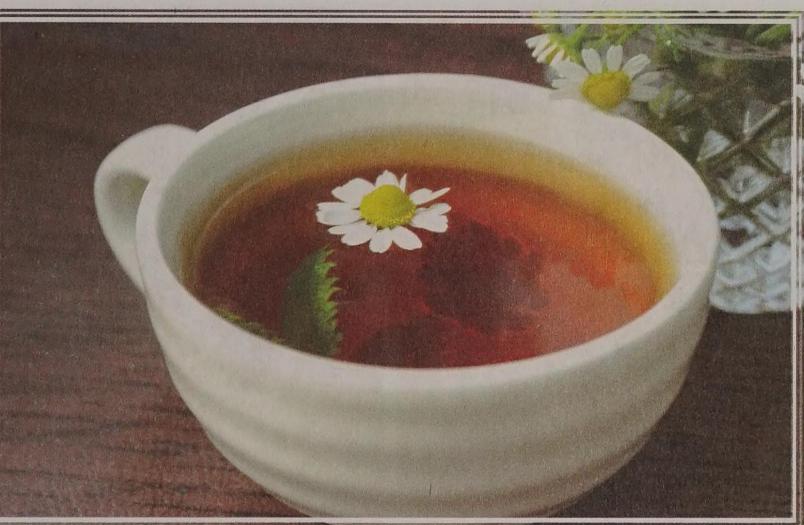
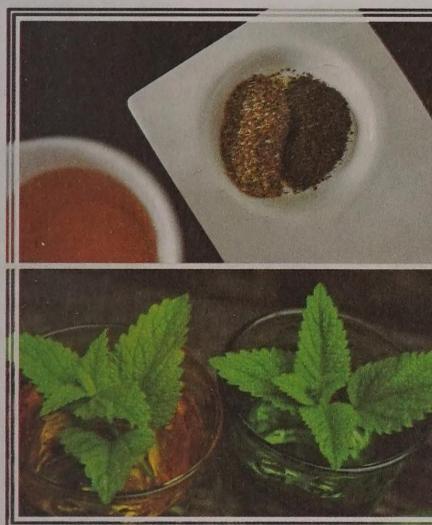
- 1 | **Gather Your Ingredients:** You'll need dried fennel seeds, dried angelica root, dried agrimony, water, and honey (if desired).
- 2 | **Measure the Herbs:** Use about 1 tablespoon of each herb per cup of water. You can adjust the quantities based on how much tonic you want to make.
- 3 | **Boil the Water:** In a pot, bring the desired amount of water to a boil.
- 4 | **Add the Herbs:** Once the water is boiling, add the fennel seeds, angelica root, and agrimony to the pot.
- 5 | **Simmer:** Reduce the heat to low and let the herbs simmer for about 10-15 minutes. This allows the herbs to infuse into the water.
- 6 | **Strain:** After simmering, strain the mixture to remove the herbs. You can use a fine-mesh strainer or a piece of cheesecloth.
- 7 | **Sweeten (Optional):** If desired, add honey to the strained liquid while it's still warm to sweeten the tonic. Start with a teaspoon of honey and adjust to taste.
- 8 | **Cool:** Allow the tonic to cool to room temperature.
- 9 | **Store:** Transfer the tonic to a clean glass container with a lid, and store it in the refrigerator. It can be kept for several days.

## DOSAGE:

Take a small amount of the tonic ( $\frac{1}{4}$  to  $\frac{1}{2}$  cup) before or after meals to help support digestion. You can also drink it as a soothing herbal tea if you experience digestive discomfort.

# Chamomile and Lemon Balm

## Calming Infusion



Chamomile is traditionally celebrated for its soothing effects, anti-inflammatory properties, and ability to provide relief from gas, bloating, and indigestion. Lemon balm is known for its calming effects, acting as an antispasmodic, reducing nausea, and providing mild laxative support. When combined in a tea, these herbs form a harmonious blend that can alleviate various digestive discomforts and promote overall digestive well-being. Additionally, this remedy is commonly used to help with anxiety and hay fever, making it a versatile option for supporting general health.

### INGREDIENTS:

- 1 tablespoon of dried chamomile flowers (*Matricaria chamomilla*)
- 1 tablespoon of dried lemon balm leaves (*Melissa officinalis*)
- 1 cup of boiling water
- Optional: Honey or fresh lemon for added flavor

### NOTES:

This infusion has a mild and pleasant flavor, making it suitable for most palates.

The honey or lemon is optional and can be added to enhance the taste.

If you have known allergies to chamomile, lemon balm, or related plants, avoid this infusion.

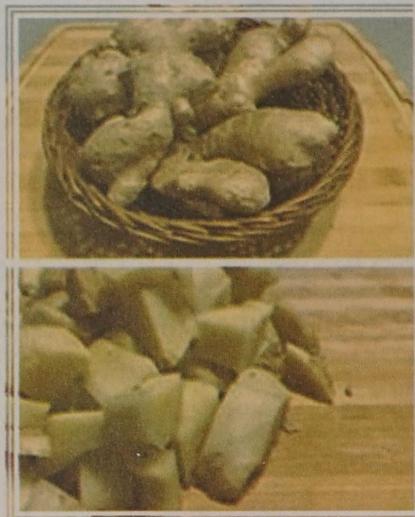
### INSTRUCTIONS:

- 1 | **Boil the Water:** Start by boiling 1 cup of water using a kettle or saucepan.
- 2 | **Prepare Chamomile and Lemon Balm:** Place 1 tablespoon of dried chamomile flowers and 1 tablespoon of dried lemon balm leaves in a teapot or a large heatproof cup.
- 3 | **Pour Boiling Water:** Carefully pour the boiling water over the dried herbs in the teapot or cup.
- 4 | **Steep the Infusion:** Cover the teapot or cup with a saucer or small plate to trap the steam, and let the herbs steep in the hot water for about 5-10 minutes. This will allow the flavors and beneficial compounds to infuse into the water.
- 5 | **Strain the Infusion:** After steeping, strain the infusion through a fine-mesh strainer or a tea infuser to remove the dried herbs.
- 6 | **Optional Flavorings:** If desired, add a touch of honey or a squeeze of fresh lemon to your infusion for added flavor. Adjust the amount to your taste.
- 7 | **Serve and Enjoy:** Your chamomile and lemon balm infusion with dried herbs is ready to be enjoyed. Sip it slowly while it's still warm, especially when you have an upset stomach.

### DOSAGE:

1 cup of chamomile and lemon balm infusion as needed

# Soothing Syrup for an Upset Stomach



Gingerol, a key component in ginger, is traditionally recognized for its influence on gastrointestinal motility (the rate of digestion). This homemade stomach-soothing syrup combines the natural properties of ginger with optional spices that add warmth and comfort. It's a gentle remedy commonly used for soothing an upset stomach or relieving nausea. This blend harnesses the well-regarded benefits of ginger to provide a natural option for digestive discomfort.

## INGREDIENTS:

- 1 cup fresh ginger root (*Zingiber officinale*), thinly sliced
- 2 cups water
- 1 cup raw honey
- Optional flavors: cinnamon stick, whole cloves, star anise, cardamom pods

### NOTES:

For the best results, use fresh ginger root (rather than dried). The peel of ginger has some vital nutrients. If you can find an organic option, you can keep the peel on. If conventional ginger is your only option, it's better to remove the peel.

Even if you don't feel sick, taking a serving after dinner will improve digestion. For a peppy pick-me-up, stir a spoonful into some bubbly water for a DIY ginger ale.

## INSTRUCTIONS:

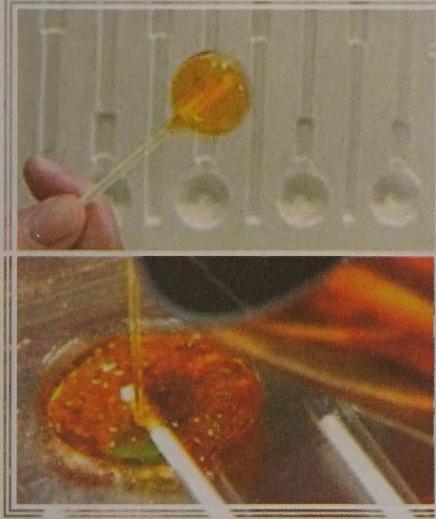
- 1 | **Prepare the Ginger:** Wash and peel the ginger root. Cut into thin slices or small pieces. The thinner the slices, the more flavor will infuse into your syrup.
- 2 | **Create the Infusion:** In a medium saucepan, combine the sliced ginger and 2 cups of water. If you'd like to add optional flavors like cinnamon stick, whole cloves, star anise, or cardamom pods for extra soothing effects, this is the time to include them. Place the saucepan over medium heat and bring the mixture to a boil. Once boiling, reduce the heat to a simmer, cover the pot, and let simmer for about 30-45 minutes. This will infuse the water with the ginger's beneficial properties and flavors.
- 3 | **Strain:** After simmering, remove the saucepan from the heat and let it cool for a few minutes. Strain the ginger-infused liquid into a bowl or another saucepan, using a fine-mesh strainer or cheesecloth. Make sure to press the ginger slices to extract as much liquid as possible.
- 4 | **Sweeten:** Return the ginger-infused liquid to the saucepan and place it back on the stove over low heat. Add 1 cup of honey to the ginger-infused liquid. Stir continuously until the sweetener is completely dissolved. You can use less or more depending on how sweet you want the syrup to be.
- 5 | **Store:** Once the honey is fully dissolved, remove the saucepan from heat and let it cool to room temperature. Pour your syrup into a clean, airtight glass bottle or jar. Store it in the refrigerator for up to two weeks.

## DOSAGE:

Take 1-2 tablespoons of the syrup as needed. You can consume it as is or dilute it with warm water for a milder flavor.

# *Lemon and Ginger*

## *Nausea Lollipops*



These homemade lemon and ginger nausea lollipops are a delicious and natural way to ease nausea. Ginger is traditionally known for its anti-nausea properties, and when combined with lemon, it creates a soothing and refreshing flavor. These lollipops are a convenient and enjoyable option for managing nausea naturally.

### INGREDIENTS AND MATERIALS:

- 1 cup fresh lemon juice (about 4-5 lemons)
- 2 tablespoons grated fresh ginger (*Zingiber officinale*)
- 1 cup granulated sugar
- $\frac{1}{4}$  cup honey
- Lollipop sticks
- Candy thermometer
- Lollipop molds

### NOTES:

Be cautious with hot sugar. The sugar mixture will be extremely hot, so use caution when pouring it into molds and handling the lollipops afterward.

You might want to use oven mitts or gloves. Silicone lollipop molds work well for this recipe, but you can also use metal lollipop molds or simply metal spoons or shape the lollipops on parchment paper.

### INSTRUCTIONS:

- | **Prepare Your Equipment:** Insert lollipop sticks into the molds. Make sure they are securely in place. Have a candy thermometer ready.
- | **Combine Ingredients:** In a medium saucepan, combine the fresh lemon juice, grated ginger, granulated sugar, and honey.
- | **Heat and Stir:** Heat the mixture over medium heat, stirring constantly until the sugar has completely dissolved.
- | **Boil and Cook:** Once the sugar has dissolved, insert the candy thermometer into the mixture. Continue to cook without stirring until the temperature reaches 300°F (hard crack stage). This should take about 15-20 minutes.
- | **Remove from Heat:** Once the mixture reaches 300°F, immediately remove it from the heat.
- | **Pour into Molds:** Carefully pour the hot mixture into your lollipop molds, filling each cavity.
- | **Cool and Set:** Allow the lollipops to cool and harden. This usually takes about 20-30 minutes.
- | **Remove from Molds:** Once the lollipops are completely cool and solidified, gently remove them from the molds. Be careful not to break them.
- | **Store:** Wrap each lollipop individually in plastic wrap or place them in an airtight container to prevent moisture from softening them. Store them in a cool, dry place.

### DOSAGE:

Enjoy one whenever you need relief from nausea.

# *Restorative* *Liver Tea*



This herbal tea is traditionally used to support liver health and overall wellness. Dandelion and milk thistle have been valued in herbal practices for their potential benefits. Dandelion root is commonly known to help with digestion and is believed to support liver function. Milk thistle has been traditionally used to promote liver health. This simple and natural tea may offer a gentle way to incorporate these herbs into your daily routine.

## INGREDIENTS:

- 2 tablespoons of fresh milk thistle root, chopped (*Silybum marianum*)
- 2 tablespoons of fresh dandelion root, chopped (*Taraxacum officinale*)
- 4 cups of water

### NOTES:

You can grind these herbs into a powder and put it into capsules for people who find the flavor disagreeable or need an easy way to take it.

In some cases, milk thistle is used in clinical settings for individuals exposed to certain toxins. For example, it has been used in cases of poisoning from *Amanita* mushrooms, which can be harmful to the liver. It is important to note that such treatments should only be administered by healthcare professionals.

## INSTRUCTIONS:

- | **Gather and Prepare the Roots:** Collect fresh dandelion and milk thistle roots. Wash the roots thoroughly under running water to remove any dirt and impurities. Use a knife to chop the roots into small, uniform pieces. This will help to release their beneficial properties during the simmering process.
- | **Simmer:** Place the chopped dandelion and milk thistle roots in a medium-sized pot. Add 4 cups of water to the pot, ensuring the roots are fully submerged. Bring the water to a gentle boil over medium heat. Once boiling, reduce the heat to low and let the mixture simmer for about 20 minutes. This allows the roots to infuse the water with their natural compounds.
- | **Steep the Tea:** After simmering, remove the pot from heat. Cover the pot with a lid and let the mixture steep for an additional 10-15 minutes. This helps to extract the maximum benefits from the roots.
- | **Strain and Serve:** Use a fine mesh strainer or cheesecloth to strain the tea, removing the root pieces. Pour the tea into a cup or teapot. You may add a natural sweetener like honey or a slice of lemon if desired.

## DOSAGE:

It is generally recommended to drink 1-2 cups of this restorative tea daily.

# Fatty Liver Tincture



Fatty liver, medically termed hepatic steatosis, is a condition characterized by the accumulation of excess fat in the liver, which can lead to inflammation and potential liver issues over time. While conventional medical treatments and lifestyle modifications are essential for managing fatty liver disease, incorporating supportive herbal remedies may offer additional benefits.

This herbal blend features three herbs traditionally used for their liver-supportive properties: schisandra, licorice root, and ginger. Each herb in this blend contributes unique compounds that are believed to promote liver health by supporting traditional practices aimed at reducing inflammation, aiding detoxification processes, and protecting liver cells.

## INGREDIENTS:

- 2 parts dried schisandra berries (*Schisandra chinensis*)
- 1 part dried licorice root (*Glycyrrhiza glabra*)
- 1 part grated ginger (*Zingiber officinale*)
- High-proof alcohol (such as vodka) or vegetable glycerin (for an alcohol-free option)

## INSTRUCTIONS:

- 1 | **Preparation:** Measure the dried herbs using the parts method (e.g., if using tablespoons, 2 tablespoons of schisandra berries, 1 tablespoon of licorice root, and 1 tablespoon of grated ginger). Place the measured herbs into a clean glass jar.
- 2 | **Infusion:** Pour the high-proof alcohol or vegetable glycerin over the herbs, ensuring they are fully submerged. Leave about  $\frac{1}{2}$  - inch of space at the top of the jar. Seal the jar tightly with a lid.
- 3 | **Steep:** Store the jar in a cool, dark place for 4-6 weeks, shaking it gently every few days to help the infusion process.
- 4 | **Strain:** After 4-6 weeks, strain the liquid through a fine mesh strainer or cheesecloth into a clean glass bottle, discarding the herbs.
- 5 | **Storage:** Store the tincture in a dark glass bottle to protect it from light. Label the bottle with the date and ingredients.

## NOTES:

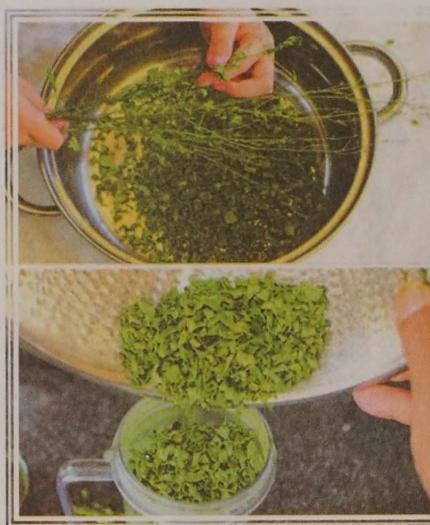
Consult with your healthcare provider before, especially if you have a medical condition or are taking medications.

Pregnant and breastfeeding women should consult their healthcare provider before using this tincture. Consider reducing alcohol consumption and avoiding processed foods high in unhealthy fats to further support liver health.

## DOSAGE:

The general dosage for a tincture is 1-2 droppers full (approximately 20-40 drops) in water or juice, taken 1-2 times daily. Start with a lower dose and consult with a healthcare provider to find the dosage that works best for you.

# Moringa Powder for Liver Detox



Moringa powder is believed to offer potential benefits for liver health due to its antioxidant, anti-inflammatory, and hepatoprotective properties. It may help protect the liver from damage, reduce inflammation, and support detoxification.

## INGREDIENTS:

- Fresh moringa leaves (*Moringa oleifera*)

### NOTES:

Remember that while moringa is considered safe for most people, excessive consumption of moringa powder may have laxative effects due to its high fiber content. If you experience any adverse effects, reduce the dosage or discontinue use. Consult a healthcare professional before significant dietary changes, especially if you have liver issues. It should complement a holistic approach to liver health, including a balanced diet and lifestyle choices. If you suspect liver problems, consult a healthcare provider for proper evaluation and treatment.

## INSTRUCTIONS:

- 1 | **Harvest:** If you have moringa trees in your backyard, simply harvest a bunch of stalks. You may also purchase them. Always opt for the mature, rich green leaves.
- 2 | **Wash the Leaves:** Thoroughly wash the leaves to remove any dirt or contaminants. Use clean, cold water for this step.
- 3 | **Air Dry:** Shake the excess water off the leaves, tie the ends of the stalks together, and hang them upside down in an enclosed place that doesn't get direct sunlight, to preserve the nutrients. Leave the leaves hanging for three to four days till they are brittle to the touch.
- 4 | **Remove the Stems:** Separate the leaves from the stalks and stems. The fewer stems there are, the smoother the powder will be.
- 5 | **Grind into Powder:** Place the dried moringa leaves in a blender or a spice/coffee grinder. Grind them into a fine powder. You may need to do this in batches, depending on the quantity of leaves.
- 6 | **Store:** Keep the moringa powder in an airtight container to preserve the nutrients, and store it in a cool, dry place. Keep the container closed to keep moisture out and to preserve a longer shelf life. The powder will last up to six months without preservatives.

## DOSAGE:

- 1-2 teaspoons. To incorporate moringa powder into your diet for potential liver health benefits, you can add it to smoothies, soups, salads, or use it as a seasoning in your cooking.

# IBS Relief

## Peppermint Oil



Peppermint oil is often used as a natural remedy for irritable bowel syndrome (IBS) symptoms such as abdominal pain, bloating, and gas. The active ingredient in peppermint oil, menthol, has been shown to relax the muscles of the gastrointestinal tract and reduce spasms, which can help alleviate some of the discomfort associated with IBS.

### INGREDIENTS:

- 1 cup fresh peppermint leaves (*Mentha piperita*) -packed
- 1 cup carrier oil (e.g., olive oil, almond oil, or coconut oil)

### NOTES:

Enteric-coated peppermint oil appears to be safe to take internally at safe doses. However, healthcare professionals do not recommend ingesting essential oils. Pure essential oils are highly concentrated and can be toxic. Here we use an infused oil (versus an essential oil).

Menthol can cause serious side effects in children, so parents and caregivers should not apply peppermint essential oil to a child's skin or allow them to inhale or ingest it.

### INSTRUCTIONS:

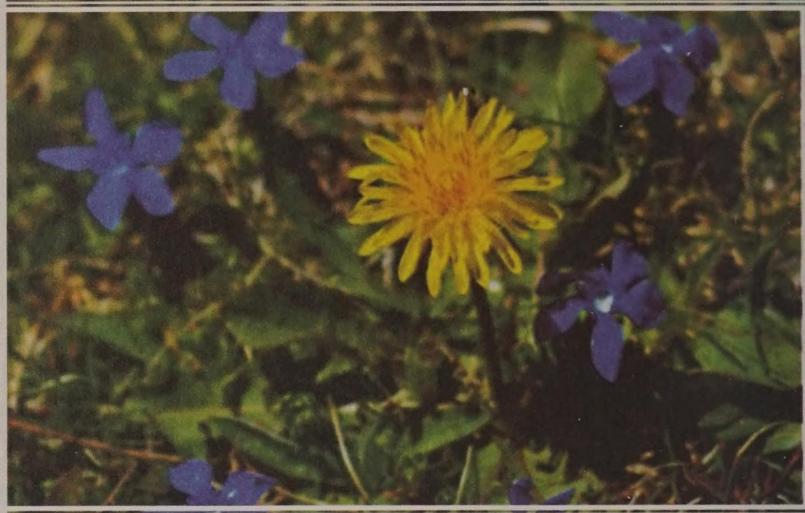
- 1 | **Harvest and Prepare the Peppermint Leaves:** Pick approximately 1 cup of fresh peppermint leaves from your garden or a trusted source. Wash the leaves to remove any dirt or debris. Make sure the leaves are air-dried for a few days prior to using.
- 2 | **Crush or Bruise the Leaves:** Gently crush or bruise the peppermint leaves with a mortar and pestle to release the essential oils and aroma.
- 3 | **Prepare the Infusion:** Place the crushed peppermint leaves in a glass jar. Pour exactly 1 cup of your chosen carrier oil over the leaves to fully cover them. Ensure that the leaves are completely submerged in the oil.
- 4 | **Seal and Steep:** Seal the glass jar with a tight-fitting lid. Store it in a cool, dark place for about two to three weeks. This allows the peppermint leaves to infuse their flavor and beneficial compounds into the oil.
- 5 | **Shake Daily:** Shake the jar gently once a day to help with the infusion process and distribute the peppermint.
- 6 | **Strain the Oil:** After the steeping period, strain the oil through a cheesecloth or fine mesh strainer into a clean bowl or container. Squeeze the cheesecloth to extract as much oil as possible.
- 7 | **Transfer to a Storage Bottle:** Pour the strained peppermint-infused oil into a small, dark glass bottle with a dropper or cap for easy dispensing and storage.
- 8 | **Store Properly:** Store the peppermint oil in a cool, dark place away from direct sunlight. Properly stored, it can last for several months.

### DOSAGE:

0.5 ml (~½ a dropperful) for adults taken 3 times a day. It's best to take it about 1 hour before meals.

# Dandelion and Gentian Bitter Tonic

## for Indigestion



This homemade dandelion and gentian bitter tonic is a natural remedy for indigestion.

Dandelion root is traditionally used to stimulate the production of digestive juices, helping with indigestion and bloating, while gentian root is known for its traditional use as a digestive aid, believed to stimulate digestive enzymes and improve appetite. It is particularly valued for supporting those with weak digestion.

### INGREDIENTS:

- 2 tablespoons of dried and chopped dandelion root (*Taraxacum officinale*)
- 1 tablespoon of dried and chopped gentian root (*Gentiana lutea*)
- 2 cups of water
- 1-2 tablespoons of honey or maple syrup (optional for sweetness, adjust to taste)

#### NOTES:

Start with a small dosage, as the bitterness can be intense, and adjust to your preference. Shake the bottle before each use, as the herbs may settle at the bottom.

If you have known allergies to dandelion or gentian, avoid using this tonic.

### INSTRUCTIONS:

- 1 | **Prepare Your Ingredients:** Measure 2 tablespoons of dried and chopped dandelion root and 1 tablespoon of dried and chopped gentian root. Pour 2 cups of water into a saucepan.
- 2 | **Boil the Water:** Place the saucepan on the stove and set it to medium-high heat. Wait until the water comes to a rolling boil.
- 3 | **Infuse the Roots:** Add the dried dandelion and gentian roots to the boiling water. Reduce the heat to low.
- 4 | **Simmer the Mixture:** Allow the mixture to simmer for about 15-20 minutes. This step lets the roots infuse their bitterness into the water, creating the tonic.
- 5 | **Cool the Tonic:** Remove the saucepan from the heat source. Let the mixture cool naturally to room temperature.
- 6 | **Strain:** Strain the liquid into a glass container or bottle.
- 7 | **Sweeten (Optional):** If you prefer a sweeter taste, add 1-2 tablespoons of honey or maple syrup to the tonic. Stir.
- 8 | **Store Your Tonic:** Transfer the finished tonic to a glass bottle or jar with a lid.

### DOSAGE:

Take 1-2 tablespoons of this bitter tonic before meals to aid digestion.

# Ginger and ACV for Bloating and Gas Relief



This homemade remedy combines the soothing properties of ginger and the digestive benefits of apple cider vinegar (ACV) to provide relief from bloating and gas. It's a simple and natural way to ease discomfort after a heavy meal.

## INGREDIENTS:

- 1-2 inches of fresh ginger root (*Zingiber officinale*), peeled and thinly sliced (or 1-2 tsp of ginger powder)
- 1 tablespoon of raw, unfiltered apple cider vinegar
- 1 cup of warm water
- Optional: Honey or maple syrup for sweetness
- Optional: A slice of lemon for added flavor

## NOTES:

The honey or maple syrup is optional and can be adjusted to your taste preference.

Some people find the drink palatable without sweeteners due to the natural sweetness of ginger.

## INSTRUCTIONS:

- 1 | **Prepare the Ginger:** If you're using fresh ginger, peel the ginger root and thinly slice it. You can also grate it for a more intense ginger flavor.
- 2 | **Heat Water:** Heat 1 cup of water to a warm, not boiling, temperature. You can use a kettle or a saucepan.
- 3 | **Combine Ingredients:** Place the sliced or grated ginger in a heatproof cup or mug. Add 1 tablespoon of raw, unfiltered apple cider vinegar to the cup.
- 4 | **Pour Warm Water:** Carefully pour the warm water over the ginger and ACV in the cup.
- 5 | **Optional Sweetener and Lemon:** If desired, add a teaspoon of honey or maple syrup to sweeten the drink. You may also squeeze in a slice of lemon for added flavor.
- 6 | **Stir Well:** Stir the mixture thoroughly to ensure the ginger and ACV infuse well.
- 7 | **Steep and Infuse:** Allow the drink to steep and infuse for about 5 minutes; longer if you prefer a stronger ginger flavor.
- 8 | **Remove Ginger Slices:** If you used fresh ginger slices, you can remove them from the cup before drinking, or leave them in for added flavor and benefits.
- 9 | **Serve and Enjoy:** Your drink is ready to be enjoyed. Sip it slowly, especially after meals or when you're experiencing bloating or gas discomfort.

## DOSAGE:

Consume this drink as needed, especially when you experience bloating or gas discomfort after meals. Start with a small amount, such as half a cup, and gradually increase the quantity if needed.

# Dandelion Lemonade for Gallbladder Health



This refreshing dandelion lemonade not only quenches your thirst but also incorporates the traditional benefits of dandelion, which is used to support gallbladder health. Lemons are known for their cleansing properties and high content of B and C vitamins, which also help balance the bitterness of dandelion. Both dandelion and lemon are traditionally used to support the reduction of oxidative stress and maintain healthy cellular metabolism, making them an ideal combination.

## INGREDIENTS:

- 2-3 fresh dandelion leaves and root (*Taraxacum officinalis*) or 1 tsp of dried dandelion leaves and root
- 1 cup of boiling water
- 1-2 tablespoons of fresh lemon juice (adjust to taste)
- 1-2 teaspoons of honey or maple syrup (optional, for sweetness)
- Ice cubes (optional)
- Lemon slices and fresh dandelion flowers for garnish (optional)

## INSTRUCTIONS:

- 1 | **Harvest or Prepare Dandelion:** If you have access to fresh dandelion leaves and roots, harvest a young tender plant. Rinse it thoroughly and chop it all into small pieces. If you don't have fresh dandelion, you can use 1 teaspoon of dried dandelion leaves and root instead.
- 2 | **Boil the Water:** Bring 1 cup of water to a boil using a kettle or a saucepan.
- 3 | **Prepare Infusion:** Place the fresh or dried dandelion in a heatproof cup or teapot. Pour the boiling water over the leaves.
- 4 | **Steep the Infusion:** Cover the cup or teapot and let the dandelion steep for about 5-10 minutes. This allows the dandelion's beneficial compounds to infuse into the water.
- 5 | **Strain the Infusion:** After steeping, strain the dandelion infusion to remove the leaves and root. You can use a fine-mesh strainer or a tea infuser.
- 6 | **Add Lemon Juice:** Stir in 1-2 tablespoons of fresh lemon juice, adjusting the amount to your taste preference.
- 7 | **Sweeten (Optional):** If desired, add 1-2 teaspoons of honey or maple syrup to the lemonade for sweetness. Stir well.
- 8 | **Chill and Serve:** Allow the dandelion lemonade to cool to room temperature, then refrigerate it until it's cold. You can add ice cubes for quicker cooling.
- 9 | **Garnish (Optional):** When serving, garnish your dandelion lemonade with lemon slices and a few fresh dandelion flowers for a lovely touch.

## NOTES:

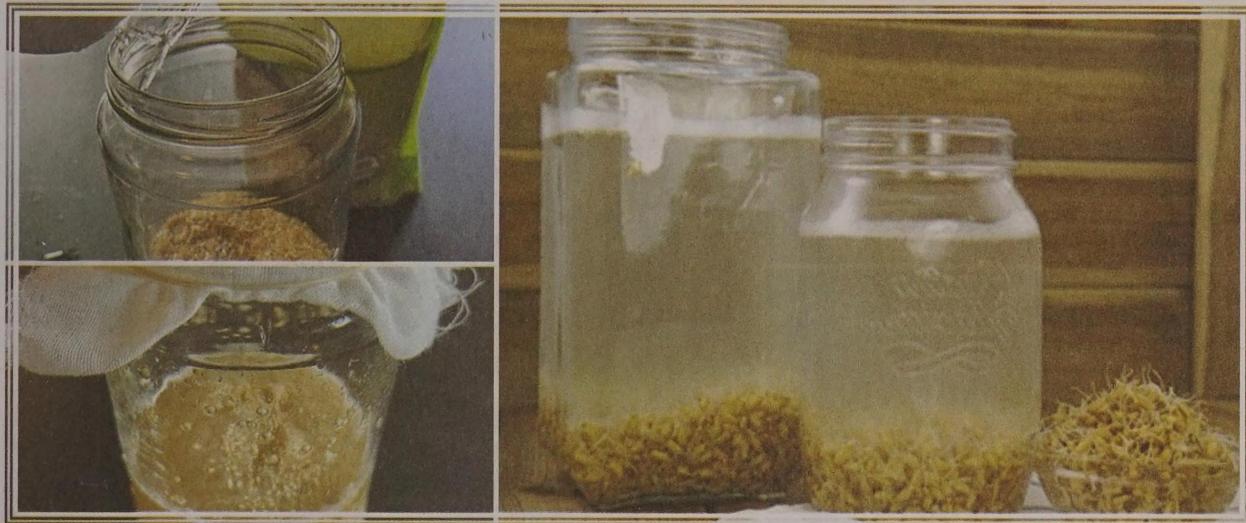
If you have known allergies to dandelions or related plants, avoid this recipe. While dandelion is generally safe in moderate amounts, excessive consumption may lead to stomach upset in some individuals. Start with a small serving. It can be kept in the refrigerator in a sealed container for up to a week, or frozen for two to three months.

## DOSAGE:

Drink 1 glass of lemonade first thing in the morning to support your body's natural cleansing processes.

# *Rejuvelac*

## *for Leaky Gut*



Rejuvelac is a fermented beverage, traditionally valued for its probiotic content. It is often consumed to support digestion, enhance nutrient absorption, and contribute to overall gut health.

### INGREDIENTS AND MATERIALS:

- $\frac{1}{2}$  cup of gluten-free whole grains (such as quinoa, buckwheat, or millet)
- Filtered water
- A large glass jar or a sprouting jar

#### NOTES:

If you're not enjoying the natural tangy flavor, you can add some honey to make it taste better. Another great way to get your daily Rejuvelac is to use it as a base for smoothies. This tends to mask the flavor completely, and seriously boosts its nutritional value.

Other ways to get creative is to use it in your homemade salad dressings. Rejuvelac is also used as a base to create vegan cheese, because it adds a cheesy fermented flavor.

### INSTRUCTIONS:

- 1 | **Rinse the Grains:** Begin by rinsing the gluten-free grains thoroughly under cold running water. Make sure to remove any debris or impurities.
- 2 | **Soak the Grains:** Place the rinsed grains in a glass or sprouting jar and add enough filtered water to cover it. Use a breathable lid, like a piece of cheesecloth or a clean kitchen towel, secured with a rubber band or string. Let the grains soak for 6-8 hours or overnight.
- 3 | **Drain and Rinse:** After soaking, drain the grains and rinse them well under running water. Drain thoroughly to remove excess water.
- 4 | **Sprout the Grains:** Cover the jar with cheesecloth and leave it in a dark place at room temperature for 24-48 hours, rinsing and draining the grains every 8-12 hours. You should see small sprouts emerging.
- 5 | **Fermentation:** Once the grains have sprouted, add 2 cups of filtered water to the jar. Re-cover with the breathable lid. Allow the grains to ferment at room temperature for 1-3 days. During this time, the water will become cloudy, and bubbles may form. This is a sign of fermentation.
- 6 | **Strain the Liquid:** Once the fermentation process is complete, strain the liquid into a clean glass container. This liquid is your rejuvelac. You can discard the grains or feed them to the birds.
- 7 | **Refrigeration:** Rejuvelac should be stored in an airtight container in the refrigerator to maintain freshness and prevent spoilage. Properly stored rejuvelac can last for up to two weeks in the fridge. If you notice any signs of spoilage, such as a foul odor or mold, discard the rejuvelac and make a new batch.

### DOSAGE:

Start with  $\frac{1}{4}$  cup of rejuvelac daily. Gradually increase the amount as your body adjusts, up to 1 cup per day.

# Gut Health

## Morning Shots



Morning gut health shots are a simple way to support your digestive health and overall well-being. These shots are a concentrated blend of ingredients traditionally used to aid digestion. They may help reduce bloating, support nutrient absorption, promote a healthy gut biome, and assist in managing blood sugar levels. With a variety of ingredients to choose from, you can customize your gut health shot to fit your needs and preferences. Here's a recipe to start you off, but feel free to tweak to your own liking.

### INGREDIENTS:

- 1 cup water
- 1 lemon
- ½ orange
- ¼ cup apple cider vinegar (with the mother)
- 1 tbsp fresh turmeric (*Curcuma longa*)
- A pinch of pepper (*Piper nigrum*)
- 1 tbsp fresh ginger (*Zingiber officinale*)
- 1 tsp honey (for sweetness)
- 1 tbsp chia seed

#### NOTES:

Turmeric can stain, so be careful when handling it. There are so many different takes on a morning health shot.

Here are a few other ingredients that work well: cayenne pepper, beetroot, greens, psyllium husk, papaya, aloe vera juice.

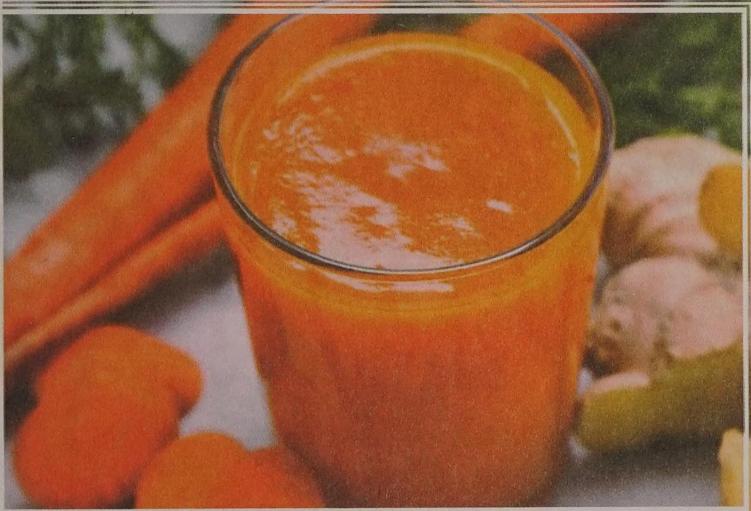
### INSTRUCTIONS:

- 1 | **Prep Ingredients:** Measure out one cup of water, then juice in the lemon and half the orange. \*The high acidity in the citrus and vinegar can be harsh on the system. In fact, the high acidity can damage your teeth and throat. Always water down your gut booster shots when they have such highly acidic ingredients.
- 2 | **Grate the Turmeric and Ginger:** Using a zester, grate the fresh turmeric and ginger roots. Both these roots are high in fiber and have highly nutritious peels. If you can find organic options, then leave the peel on. Otherwise, it's best practice to peel your roots before adding them to your gut health shots.
- 3 | **Mix It All Up:** Add the grated roots, the pepper, the apple cider vinegar, the honey, and the chia seeds to a jar.
- 4 | **Stir or Blend:** You have two options. Either stir the mixture thoroughly to ensure all ingredients are well combined or blend the ingredients to make a more homogenous mixture.
- 5 | **Allow Chia Seeds to Swell:** Let the mixture sit for a few minutes to allow the chia seeds to absorb liquid and swell.
- 6 | **Enjoy and Store:** Pour yourself a 1.5-ounce serving and enjoy the fiery, tangy boost to your morning. Store in a sealed container for a week.

### DOSAGE:

Take one shot daily for improved gut health. Consume it first thing in the morning on an empty stomach for the best results.

# *Herbal Acid Reflux Reliever*



There are many natural options for supporting relief from acid reflux, and this recipe is a staple. Carrot juice provides a vitamin-rich and low-acidity base, combining its soothing properties with those of aloe juice. Aloe juice, known for its antioxidant and anti-inflammatory properties, is traditionally used to help relieve symptoms of GERD. Ginger, a natural digestive aid, is a key ingredient in this anti-acid reflux juice. Powdered cinnamon and turmeric, both used for centuries to support digestive health, add to the effectiveness of this blend. Mix it all together to create a soothing and delicious drink to help manage acid reflux.

## **INGREDIENTS:**

- 1 carrot
- 1-inch piece of ginger (*Zingiber officinale*)
- 1 cup aloe vera juice
- $\frac{1}{4}$  tsp cinnamon (*Cinnamomum verum*)
- $\frac{1}{4}$  tsp turmeric (*Curcuma longa*)

## **NOTES:**

Aloe vera juice is known for its soothing properties, but some people may be sensitive to it. If you're new to aloe vera consumption, start with a small amount to check for any adverse reactions. Turmeric and cinnamon are anti-inflammatory spices that can help with digestion, but they should be used in moderation.

## **INSTRUCTIONS:**

- 1 | **Prepare Ingredients:** Wash the carrot and ginger pieces, then roughly chop them into about  $\frac{1}{2}$  inch chunks.
- 2 | **Combine Ingredients:** Add the carrot and ginger into your blender, then pour in the aloe juice.
- 3 | **Sprinkle the Cinnamon and Turmeric on Top:** Blend ingredients until pulverized.
- 4 | **Strain Out the Pulp:** Place a small sieve over a glass and slowly pour the contents of the blender through the sieve. Use a spoon at the end to press the juice out of the carrot pulp.

You don't have to strain the juice if you want to take advantage of the fiber from the carrot and ginger but this way is easier to digest and will provide the quickest relief for acid reflux. If you have a juicer, feel free to juice the carrots and ginger then mix in the aloe and spices.

## **DOSAGE:**

Consume this anti-acid reflux juice about 30 minutes before a meal or whenever you experience acid reflux symptoms. Start with a small amount (around  $\frac{1}{8}$ - $\frac{1}{4}$  cup) to see how your body reacts, and you can gradually increase the dosage if needed. Do not exceed one cup per day.

# Gastritis, Colitis, and Ulcer Tea Blend



Herbal teas have long been cherished for their soothing and healing properties, and in this recipe, we'll explore a blend of botanical ingredients carefully chosen to promote digestive wellness and reduce inflammation. Each herb has a unique set of benefits that, when combined, create a harmonious blend to provide relief and support for those grappling with gastrointestinal discomfort.

## INGREDIENTS:

- 1 tablespoon dried chamomile flowers (*Matricaria chamomilla*)
- 1 tablespoon dried marshmallow root (*Althaea officinalis*)
- 1 tablespoon dried licorice root (*Glycyrrhiza glabra*)
- 1 tablespoon dried calendula flowers (*Calendula officinalis*)
- 1 teaspoon dried meadowsweet leaves (*Filipendula ulmaria*)
- 1 teaspoon dried slippery elm bark (*Ulmus rubra*)
- 4 cups of water

## NOTES:

Licorice root should be used with caution and for short periods, as it may raise blood pressure in some individuals. If you have high blood pressure, consult a healthcare professional before using this tea.

- **Marshmallow Root:** Forms a protective layer in the stomach and intestines, reducing irritation.
- **Chamomile:** Soothes inflammation and eases digestive discomfort.
- **Licorice root:** Offers gastrointestinal relief and can help with healing.
- **Calendula:** Known for its anti-inflammatory properties, it can aid in soothing digestive issues.
- **Meadowsweet:** Helps with reducing acidity and inflammation in the stomach.
- **Slippery Elm:** Forms a soothing coating in the digestive tract, alleviating discomfort.

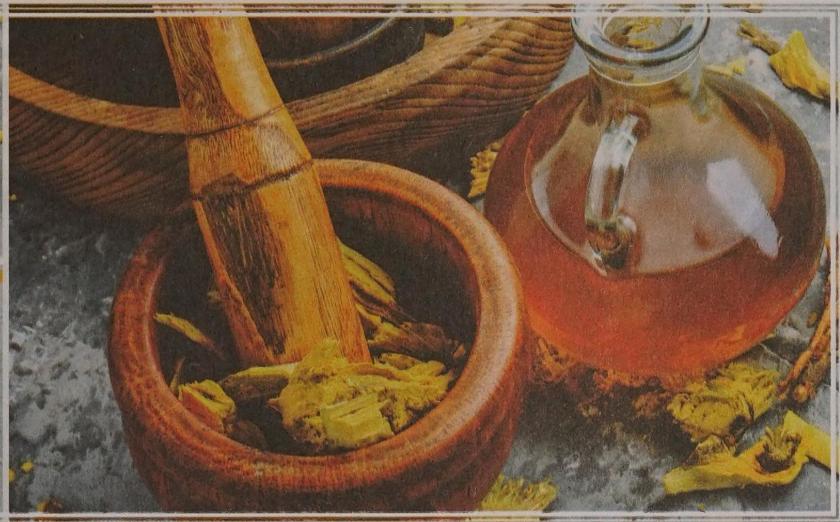
## INSTRUCTIONS:

- 1 | **Boil the Water:** In a medium-sized pot, bring 4 cups of water to a boil.
- 2 | **Add the Herbs and Roots:** Once the water is boiling, reduce the heat to low and add 1 tbsp each of the dried herbs.
- 3 | **Simmer:** Simmer the herbal mixture gently for about 10-15 minutes. Be sure it doesn't come to a rolling boil.
- 4 | **Steep:** After simmering, remove the pot from heat. Let the herbal mixture steep for an additional 10 minutes with the lid on.
- 5 | **Strain:** Strain the tea into a teapot or cup, discarding the used herbs.
- 6 | **Sweeten (Optional):** If desired, add a touch of honey for sweetness.

## DOSAGE:

Drink 1 cup of this herbal tea blend 2-3 times a day, ideally 30 minutes before meals.

# Bowel-Balance Elixir



Berberine is a compound found in various plants, such as goldenseal and barberry, both of which are traditionally recognized for their potential digestive benefits. It possesses antimicrobial and anti-inflammatory properties that may support the regulation of bowel movements. Additionally, berberine is known for its potential to balance gut microbiota and promote a healthy digestive environment. It may also help with the management of certain digestive issues by reducing harmful bacteria and inflammation in the gastrointestinal tract. For those seeking natural support for digestive health, berberine-containing plants can be a valuable addition to their regimen.

## INGREDIENTS:

- Dried goldenseal root (*Hydrastis canadensis*) or barberry root bark (*Berberis vulgaris*)
- 80-proof vodka or alcohol of your choice

### NOTES:

If diarrhea persists for more than 48 hours or worsens despite using berberine tincture, it is crucial to seek medical attention promptly.

While berberine tincture may provide temporary relief, it is not a substitute for proper medical care when diarrhea becomes severe or prolonged.

Many people with autoimmune conditions cannot use goldenseal, as it's too immunostimulatory. Replace with Oregon grape root or use barberry.

## INSTRUCTIONS:

- Prepare the Ingredients:** Begin by gathering the dried goldenseal root or barberry root bark.
- Chop or Crush the Ingredients:** If the herb is not already in a fine form, chop or crush it to increase its surface area. This will aid in the extraction process.
- Mix with Alcohol:** Place the chopped or crushed herb into a clean glass jar. Pour enough 80-proof vodka or your chosen alcohol to completely cover the herb. Ensure that the jar has a tight-fitting lid.
- Steep:** Seal the glass jar tightly. Store the jar in a cool, dark place for a minimum of 4-6 weeks. During this time, gently shake the jar every day to mix the contents.
- Strain:** After the steeping period is complete, strain the liquid through a cheesecloth or fine strainer into a clean container. This step separates the liquid tincture from the solid plant material.
- Store:** Transfer the strained tincture into amber or dark glass bottles for storage. This helps protect the tincture from light, which can degrade its potency.

## DOSAGE:

Start with a small dose, around 10-20 drops. It can be taken up to three times a day whenever necessary. If the tincture is too bitter, you may dilute the tincture in a small amount of water or juice.

# Anti-Parasitic Black Walnut Drops



Historically, black walnut hull tincture has been valued for its potent antioxidant, anti-fungal, anti-viral, anti-bacterial, and anti-parasitic properties. It also specifically acts against helminths (parasitic worms), which cause diseases such as schistosomiasis (bilharzia), one of the world's leading health concerns. It has also been used as a cytotoxic agent and to reduce excessive sweating, aid digestion, and alleviate heavy menstrual bleeding. Additionally, it may support heart health and help improve various skin conditions, especially those of a fungal nature. Its anti-parasitic properties primarily stem from its high juglone (5-hydroxy-1,4-naphthalenedione) content. Juglone has been shown to significantly reduce parasite load.

## INGREDIENTS:

- 7 whole green walnuts (*Juglans nigra*). \*For the best results, use the freshest black walnuts available, ideally when they are still very green. You will be using the walnut hulls.
- 100-proof vodka

## INSTRUCTIONS:

- 1 | **Add the Walnut Hulls:** Cut or smash (a hammer works well) the walnut hulls into small pieces and place them in a glass quart canning jar.
- 2 | **Prepare the Jar:** Fill the jar full of vodka, ensuring the hulls are submerged, leaving about  $\frac{1}{4}$  inch of headspace at the top of the jar.
- 3 | **Seal and Store:** Cap the jar. Label and date.
- 4 | **Steep:** Allow the tincture to steep for 4-8 weeks. The longer it steeps, the more potent it will become. The freshness of the black walnuts also influences the tincture's strength.
- 5 | **Strain:** Once the tincture is ready, strain the mixture using cheesecloth to remove the walnut hulls and any debris.
- 6 | **Store:** Pour the strained liquid into small, dark-colored bottles with droppers for ease of use. Label.

## NOTES:

Wear gloves while processing to avoid staining (the hulls are also used as a sustainable dye).

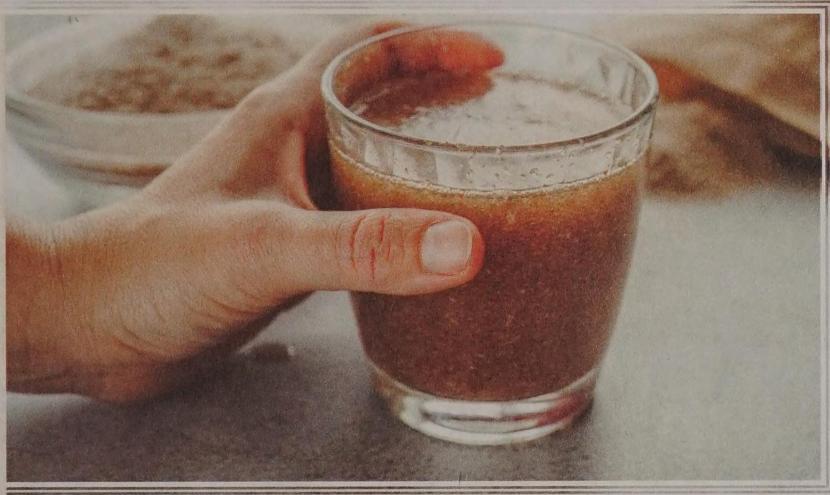
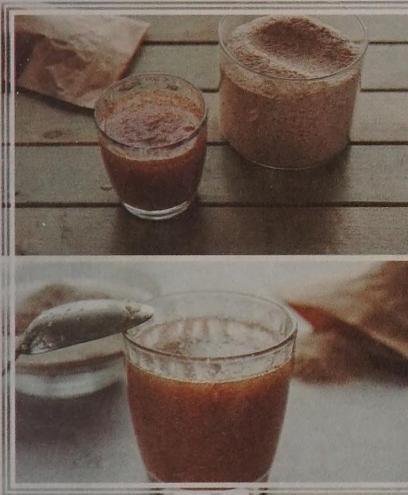
Pregnant or breastfeeding women, as well as those with certain medical conditions, should consult a healthcare professional before use.

Prolonged or excessive use may lead to gastrointestinal discomfort or other adverse effects. Not for long-term internal use.

## DOSAGE:

Typically, 20 drops of the tincture three times a day is suitable for most adults.

# Nature's Laxative Blend



Together, these herbs work synergistically to offer a gentle and natural solution for occasional constipation.

Senna leaves, known for their natural laxative properties, help stimulate the colon to promote regular bowel movements, providing short-term relief from constipation. Dandelion root supports overall digestive health and liver function, aiding in the alleviation of digestive discomfort. Psyllium husk adds soluble fiber, increasing stool bulk and facilitating healthy bowel movements. Fennel seeds not only contribute to digestive well-being but also enhance the tea's flavor.

## INGREDIENTS:

- 1 teaspoon of dried senna leaves (*Senna alexandrina*)
- 1 teaspoon of dried dandelion root (*Taraxacum officinale*)
- ½ teaspoon of psyllium husk (*Plantago ovata*)
- ½ teaspoon of dried fennel seeds (*Foeniculum vulgare*)
- 1 cup hot water

## NOTES:

Senna should not be used for extended periods as it may lead to dependence on laxatives.

Several other herbs can serve as alternatives or additions: Cascara sagrada (*Rhamnus purshiana*), buckthorn bark (*Rhamnus frangula*), slippery elm bark (*Ulmus rubra*), meadowsweet (*Filipendula ulmaria*), triphala: an Ayurvedic herbal blend consisting of amalaki (*Emblica officinalis*), bibhitaki (*Terminalia bellirica*), and haritaki (*Terminalia chebula*).

## INSTRUCTIONS:

- 1 | **Combine the Herbs:** Combine all the dried herbs and seeds (except the psyllium husk) in a clean, dry bowl.
- 2 | **Boil the Water:** In a pot, bring 1 cup (8 oz) of water to a rolling boil.
- 3 | **Add the Herbs:** Remove the pot from the heat source and carefully add the herbal blend to the hot water.
- 4 | **Infusion:** Place a lid on the pot and let the herbs infuse in the hot water for an extended period, ideally for 30-45 min. This longer infusion allows for a more thorough extraction of the herbal properties.
- 5 | **Strain:** After the infusion time has passed, strain the tea into a cup using a fine mesh strainer or tea infuser.
- 6 | **Add Psyllium Husk:** Be aware that the psyllium husk will absorb some water and create a thick, mucilaginous consistency. This thick consistency adds bulk to the stool and helps facilitate healthy bowel movements. Drink plenty of water throughout the day when using laxative herbs to prevent dehydration.

## DOSAGE:

Start with a small amount, around ½ cup (4 oz), and drink it before bedtime. If needed, gradually increase the amount.

# *Homemade* *Colon Detox Shot*



In making a colon detox shot, each ingredient is chosen for its traditional role in supporting digestive health. Apple cider vinegar is used to stimulate digestion and balance pH levels, while lemon juice, rich in vitamin C, is believed to cleanse the body and aid liver function. Ground ginger is known for easing stomach discomfort and promoting efficient digestion. Turmeric, with its anti-inflammatory properties, is often used to support gut health. Finally, cayenne pepper is thought to boost metabolism and enhance the production of digestive enzymes. These ingredients should complement a balanced diet and healthy lifestyle, and always consult with a healthcare provider before starting any new dietary regimen.

## INGREDIENTS:

- 1 tablespoon apple cider vinegar
- 1 teaspoon lemon juice
- ½ teaspoon ground ginger
- ¼ teaspoon turmeric powder
- A pinch of cayenne pepper
- 1 cup warm water

## INSTRUCTIONS:

- | **Prepare the Mixture:** In a glass, combine the apple cider vinegar, lemon juice, ground ginger, turmeric powder, and cayenne pepper.
- | **Add Water:** Pour the warm water into the glass with the other ingredients. Stir well to ensure everything is fully dissolved and mixed.
- | **Serve:** Drink the shot on an empty stomach, ideally in the morning, to maximize its potential benefits on digestion.

## DOSAGE:

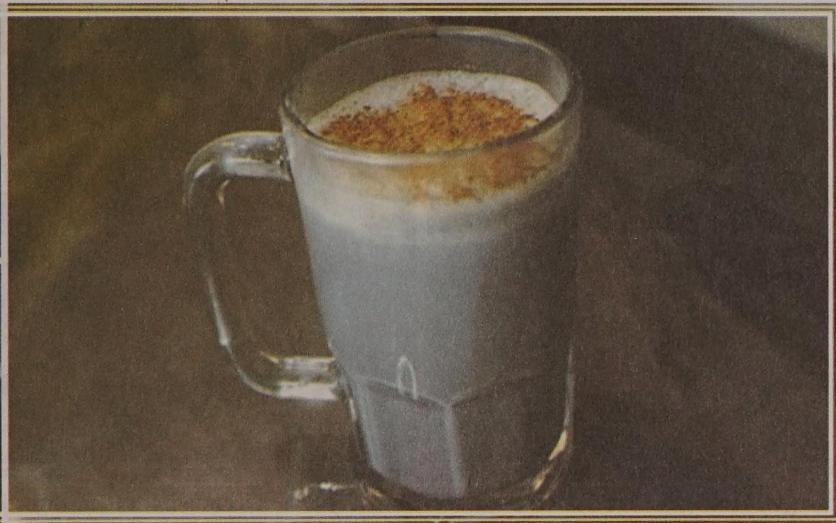
You can take this shot once a day. However, it's best to start with a few times a week to see how your body responds.

### NOTES:

If the taste is too strong, you can add a teaspoon of honey to sweeten it slightly. Keep in mind that adding sweeteners might affect the intended benefits of the detox shot.

Always check with a healthcare provider before starting any new dietary regimen, especially if you have existing health conditions or are pregnant.

# *Black Milk*



Activated charcoal is known for its adsorptive properties, traditionally used to bind with certain substances. This beverage combines the soothing qualities of nondairy milk with the intriguing properties of activated charcoal. This drink is not only visually striking but has been used traditionally to support digestive comfort. It is a comforting choice for those familiar with occasional bloating and stomach discomfort, offering a potential supportive remedy to start the day. Enjoy the rich, creamy texture complemented by the vanilla's sweetness and nutmeg's warm spice.

## INGREDIENTS:

- 3 cups nondairy milk of your choice (such as almond, oat, or coconut milk)
- 1 tsp of activated charcoal (approximately three capsules, emptied)
- 2 tsp of vanilla extract or powder
- 3 tsp of honey (or adjust to taste)
- A sprinkle of nutmeg (for garnish and taste)

### NOTES:

Black milk and activated charcoal can interfere with medication and nutrient absorption; consume them separately. Activated charcoal may not suit those with digestive issues and is not recommended for pregnant or breastfeeding women. Excessive consumption can cause gastrointestinal problems. Consult your healthcare provider with any concerns.

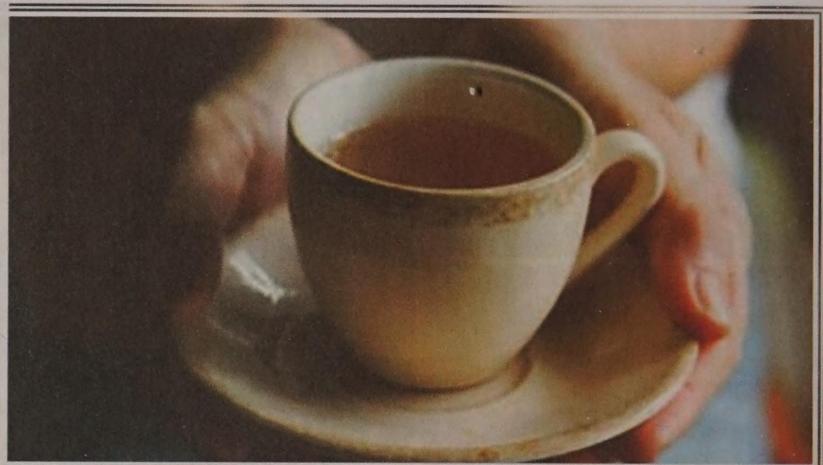
## INSTRUCTIONS:

- 1 | **Warm the Milk:** Pour the nondairy milk into a saucepan and gently bring it to a simmer over medium heat.
- 2 | **Mix the Charcoal and Vanilla:** In a small bowl, blend the activated charcoal and vanilla extract or powder until well combined.
- 3 | **Combine Ingredients:** Once the milk is just bubbling, remove it from the heat. If you have a blender, pour the milk in and add the charcoal-vanilla mixture along with the honey. Blend until smooth and fully integrated. Alternatively, use a frother directly in the pan to mix everything together (my preference for ease).
- 4 | **Froth and Serve:** Set aside most of the milk mixture in a cup. Froth the remaining milk in the pan using a frother until you achieve a light foam. Gently spoon this foam over the milk in the cup.
- 5 | **Garnish:** Lightly sprinkle nutmeg on top for a touch of spice and an aromatic finish.

## DOSAGE:

It is best to have your black milk drink on an empty stomach and at least two hours prior to taking any medications or vitamins. First thing in the morning is ideal.

# Intestinal Relief Infusion



This gut-healing homemade tea combines a variety of herbs known for their digestive benefits.

Peppermint leaves help alleviate indigestion and bloating; Chamomile flowers are recognized for their anti-inflammatory properties, aiding various digestive issues; Marshmallow root, rich in mucilage, soothes and protects the digestive tract; Slippery elm bark is soothing and provides protective effects on the digestive system; Licorice root assists with indigestion and supports a healthy mucosal lining; Cinnamon bark, aside from adding flavor, helps regulate blood sugar levels; and Ginger is renowned for its digestive effects, including nausea relief and overall gut health support.

## INGREDIENTS:

- 8 ounces of scalding hot water
- ½ tsp of dried peppermint leaves (*Mentha piperita*)
- ½ tsp of chamomile flowers (*Matricaria chamomilla*)
- ¼ tsp of marshmallow root (*Althaea officinalis*)
- 1 pinch of slippery elm bark (*Ulmus rubra*)
- ¼ tsp of licorice root (*Glycyrrhiza glabra*)
- ¼ tsp of cinnamon bark (*Cinnamomum verum*) or ½ tsp of ground cinnamon
- ¼ teaspoon of ginger (*Zingiber officinale*)
- Sweetener to taste (honey, stevia, monk fruit; optional)

## INSTRUCTIONS:

- 1 | **Boil the Water:** Start by boiling 8 ounces of water. Once it reaches a scalding hot temperature, remove it from the heat source.
- 2 | **Prepare Herbs:** In a teapot or tea infuser, combine the dried herbs.
- 3 | **Pour Hot Water:** Pour the scalding hot water over the herbs.
- 4 | **Steep:** Cover and let the mixture steep for about 5-7 minutes. Steeping time varies depending on your personal preference for tea strength.
- 5 | **Strain and Serve:** After steeping, strain the tea into your cup, removing all the herbs.
- 6 | **Sweeten (Optional):** Optionally, add sweetener to taste. Honey, stevia, or monk fruit are excellent choices. You can skip sweeteners if you prefer your tea unsweetened.
- 7 | **Enjoy:** Sit back, relax, and enjoy your gut healing homemade tea for its soothing and digestive benefits.

## DOSAGE:

You can enjoy this gut-healing tea up to three times a day, depending on your digestive needs. It can be particularly soothing when consumed after meals or when you're experiencing digestive discomfort.

## NOTES:

This tea is intended to support digestive health but should not be used as a replacement for medical treatment if you have a serious digestive condition.

# *Herbal Parasite Flush*



Papaya seeds have long been used in traditional herbal practices for their potential benefits in supporting digestive health. If you've ever grabbed a doorknob, played with your pet, or walked barefoot in the grass, there's a good chance you may have parasites inside you! These parasites could be contributing to your health issues.

This "Herbal Parasite Flush" is a simple way to use papaya seeds to help address these concerns.

## INGREDIENTS:

- 1 whole papaya
- Honey
- Glass of water
- Knife
- Small bowl

## INSTRUCTIONS:

- 1 | **Prepare the Papaya Seeds:** First, slice the papaya in half lengthwise and scoop out the seeds with a spoon. Discard the stringy flesh surrounding the seeds.
- 2 | **Rinse and Dry the Seeds:** Next, rinse the seeds thoroughly under cold water to remove any remaining pulp. Pat them dry with a paper towel and let them dry for a few days.
- 3 | **Mix with Honey:** After the seeds have dried, mix the papaya seeds with raw honey in a small bowl. Label and store.

## NOTES:

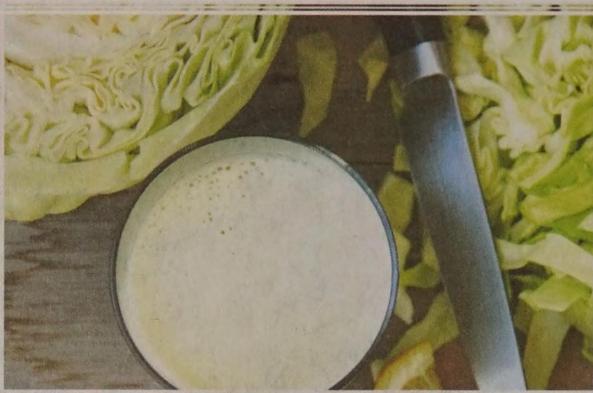
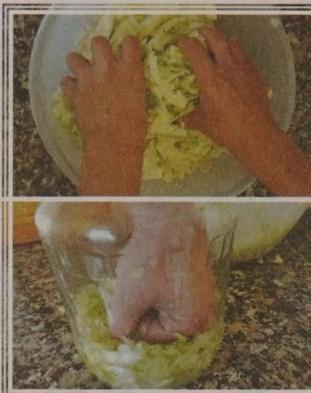
Avoid consuming sugar, as it can feed parasites.

Consult a healthcare professional before using this remedy if pregnant, nursing, or having chronic health conditions. Some individuals may be allergic to papaya seeds. Discontinue use if you experience any allergic reactions. If taking medications, consult a healthcare provider before using this remedy, as papaya seeds may interact with certain medications.

## DOSAGE:

Start with one tablespoon of the mixture per day and increase the dosage gradually as needed.

# Fermented Cabbage Juice (Best Probiotic)



Fermented cabbage juice is a nutrient-dense beverage that can provide numerous health benefits, particularly for digestive health. Cabbage is rich in vitamins C and K, and antioxidants, and has strong anti-inflammatory properties. Drinking cabbage juice can support gut health, detoxify the body, and provide a natural boost to your immune system.

## INGREDIENTS:

- 1 medium-sized cabbage (about 2-3 pounds)
- 1 tablespoon of sea salt (aim for 1.5-2% salt by weight)
- Optional: Caraway seeds or juniper berries for flavor (1-2 tablespoons)

## NOTES:

Don't forget to thoroughly wash your hands and all utensils before. Cleanliness is crucial in fermentation. Some individuals may experience increased gas or bloating when first introducing cabbage juice into their diet. Start with small amounts to allow your body to adjust.

If you have a thyroid condition, consult with a healthcare provider before consuming large amounts of cabbage juice, as it contains goitrogens which can interfere with thyroid function.

Feel free to experiment with different combinations to find your favorites. These creative variations can add exciting flavors and health benefits to your meals:

Turmeric and ginger sauerkraut, beet and carrot sauerkraut, garlic and dill sauerkraut, pineapple and jalapeño sauerkraut, cranberry and rosemary sauerkraut. For added flavor, you can also try mixing the fermented cabbage juice with other vegetable juices like carrot or apple juice.

## INSTRUCTIONS:

- 1 | **Prepare the Cabbage:** Remove the outer leaves of the cabbage and set them aside. Then, cut the cabbage into quarters and remove the core.
- 2 | **Shred the Cabbage:** Shred the cabbage finely using a sharp knife or a mandolin slicer.
- 3 | **Massage and Squeeze:** In a large bowl, combine the shredded cabbage and salt. Massage and squeeze the cabbage with your hands for about 10-15 minutes. This will help break down the cell walls and release the cabbage's natural juices.
- 4 | **Optional Flavoring:** If you're adding caraway seeds or juniper berries for flavor, mix them in with the cabbage.
- 5 | **Pack into a Jar:** Pack the cabbage mixture tightly into a clean glass or ceramic fermentation jar. Press it down firmly so that the cabbage is submerged in its own juices. Leave some space at the top of the jar to allow for expansion.
- 6 | **Add Cabbage Leaves on Top:** Take the cabbage leaves you set aside earlier and place them on top of the cabbage mixture. This will help keep the cabbage submerged.
- 7 | **Seal the Jar:** Seal the jar with a lid. If your jar has a metal lid, place a piece of parchment paper or a plastic bag between the cabbage and the lid to prevent corrosion.
- 8 | **Allow Fermentation:** Let the sauerkraut ferment at room temperature for about 1-2 weeks. Check it every few days to ensure the cabbage stays submerged and to taste for your desired level of fermentation. The longer you ferment, the tangier it will become. The sauerkraut can be enjoyed as a side dish, into salads, sandwiches, or as a topping for grilled meats or vegetables.
- 9 | **Extract the Juice:** After fermentation, strain the fermented cabbage mixture through a fine mesh sieve or cheesecloth to collect the juice. Press down on the cabbage to extract as much juice as possible.
- 10 | **Store the Juice:** Pour the cabbage juice into clean glass bottles or jars. Seal them tightly and store them in the refrigerator.

## DOSAGE:

Start with  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of cabbage juice per day. Gradually increase the amount as your body adjusts, up to 1 cup per day. It's best consumed on an empty stomach for optimal absorption.