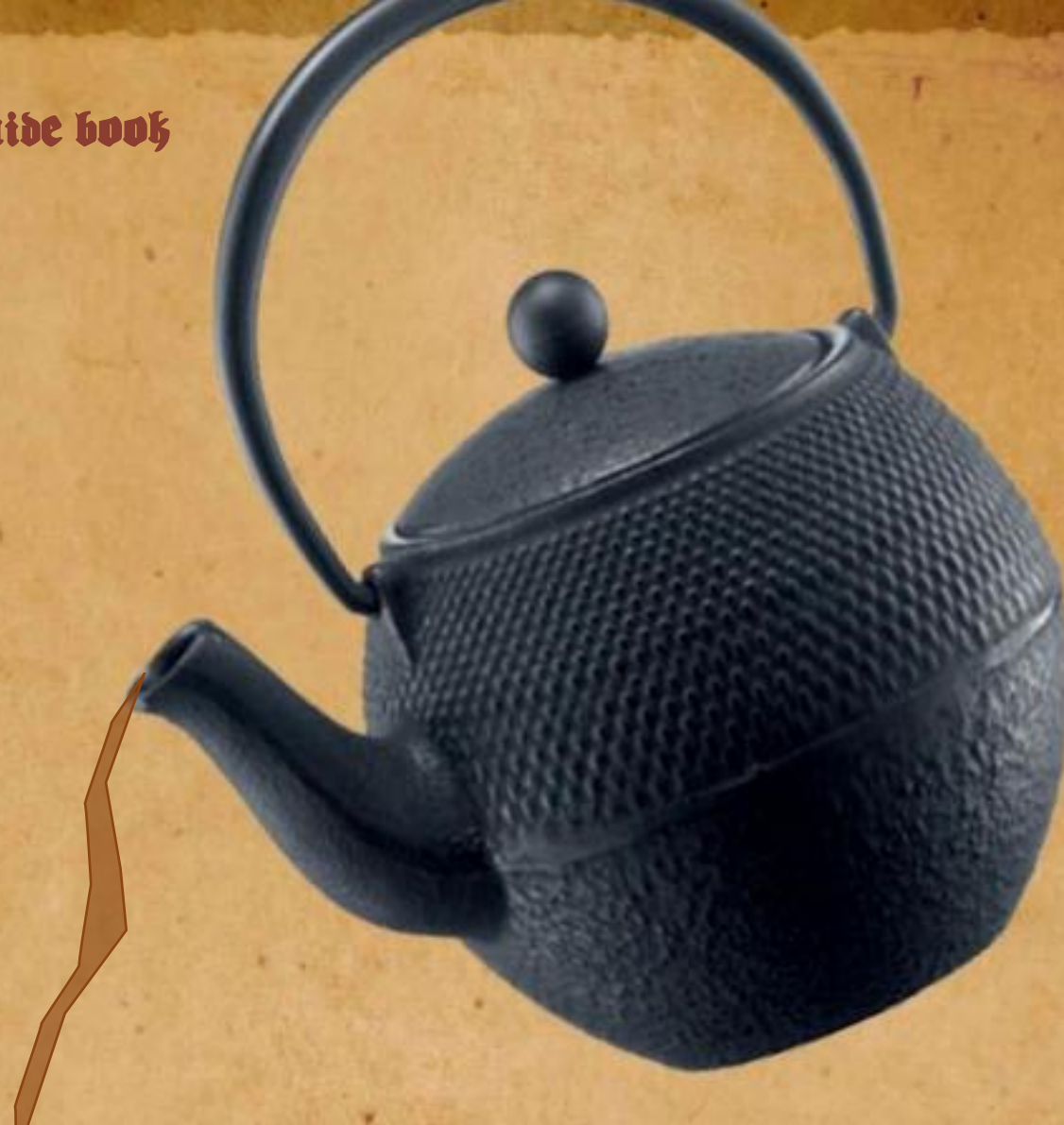


a tonic herbal recipe and guide book



Elixir Synergy

Heidi Ohlander, JS Ohlander and Brandon Gilbert

Elixir Synergy

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Welcome to Elixir Synergy!

This book represents years of research, learning and experimentation. It is truly a labor of love, as we the authors have put a lot of effort into making this the best book possible for you.

The design of this book has been formatted for easy viewing on computer screens. If you have a laptop or netbook computer, we made it easy for you to bring your laptop into the kitchen! It's a great way to save paper if you can do it.

If you wish to print out pages from this book, the pages will look best on a color printer. No matter if you print in color or black and white, make sure to treat each page as a "photo" and not as a traditional text document to make sure you get every part of each page.

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One more thing: thank you for taking the time to read this book. We hope you enjoy it. As with any newly released book, there may be things left out, typos, grammatical errors, etc. If you find any of these issues or have feedback in regards to the book, you can reach us at elixirsynergy@gmail.com.

Sincerely,
Heidi, JS and Brandon

Forward by Heidi Ohlander

This book that you are reading all started with a simple conversation between my husband, JS, myself, and our friend Brandon Gilbert.

We were discussing all the elixirs and drinks we have made in the past few years. We estimated that we have made at least one elixir, tea or other drink every single day for the past 3 years. That meant that between the three of us, we have made over three thousand drinks.

That is a lot of drinks!

Brandon started telling stories of how he ran a tonic bar for a few years, and all the different drinks he made.

We got all excited, thinking about how these drinks we now call elixirs have in many ways...changed our lives forever.

Nearly everyday, I have conversations with other people about smoothies and elixirs.

I've talked to many people who say they make smoothies in their blender every morning, but they think elixirs were too complicated.

With proper knowledge, elixirs are not complicated.

If you can turn on a stove and operate a blender, you can make elixirs.

Yes, there are a few basic elements to learn, but once you learn the foundations of elixirs, a whole new world will open up to you.

And once you learn the basics, and try out many of the recipes found in this book, you will learn how to create your own recipes, and make elixirs that are just right for you!

I firmly believe that **elixirs are the new technology for herbalism and super nutrition.**

Herbs and elixirs have truly changed my life forever. This book is the sharing of our combined knowledge that we humbly offer to you in the hopes that you can join us on this exciting journey.

Elixir Synergy is a book that is more than a book. It is a labor of love, delivered to you.

We hope you enjoy the book as much as we've enjoyed creating it.

Love,

Heidi

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Chapter 1: Getting Started



Chinese Herbs

Mise en place.....
"Putting in place" in French.

Mise en place is a common culinary term referring to getting all your ingredients and equipment together before starting the food making process. Mise en place is also important when making drinks. There is tea to prepare, and then the elixir to make. The best way to start something is to have everything prepared. In this section we will help you get everything in place so that you can dive into the recipes that follow throughout the rest of the book.

In this chapter we will cover equipment, supplies, ingredients, and other introductory material to prepare you on your own elixir journey.

Etymology of the Word "Elixir" by Heidi Ohlander

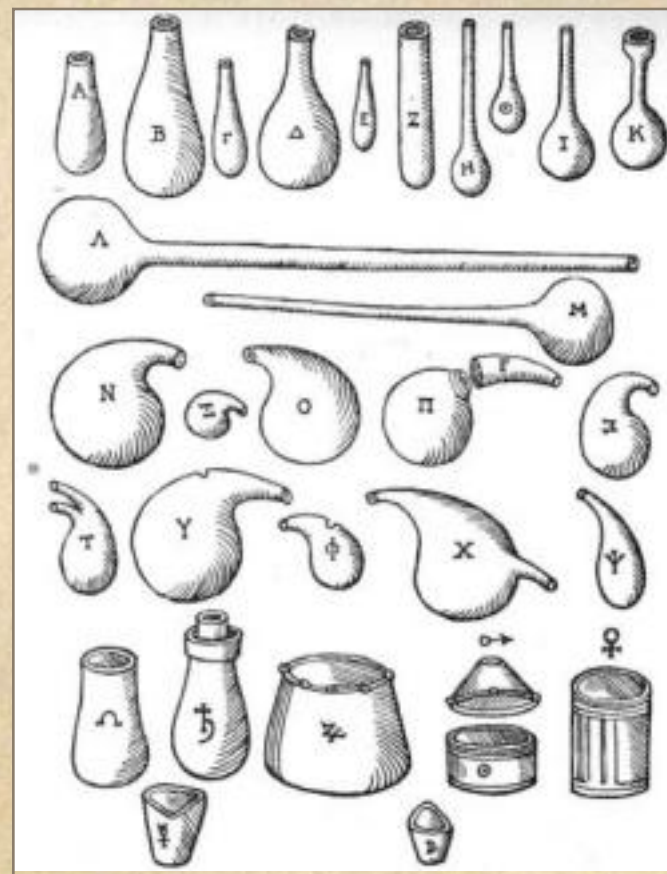
The word elixir has been around for centuries, and it is possible that the concept relating to the word elixir has been around since the dawn of ancient civilizations.

The foundation of the word elixir dates back to ancient Greece, with the Greek word xeros, meaning dry.

It was then transformed into Arabic into the word al-iksir. The actual word with its current spelling, elixir, has been found written in sources as early as the 13th Century.

In general, throughout history the word elixir is meant to describe an alcohol based liquid meant to be taken as a medicine. Elixirs were originally designed to be liquid-based medicines with formulas that were intended to be used by virtually anyone.

The effects felt by these elixirs were usually good overall well-being, although some elixirs had specific medicinal effects.



Chemical utensils from the book, Alchymia by Andreas Libavius, 1606.

Until recently, the word elixir has been associated with two main facets of history: alchemy, and quackery. In alchemical circles the elixir is connected to the Holy Grail for alchemists...

...the Elixir of Life, also known as the Elixir of Immortality.

As with any divine path there is usually a light side pursuing greatness, as well as a dark side pursuing a quick dollar. As early as 1631 there have been people selling elixirs.

Some of these preparations were purported to have beneficial properties, and some were made of mostly moonshine.

During the mid-1800s there was a resurgence of the word elixir, especially when it came to alcohol based medicines sold throughout the United States.

Usage of the word elixir started to decline, arguably due to the creation of the Federal Drug Administration in the United States.

The usage of the word Elixir to describe a medicinal tonic beverage or medicinal remedy decreased throughout the 20th Century, throughout history there have always been alchemists continuing to search for the Elixir of Life.

Though not technically elixirs, during the early 1970s a growing movement called the "raw food movement" started to create "smoothies" containing blended fruits and vegetables.

These smoothies would later serve as part of the inspiration for modern elixirs.

Chinese medicine and herbs also contribute to elixir innovation.

During some time in the late 1980's and early 1990's master herbalist Ron Teegarden began to create elixir drinks that were a combination of Chinese herbal decoctions in some sort of liquid base.

In the last decade, people started experimenting with a wider variety of ingredients in their smoothies. In addition to fruits and vegetables, nuts and seeds were blended into "nut milks" and made into smoothies.

When powdered superfoods arrived in the first part of the 21st Century, many budding alchemists began adding them to their smoothies.

Most popular among them was raw chocolate powder, or better known as raw cacao powder.

The defining moment for modern elixirs occurred within the last decade. In the mid-2000s, people started experimenting with making teas, and then transforming the tea into a base for a smoothie.

Daniel Vitalis is commonly known for bringing for the fully advanced and modern version of the tonic Elixir through his YouTube videos and ElixirCraft course.

This new usage of the word elixir refers to a beverage that has a more complex structure than a traditional definition of a smoothie.

As of the time of writing this book, elixir has become a common word amongst the raw/living foods/ longevity/ immortalist/health-conscious community.

Even though the word elixir has exploded into usage among people making beverages, its definition has yet to be officially defined.

One could postulate that the essence of the word still remains; an elixir is a beverage that is capable of prolonging life, improving health and creating an overall sense of well-being.

Even at this moment in time the elixir is still changing. People all over the world continue to experiment with elixirs, constantly perfecting particular recipes intended for a specific purpose.

Although elixirs seem to be timeless, elixirs are more complex than a traditional smoothie. It will be exciting to see the continual perfecting of elixirs in the years to come.

And as you are reading this book, you are part of this new movement!

- Heidi Ohlander



A typical modern elixir made from herbal tea, nut milk, spices, and other ingredients.

What is Herbal Alchemy? by JS Ohlander

Herbal Alchemy is synthesizing the best from a wide range of herbal modalities from across the globe with modern superfood and living food technology into a daily food and herbal medicinal regimen that works best for our individual bodies.

"Herbalism" isn't a simple set of rules like for instance a "vegetarian diet" is.

Herbalism is a way of working with herbs and processing them into different personal foods and medicines for our individual bodies.

There have been many hundreds of herbal traditions spanning back into ancient times, some lasting even thousands of years or more! Many people are most familiar with Chinese herbalism, a methodology used for over 2,000 years.

On the other side of the world we are learning of the miraculous herbs and other plants coming out of the Amazon rain forests.



Tea plant (camellia sinensis) from Kohler's Medicinal Plants, 1887.

Tea is one of the most common herbs used around the world, but is rarely a part of current herbal alchemy.

What we're doing with Elixirs is taking the best that we can find from each herbal tradition and learning to work with them through methods of processing (like decoctions, teas, infusions, etc) and combining them with the best of what the raw and superfood world has to offer.

Mostly we use modern superfood powders like cacao, maca, lucuma, shilajit, and many, many more.

The goal is to create a daily drink that:

- satisfies a portion of our caloric needs
- helps us fulfill our plans for the day, and
- reach our personal health goals for our individual bodies into an amazing tasting concoction that we enjoy with every sip.

When you fulfill these goals, an elixir then transcends from simple beverage and/or meal replacement, and enters into a spiritual experience.

Alchemists were the mystic chemists of the past.

Before there was chemistry, there was alchemy. A synthesis of chemistry, herbalism, mysticism, spirituality, self-development, and magic into one almost undefinable term: Alchemy.

Alchemy has been an almost forgotten art....

....until NOW.

It doesn't take turning lead into gold to be an Alchemist. An alchemist is simply someone working with a set of materials to achieve higher and higher levels of perfection of self.

Since we are all into superior nutrition and foods, we are calling ourselves Herbal Alchemists.

Welcome, fellow Immortalist, to the modern world of Herbal Alchemy.

- JS Ohlander

What is a Tea vs. What is an Elixir? by Brandon Gilbert

A tea is a hot water extraction of one or many herbs which can range from a quick 5-10 minute hot water infusion all the way to a 4-6 hour hot water decoction.

While a tea may provide some energy, it lacks caloric density to be considered a significant source of energy for the body.

An elixir is generally a tea that has been transformed into a food or a meal due to addition of fat, carbohydrates, and protein.

So basically the equation for an elixir is:

elixir = tea + calories (fats, carbs, protein)

This combination turns a medicine into food and food into medicine. Elixirs serve as a delivery vehicle for all of the herbs and superfoods that one may decide to ingest.

Elixirs can be personalized, fine tuned, and intelligently crafted medicinal food.



Decocted tea in a photograph can look similar to brewed coffee, but the flavor is quite different. This tea is made with spring water, rehmmania and asparagus root.

Gone are the days of "the kitchen sink" smoothie, elixirs are a more elegant, intelligent, evolved, and effective form of nutrition.

Like Hippocrates, the founder of modern medicine said:

"Let food be thy medicine, and medicine thy food."

Yet never before has it been easier to fully actualize the meaning and intention behind that statement.

Elixirs are by far the quickest, easiest, and most potent method to realize and embody this teaching.

I wonder if Hippocrates knew that one day there would be thousands of us living by this axiom and transforming it into such a beautiful and elegant art and science.

Either way, we owe much to the ancient herbalist, healers, and alchemists who really paved the way and opened the doors of knowledge for us.

Out of gratitude we are taking this ancient art and science to a more modern and evolved level.

- Brandon Gilbert

Heating Equipment Choices For Making Teas and Elixirs

The heating element is the foundation for making teas and elixirs.

It is the symbolic fire that transforms the herbs and other ingredients into your final teas and elixirs.

If you are just beginning and want to get started, you can begin by using what you have around you.

The most common heating element you will have around you is your stove top in your home.

Most homes have either natural gas or electric stove tops.

As you advance into making drinks every day, we have found that many electric stove tops in older homes are known to create an inconsistent stream of heat, and some take a very long time to reach enough heat to boil water.

Because of inefficient equipment, many of us who make elixirs have had to look for other types of elixir-making equipment.

There are several types of heating equipment choices available.



This photo shows a typical tea-crafting setup using an electric burner and a glass "teapot".

If you like the option of portability, Another type of heating element is a portable gas burner.

Portable gas burners can easily be found inexpensively at camping stores. Most portable gas burners use refillable cans of propane or butane.

Many people like to use the portable gas burners because it brings the element of fire into their personal crafting process. The main advantage to these burners is that they boil water quickly.

While we all love introducing the element of fire to our elixirs, there are disadvantages.

Gas stove tops are slightly more dangerous than electric stoves because of the open flame. This is important to consider when you are decocting a tea for 6-8 hours or more at a time.

If you choose to use a gas stove or a portable gas burner, make sure to always be in the room watching the tea.

Simply put: we wouldn't recommend using a gas stove as your only heating element for making teas.

For an all in one solution, you can use a Crock Pot or a Rice Cooker.

A Crock Pot or Rice Cooker are similar to the electric burners in that they are electric and they are portable. Most of them are inexpensive and offer multiple heat settings.

Crock pots and rice cookers are great for beginners who want an "all-in-one" device.

If you have one of these items at home, check to make sure it has multiple heat settings - one high setting that can boil water, and another that can simmer the water for an extended period of time.

One of the nice features in crock pots and rice cookers are that some offer programmable timers and automatic shut off settings.

While we normally advise that you watch over your teas, you may want to use these features in the future as you become more familiar with your herbs.



An example of using a rice cooker as a teapot for herbal decoctions.

Personally, we have found that the best solution is to buy a portable electric burner.

Portable electric burners can be purchased at almost any "big box" retail store for under 20 dollars. GE has a single burner model that we have used for almost 2 years.

If you want to make multiple teas at a time, you may want to invest in a portable double burner system. Our favorite is a double burner unit, also made by GE, that usually retails for under \$40.00.

Electric Burners are our personal favorite heating element for multiple reasons.

One of the greatest advantages of the electric burner is that you can bring it virtually anywhere - as long as you have access to an electrical outlet. You could bring your electric burner when traveling into a hotel room that does not have a kitchen.

They are also small and portable; they can fit into nearly any travel situation.

Whatever heating element you choose, remember to be conscious and aware while crafting your tea.

Finding the Right "Teapot" For Making Teas

Although there is a beautiful asian style tea pot on the cover of this book, in order to make teas and elixirs in your everyday life, you are going to need a larger "tea pot".

Most people who make elixirs have found through trial and error that large pots that would have normally been used for soups and stews are the perfect way to make large batches of tea.

There are three materials that are the best for tea pots: *stainless steel, ceramic, and glass.*

"Stainless Steel" can easily be found in many stores, but be aware that these pots do release small amounts of nickel over time.

There is also a new type of stainless steel called surgical stainless steel (also known as 316 stainless steel) that has been proven to not release anything into the water or tea.

However, be aware that **most surgical stainless steel pots are very expensive**, sometimes costing over \$300.00 US.



Our favorite kind of "teapot": Visions 1.5 quart or larger glass pot, traditionally used for cooking, is excellent for brewing herbal tea.

Ceramic or clay is another common material for teapots.

Ceramic teapots have been used for centuries to make tea, and there are many styles available all over the world. Traditional European-style ceramic teapots are beautiful, but they are rarely made large enough to accomodate large batches of tea.

Chinese-style ceramic teapots can be found in some asian markets. While some are high quality, some of these Chinese-style teapots are for novelty purposes only.

If you find a Chinese teapot in an asian store at a very low price, it may leak or break the first time you use it (we speak from experience!).

Ceramic is a great option to a teapot if you are making small batches of tea.

Due to the difficulty of finding large enough ceramic teapots, we do not recommend using ceramic or clay teapots for everyday use.

For personal and home use the best tea pot we have found are glass pots.

Glass has many advantages. Glass does not leach metals and can tolerate boiling temperatures.

Glass pots are commercially available in a variety of sizes.

There are a variety of name brands, but we have found Pyrex "Vision" brand to be the easiest to obtain. They range from 25-60 dollars for new, but they can be difficult to find in retail stores.

Buy online if possible for the best selection and availability.

If you choose to use a glass pot as a teapot, do be careful to treat your glass pot with respect.

Glass can easily break if dropped.

And for those of you that own decorative tea pots and tea kettles, you do not have to give them up completely.

You can use your other teapots for very small amounts of tea. You can also pour large batches of tea into smaller tea pots for guests.

Standard Equipment

To create Elixirs you are going to need a certain set of equipment and tools.

The following equipment will be necessary in order to create the recipes in this book and to set you up for your new Elixir journey.

- **High-Speed Blender** – like a *VitaMix*. You can get away with a smaller blender for a while, but the motor will probably burn out eventually. The high-speed blender is necessary in order to fully liquefy all the herbs, fruit, powders, and fats together into one solid drink.
- **Teapot** – See our detailed section on selecting the right teapot for you. You may eventually want a second teapot so you can have two brews going at once.
- **Mixing bowls** – Select mixing bowls that are large enough to hold all your liquid and to pour from the teapot without spilling. Also make sure it has a really good spout that pours well. Glass and ceramic are preferred but plastic will do if you can't find anything else. Just don't leave your hot tea in the plastic bowl for very long.

- **Sharp Knife** – You will sometimes need a sharp knife to slice whole vanilla beans, to chop reishi mushroom into smaller pieces, and open up various herbs and spices.
- **Strainer** – We recommend both a nut milk bag (or make your own as we showed you in the video) and some sort of metal strainer. Find the finest strainer you can get your hands on.
- **Mason jars and glass jars** – Storing your herbs in tightly sealed glass jars in a cool, dry place is ideal. Glass is not porous and your herbs will stay fresher, longer. You can get really creative and start collecting glass jars that fit your personal aesthetic. We also recommend drinking your Elixirs out of a glass container. Especially useful for mason jars are plastic lids that keep your drink sealed while you are on the go.
- **Measuring spoons** – Glass or stainless steel are best. This will be useful during your first month of Elixir creation. If you are a kitchen expert and know your measurements by just eyeballing them, feel free to do it that way instead.

- **Funnel** – Useful for dosing out your herbs and superfood powders from a bigger bulk container into your glass jars.
- **One or five gallon jugs for spring water** – If you are collecting your own spring water, you will want large containers to fill up enough water to last you for a while. If you are using filtered water, large five gallon non-leeching plastic containers with spouts are very helpful.

Properly Using the Blender

There are certain techniques and tips you will want to have in mind when making your Elixirs.

Most often, you can get a pretty good Elixir by just blending everything together, but it may not be as smooth or flavorful unless you follow some guidelines.

- **Order is important** – always start with your liquids first. Add your thickeners and then blend. Lastly add all of your powders and other additions and blend until smooth.
- **Fats and oils** – when adding fats and oils to your drinks, turn your blender down low and slowly pour them in. This will often prevent your drink from separating later.
- **Over-blend, don't under-blend** – if you don't blend enough, you may end up with a drink that isn't consistent tasting and smooth. Plus it may separate in the fridge later. More blending will help emulsify all of the ingredients together into one consistent liquid.

- **Always have the lid on** – if you are pouring oils or other liquids in, turn the blender on the lowest setting and take the plastic top off (not the lid) and pour your liquids in.
- **Cut down on foam** - If your drink ends up being really foamy, you can lower the amount of foam by blending it at the absolute slowest speed.

Standard Ingredients

Even though the seemingly endless amounts of Elixir ingredients can seem daunting at first, there are really only a small amount of standard ingredients in most Elixirs.

We will cover the main ingredients here so you are familiar with what you are putting into your drinks.

- **Water** – fresh, quality spring or filtered water is the life blood of Elixirs. Spring water is best.
- **Herbs, whole** – Using whole herbs is the standard way to make herbal teas for your Elixirs. Taking a whole herb or mixture of herbs and decocting (simmering) or infusing them in water is how we make our “teas”.
- **Herbs, powdered** – powdered herbs or spray-dried are a common ingredient in Elixir recipes. These are blended into your teas and will infuse into the entire Elixir.
- **Superfoods, powdered** – most superfoods come in powders like a superfood “flour”. Some superfoods are taken medicinally in small doses (camu camu berry, for example). Others form a large flavor component in Elixirs and can often be treated as foods (cacao, maca, lucuma, etc).

- **Thickeners** – Not all of your Elixirs need to be watery beverages. To make your Elixirs into a meal, often a thickener is used. Common ingredients are soaked chia seeds, fats like nuts and seeds made into a milk, frozen berries, coconut and cacao butters and more. Thickeners will also help hold all of your ingredients and powders together to make sure it doesn't separate.
- **Ice** – when you want to turn your Elixir into a cool beverage or iced drink, having smaller-sized ice cubes on hand is a good idea.
- **Nut Milks and Seed Milks** – if you aren't turning your tea into a nut milk, you can add nut or seed milks into your drink.
- **Raw Dairy Products** - Other great additions are organic grass-fed milk, kefir, or other liquid of your choice. Experiment and have fun!
- **Other Ingredients** – more great additions include lecithin (for thickening), bee pollen, and high-quality raw protein powders. See the Shopping Guide for more details.

Sweeteners

The right sweetener in the right amount can make or break an elixir.

The amount of sweetener you use and the kind you choose is entirely up to your personal taste.

As you are just starting out and learning about elixirs, stick with the recipes in this book and use the amount of sweetener recommended as your foundation.

Remember you can always add more sweetener, but when you add too much it is difficult to tone down the sweetness.

Note that if you experiment with some of the more bitter herbs and make your drink overly bitter, a counter-intuitive thing can happen.

The more sweetener you add can actually make the drink worse. So proceed with a bit of caution and realize the appropriate amount of sweetener is a delicate dance that you must tune into for yourself.

It is perfectly normal to fine-tune the sweetener used in a drink and taste testing it five or six times before you will feel it is "just right".

Also be aware that the temperature of the drink will sometimes alter the sweetness.

When the elixir is very hot it may seem less sweet, but as the temperature cools down the sweetness will usually increase. It is always better to add less than to add more.

The most optimal choice for sweetener is a raw and local honey. Most high quality health food stores will carry some form of truly raw honey. If not ask around, especially at farmers markets as there may be a bee keeper near you.

If you still can't find a local raw honey source then please refer to the resources in this book for where you can obtain honey via the internet.

Secondly you may go with a raw agave product. Now we are will aware of the debate on the quality of such products, so use your discretion. If you are going to use agave nectar, we recommend the clear agave produced by Ultimate Superfoods as it is the least processed.

Another great sweetener is maple syrup. Maple syrup is the sap of the Maple tree, harvested in the spring. While not a "raw" sweetner as it is heated to be preserved, it has been used for centuries by the native peoples of North America.

Maple Syrup is very sweet due to its high sucrose content, and can seem "too sweet" for those with finely tuned taste palettes. Maple Syrup can be a delicious sweetener for people who are not familiar with elixirs and are just starting out, including your non-health-conscious family members and friends.

No matter what sweetener we use, we always add *one secret ingredient*:

A fascinating elixir secret is to always add a small pinch of high quality sea salt or Himalayan salt to each elixir. The salt helps bring out and lift the sweetness of the elixir and balance the overall flavors.

Nowadays there are many people battling health challenges that involve sugars, including candida and diabetes, among others. If you are battling candida or on a no-sugar diet, then you will want to adapt the recipes using sweeteners like stevia, xylitol, or lo han guo. Read the next chapter on sugar-free sweeteners for more information.

Just remember: once you add too much sweetener it is difficult to turn back. Take it easy! As you continue to make more elixirs you will learn the fine art of balancing not only sweetness, but flavors, textures, and even the delicate balance of sweet and bitter.

How to Make Elixirs Sugar-Free

Many people in the raw food and optimal health movements are seeking out more ways to keep their diets as sugar-free as possible.

There are many reasons for choosing a sugar-free sweetener in your elixirs.

Whatever your reason, if you want to keep your diet completely or mostly sugar-free, elixirs can fit in your daily dietary regimen with ease.

To keep your elixirs sugar-free, you are going to need to replace sugars with sweet tasting herbs and supplements that are low or no sugar.

One of the most popular on the market in the last few years has been various forms of the leaves of the stevia plant. Read Raw Food, Right Now's article about stevia here:

<http://rawfoodrightnow.blogspot.com/2009/04/what-is-stevia-plus-sweetleaf-stevia.html>

Since stevia is the most popular, least expensive, and probably healthiest sugar-free sweetener used, we're going to focus on it here.

Stevia is actually an herb like mint leaf and other green herb and spice plants. It is extremely sweet in small doses and a little goes a long way.

The trick is to using stevia is to use the smallest amount you think you need and then add more after taste-testing your drink to bring the desired sweetness up to the level you wish.

The best type of stevia and healthiest to get is the actual herb ground up to a powder, known as *green stevia leaf powder*.

You can get it on MountainRoseHerbs.com or TheRawFoodWorld.com very inexpensively.

Another popular option is the liquid flavored stevia extracts we use often in this book made by SweetLeaf.

These stevia extracts come in incredible flavors like vanilla creme', chocolate, english toffee and more. Most large drinks will only need a few drops! A little goes a long way here as well.

Other sweeteners we listed above are mostly low-glycemic and not entirely sugar free like stevia. Experiment with the best quality you can find on each one and find a few different sweeteners that work for you.

Popular healthy sweetener alternatives are xylitol, lo han guo, licorice root, erythritol, and yacon root syrup.

One low-glycemic sweetener that we enjoy using is xylitol. We have written extensively about xylitol in a recent post that you can read here:

<http://rawfoodrightnow.blogspot.com/2010/05/guide-to-raw-friendly-sugar-free.html>

For those not on an entirely sugar-free diet, you can make a very low sugar drink that tastes amazing by combining raw, local and organic honey with small amounts of stevia leaf.

Any combination will work synergistically together and form a very well-rounded sweetener that won't taste too bitter. Yacon syrup also works in this regard and is known as a prebiotic, which helps to feed the probiotics in your gut and keep your internal system healthy.

Storing Your Herbs

All of the herbs and other ingredients contained in this book will last for a very long time if stored properly.

Honestly there's nothing worse than not sealing a bag or jar and not storing a precious herb properly and then having it go off. Luckily this is very easy to prevent.

A few things to keep in mind:

- **Your herbs are best stored** in air tight containers, such as a plastic bag or a glass jar.
- **Keep your jar out of direct light if you can.** Light can speed up oxidization and therefore decrease the shelf-life of your herbs.
- **Your herbs generally do not require refrigeration,** however storage in the fridge will likely not cause any damage and you can do so if you feel inclined. A shelf that is not exposed to light in a cool dry place is ideal.
- **Moisture can ruin your herbs** so be sure to use clean utensils when working with these precious substances. Never place a wet spoon into a jar of herbs.

Just remember to keep your herbs in an air-tight container, away from light and moisture and your herbs will have a long, if not almost indefinite shelf-life.

Water...Specifically, Spring Water

All elixir drinks start out with one main ingredient: water.

Our bodies are mostly made out of water, and the quality of our water helps determine the quality of our cells being rebuilt and rejuvenated over time.

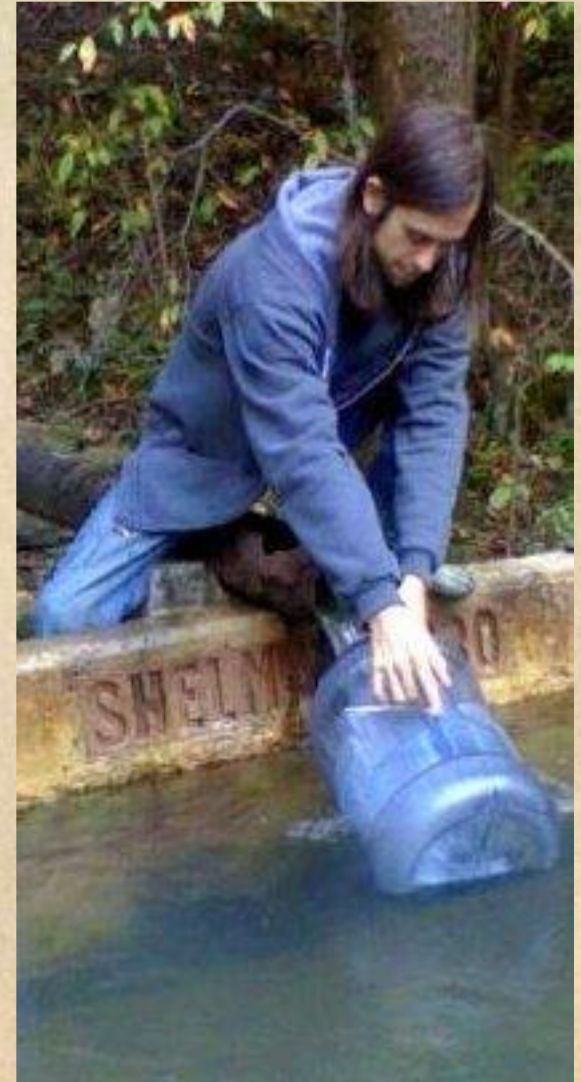
The best water to use in elixirs and teas is fresh spring water from your local spring water source. You may not realize it right now but as you are reading this there are natural flowing springs located all over the planet.

These springs take water that originates from deep within the earth and pushes to the surface as it emerges from the Earth. Some of these springs have been piped, other springs come right out of the rocks.

All of the authors of this book drink spring water from our local sources and have been drinking spring water for years.

We have found through experience that spring water gives beverages better flavor, stronger absorbancy of nutrients, and heightened hydration.

Springs are located all around the earth, and **good springs are usually available within one hour of where you live.**



Brandon harvesting spring water from his local spring.

Not all springs are created equal, though. You want to find a spring that has a low TDS or part per million rating. These are low mineral springs. The TDS should ideally be below 100 for regular drinking.

If however you can not find a local spring at this time, just do the best you can. Start working with the water you have, and continually be on the search for a spring near you.

Ask people around you, especially elders or people who have lived in your area for many years.

Finding a spring is part of everyone's quest on the path to making elixirs and tonic beverages. With this one step, you are starting a beautiful journey.

We have created a website together with health strategist and motivator Daniel Vitalis called **FindaSpring.com** to help you locate a spring near you.

To make sure this is a quality spring to drink from, there are many factors involved. **Check out the FAQ on FindaSpring.com** to get a better idea how to determine spring water quality. When in doubt, go with quality filtered water. See Chapter 8 in this book for more details on FindaSpring.com.

If you still can not find a source for spring water in your area, you have a few other options. Although not ideal, here are a few other ideas you could use until you find a spring in your area:

- **Seek out a high quality water filter**
- **Use filtered water.** There are a growing number of "water stores" who sell filtrated, processed water. While not ideal, it still is water.
- **Buy high quality spring water like "Raw Water"** (www.rawlivingwater.com) or Mountain Valley Spring Water.

Just do the best you can with where you are. There was a time when we didn't drink spring water. We know where you are coming from.

But once you experience spring water for a month in your teas and elixirs, *you may never go back!*

Elixir Making Is A Process

Elixirs certainly aren't smoothies!

Becoming experienced with elixirs takes time. If you are just starting out, you are starting on a journey that can last a lifetime. This is a new culinary art form, and you are one of the new explorers.

Here are a few of our tips that we share from our experience:

- **Don't be Overwhelmed.** Please don't be overwhelmed if you look at all the recipes and don't recognize any of the herbs or know where to get them.

When we first started making elixirs, it seemed as if we were starting over. There were many concepts and techniques to learn, as well as lists of things to remember.

There are new ingredients that smell unusual with names in foreign languages, and many herbs need different brewing times. It can seem complicated!

We are going to give you a list of our favorite recommended sources on where to locate herbs and other ingredients. **Find this in Chapter 6 Buying Guide.**

- **Learning herbalism and Elixir crafting is a lifetime process.** Some people have been creating elixirs for over 20 years now, while others have been making them for 5 years or more.

Elixirs are not a fad - they're here to stay. Allow the knowledge to naturally unfold over time as you and your body learn more about the herbs you are ingesting.

This is not a race and there are no winners and losers. We are all at different levels in this journey. A healthy dose of patience for this craft is recommended.

We've designed Elixir Synergy to be used over a period of years so that you can keep coming back to this book and get a deeper and more profound understanding each time you practice with the recipes and information provided.

Try each recipe in the book over an extended period of time. Go at a pace that feels comfortable to you.

And remember
...the most important thing to remember... *have fun!*

Chapter 2: Nut Milk Recipes



Almond Milk

Nut milks are an excellent base for elixirs. While a nut milk is not a "requirement" to create an elixir, it is typically what many people use to make a drink that will burn evenly in the body for hours at a time.

The following recipes are a great set of recipes to get you on your way to making the foundation of your elixirs.

Nut and Seed Milks

Nut and Seed Milks have been used around the world in a variety of cultures.

Over the past few decades many people have been making nut milks when they find out they have allergies to factory farmed industrialized milk products. Other people like the flavor and nutrition provided in nut and seed milks.

Yet it is the raw food movement, and now the elixir movement, who has taken these "milks" to a whole new level.

We like using nut and seed milks in elixirs because they provide a depth to the drink.

More than just a tea, an elixir has components like nut and seed milks added to elixirs to provide additional nutrition and calories.

There are two ways to add nut milks to elixirs:

The first way is making your nut milk ahead of time and adding it to your elixir. The second way is to make a tea first, then blend that with your nuts and make the tea into a nut milk. It's up to you which way you like doing it better.

While we enjoy making nut and seed milks, sometimes we also use high quality dairy products in recipes instead of nut milks.

You can feel free to add in high-quality dairy products to make your elixirs creamy and add more good fats. Raw organic milk or cream is best. If you are feeling adventurous, you can add raw dairy kefir in for a tangy taste with a healthy dose of probiotics.

Keep in mind that the recipes included in this chapter are not the only nut milk recipes out there. The following recipes are our absolute tried and true favorites that we use on a nearly everyday basis. There are endless combinations you can make with nut milks!

'Nut milk' is really just a term for any type of 'milk' made from certain nuts and seeds. The most common nuts and seeds most people make are from almonds, cashews, sunflower seeds, pumpkin seeds, hemp seeds, and pecans.

Many people like to experiment with different combinations of nuts and seeds within the same batch to create custom flavors.

It's only limited by your imagination and tastes, so **feel free to experiment!**

Basic Almond Milk Recipe

Makes 2-3 servings

Ingredients:

4 cups fresh spring water
1 cup soaked raw almonds
pinch of sea salt
1 Tbsp lecithin (optional)
sweetener, to taste

Directions:

Step One: Prepare the Almonds

Take the almonds and soak them in enough water to cover the almonds. Soak the almonds for 8-24 hours. Drain the almonds from the soaking water, and discard the soaking water.

Step Two: To Make the Nut Milk

Place all ingredients except for the lecithin and sweetener into the blender. Blend on high for at least one minute, or until the almonds have been sufficiently broken apart.

Strain the nut milk through a nut milk bag, or through a fine metal strainer. Rinse out the blender container and place the almond milk back inside the blender. Add additional ingredients (lecithin, sweetener, etc.) and taste.

Almond milk is one of the most basic foundations for an elixir.

It is one of the creamiest of all types of nut and seed milks.

Just be aware that truly raw almonds can be difficult to find in most health food stores. Even though the package may say it is "raw", it may technically not be raw after all. Buy almonds from credible sources.

If you want to make sure your almonds are truly raw, make sure to look at our resource guide for websites that are dedicating to offering truly raw almonds.

All of the retailers listed in the Shopping Guide are dedicated to offering truly raw almonds.

Basic Pumpkin Milk Recipe

Makes 2-3 servings

Ingredients:

4 cups fresh spring water
1 1/2 cups soaked raw pumpkin seeds
pinch of sea salt
1 Tbsp lecithin (optional)
sweetener, to taste

Directions:

Step One: Prepare The Pumpkin Seeds

Take the pumpkin seeds and soak them in enough water to cover the pumpkin seeds. Soak the pumpkin seeds for 6-12 hours. Drain the pumpkin seeds from the soaking water, and discard the soaking water.

Step Two: Make Pumpkin Seed Milk

Place all ingredients except for the lecithin and sweetener into the blender. Blend on high for at least one minute, or until the seeds have been sufficiently broken apart. Strain the pumpkin seed milk into a nut milk bag, or through a fine metal strainer. Rinse out the blender container and place the milk back inside the blender. Add additional ingredients (lecithin, sweetener, etc.) and taste. At this point you are ready to make an elixir with the pumpkin seed milk, or if you want to make a drink later you can pour the milk into a glass container and place in the refrigerator. Pumpkin seed milk will keep fresh for 24 - 48 hours.

Pumpkin seed milk is one of our favorites.

Pumpkin seeds are more digestible in the body than many other nuts and seeds so it is great to use on a regular basis. It is one of the most nutritious milks you can make, and it is very balanced. In fact, pumpkin seeds are one of the greatest superfoods of the United States!

If you have been making almond milk, you may find that pumpkin milk has a slightly different taste. If you want to get used to the unique flavor of pumpkin seeds, simply mix soaked almonds with the pumpkin seeds to get a pumpkin/almond hybrid flavor. It is quite delicious!

Bonus Tip:

Pumpkin milk is delicious, but if you put it in the fridge, there can be sediment from fine pumpkin particulates. Simply stir the bottom of the jar with a spoon, then reblend in the blender.

Basic Hemp Seed Milk Recipe

Makes 2-3 servings

Ingredients:

4 cups fresh spring water
1 1/2 cups shelled hemp seeds
pinch of sea salt
1 Tbsp lecithin (optional)
sweetener, to taste

Directions:

Step One: Make Hemp Seed Milk

Place all ingredients except for the lecithin and sweetener into the blender. Blend on high for at least one minute, or until the seeds have been blended into the water to create a creamy consistency. Strain the hemp seed milk into a nut milk bag, or a fine metal strainer if you want, but hemp seeds blend very well and rarely need further straining.

Add additional ingredients (lecithin, sweetener, etc.) and taste. At this point you are ready to make an elixir with the hemp seed milk, or if you want to make a drink later you can pour the milk into a glass container and place in the refrigerator.

Hemp seed milk will keep fresh for 24 hours.

Hemp seed milk is one of our personal favorites that we save for when we are in a hurry and need to make an elixir quickly. Hemp seeds do not need to be soaked, and hemp seed milk does not need to be strained, making it the fastest and easiest milk to make.

In addition, hemp seed milk is delicious and nutritious. Hemp seeds have a very high amount of assimilable protein, high amounts of vitamin E, and also has the ideal balance of Omega-3 to Omega-6 fats. **A rare find in the plant world indeed!**

Please note that in the U.S., unshelled hemp seeds are illegal. You will find them already shelled for you. If you live outside the U.S. and find them unshelled, you will need to strain the seeds after blending.

FYI: Hemp seed milk doesn't seem to last as well in the refrigerator as much as other nut and seed milks. If you are going to make a batch of hemp seed milk, make sure to drink it up by the end of the day for maximum flavor and freshness!

Chapter 3: *The Art of Tea*



Adaptogen Tea

The elixir process begins with tea.

Without a tea, an elixir is turned into a smoothie. A true elixir is the combination of tea plus caloric ingredients to create a beverage that can be used as a meal.

In this chapter we are going to share with you some of our favorite teas. We have included a wide variety of recipes, including many different flavors.

Many of the teas included in this chapter are designed to be used for everyday use. Their flavors are complex and unique, so you can make a batch of tea, and drink it throughout the week yet continue to enjoy every sip.

But we must say that once you try the teas in this chapter, you'll get a good understanding of what it means to have a solid "tonic tea" base for your elixirs.

How to Make A Basic Decoction

Below is a very basic breakdown on what it means to make a tea decoction. A decoction is simply a tea made from herbs where you are boiling and/or simmering the herbs for an extended period of time. This is necessary for herbs that are roots, barks, and mushrooms in order to extract the nutrients out of the dense outer layers.

Makes Approximately 100 ounces

Ingredients:

100 oz. fresh spring water

Herbs

Teapot - glass, stainless steel, earthenware
strainer - metal with a handle preferred

Directions:

Add spring water to tea pot and then turn stove to high/medium high. Add a few handfuls of each herb to the water and allow the water to come to a boil. Once the water reaches a boil turn it down and allow it to simmer for about an hour. You can cook for less time if you are in a rush or even cook for all day if you will be around to continually add more water.

After you have cooked allow the tea to cool to your desired temperature and then consume as is, use as a base for an elixir, or refrigerate for later use. Also, store the herbs in the refrigerator until you are ready to use them again. Or do as we do and simply add more water and keep on cooking!



How To Get The Most Out of Your Herbs

You may not know this...but...

You Can Use Herbs More Than Once.

The herbs in this book have more than enough power for multiple decoctions.

Here's how to do it:

Depending on the herbs, you can generally get 4-5 full teapots of tea out of certain herbs. Others will be less, and some more. You will know when the herbs are done if the water is losing its color.

You can also taste the decoction. If there is no flavor and it tastes like plain water you know that the brew is weak.

If your brew turns weak and you want to get more out of your herbs, you can add new herbs into the brew and keep it going.

Experiment!

Different herbs and combinations may require different heat levels and times for decocting. It's best to experiment and see what you can get out of the herbs.

Don't worry about overcooking roots, barks, and mushrooms.

It's almost impossible to boil these to death. Some constituents don't even come out until hours later in the cooking process.

The one herb that comes to mind that you want to watch out for overcooking is schizandra berries.

You will always want to add those at the last 5 minutes of a decoction. If you are reusing a batch of herbs that has schizandra berries in the recipe, make sure to add another amount of schizandra at the subsequent brews of that tea.

And don't worry about "fishing out" the old schizandra berries from the previous batch. We just leave them in. They won't hurt anything, but they will have lost their herbal powers by the next brew.

Please Note:

In the following tea recipes, we will refer to various herbs from all around the world. Please keep in mind that when we refer to a particular herb, we are referring to the "whole" herb as opposed to powders unless otherwise noted.

These whole herbs are typically found at the sources found at the end of the book. Check out Chapter 6, The Buying Guide, for more details.

In addition to whole herbs, we will also be using herb powders in other recipes throughout the book, and will list the ingredient by name as well as saying it is in powder form.

Everyday Gynostemma Tea

Makes 96 oz.

Ingredients:

96 oz. fresh spring water
3 Tablespoons Gynostemma Leaf
Sweetener and or lemon, to taste
ice cubes (optional)

Directions:

In a teapot, bring the water almost to a boil. When the water reaches a low rolling boil, place the Gynostemma into the water. Start a timer and let the water boil for 5 to 15 minutes. Use less time for a lighter infusion, or let the Gynostemma infuse for up to 15 minutes for a strong flavored medicinal infusion.

After the Gynostemma has been infused to its desired flavor, you can strain off the infusion into a container, or at this time you may choose to add other herbs.

When the tea has reached the desired flavor, strain the tea into a mug, or into a glass jar to use as a base for drinks and elixirs. After tea reaches desired temperature, add sweetener or lemon, to taste. Enjoy!

Bonus: If you want iced tea, simply let the tea cool in fridge, or add ice cubes.

Gynostemma is the perfect tea to use in cold, refreshing iced tea and other cold beverages.

Gynostemma has a pleasant flavor, especially in its second infusion. The flavor of Gynostemma is slightly bitter, similar to "green tea". While green tea comes from the leaves of the Camellia Sinesis plant, Gynostemma is considered one of the greatest tonic herbs in the Chinese Herbal System.

Gynostemma is truly superior to green tea, yet it has a similar flavor. If you have never tried Gynostemma tea and you like the flavor of green tea, you have to try Gynostemma and feel the difference.

Bonus Tip: Gynostemma tea leaves can be infused multiple times, making them an excellent value for their price. Depending on the quality of the gynostemma, you can infuse the leaves up to 8 times, but usually we get 2-3 quality infusions before we decide to throw out the leaves and start a new batch of tea.

Everyday Reishi Tea

Makes approximately 2 Liters (67 oz.)

Ingredients:

2 L fresh spring water
1 whole wild reishi mushroom, cap and stem, or
3 handfuls of reishi pieces (from a source like
Mountain Rose Herbs)

Directions:

If not already done so, break your reishi into smaller pieces. The more surface area on the reishi, the better. In a teapot, place the reishi into the water, and bring the water almost to a boil.

When the water reaches a low rolling boil, start a timer and let the water boil for up to one hour.

After the reishi has been boiled, you can strain off the water into a glass container, or at this time you may choose to add other herbs and continue to make an herbal decoction. When the tea has reached the desired flavor, strain the tea into a mug, or into a glass jar to use as a base for drinks and elixirs.

Let the tea cool to desired temperature, and enjoy.

Simply put: Reishi is king.

This is one of the simplest tea base that can be used for a multitude of elixirs, both hot and cold. The ingredient list is simple, yet it is a recipe that you will continue to use as you become an elixir master.

Reishi has been used for thousands of years in China. Think about that - thousands of years.

They have made recipes with reishi in all sorts of ways, including teas, soups, extracts, and more. This is one recipe that you can use every day because reishi is a tonic herb, meaning that you can not overdose on it.

The more you use reishi, the more it will appeal to you. It is not surprising if you will one day want to brew it everyday. After all, Brandon has brewed reishi everyday for the past two years.



Reishi Mushroom

Reishi - An Aquired Taste:

Reishi is one of the most basic tea bases that you can make into a wide variety of drinks...but depending on the quality of the reishi, the flavor can vary from earthy to extremely bitter. If the reishi is bitter, it means there is more medicinal qualities in the reishi. If the bitterness is too strong for you, add some more water, or try to sweeten it up.

High Quality Reishi is an aquired taste....and once you aquire it...the world of herbs will truly open up to you.

- Brandon

Schizandra-Goji-Cinnamon Tea

Makes Approximately 1 Liter

Ingredients:

1 Liter Spring Water
2 TB Schizandra Berries
2 TB Goji Berries
2-3 Cinnamon Bark Sticks

Directions:

In a teapot, place goji berries into the water, and bring the water almost to a boil. When the water is almost boiling, start a timer and let the tea nearly boil for up to thirty minutes.

After the goji berries have been simmered, add the schizandra berries. Start a timer, turn the heat down to the lowest setting, and simmer the schizandra berries and cinnamon for 5 minutes.

When the time is complete, strain the tea into a mug, or into a glass jar to use as a base for drinks and elixirs.

Let the tea cool to desired temperature, and enjoy.

Fun for the whole family!

This is a great tea to serve to friends and family who are new to teas, herbs, and elixirs. This formula is absolutely delicious and contains herbs that are somewhat familiar to most people, for this reason its a great introductory tea.

I think its safe to say that berries and cinnamon are very familiar things to most people. The smells that will fill your environment from the cooking of this tea will be appreciated as well. The vapors give off a very pleasant sweet and spicy cinnamon aroma.

This formula is also a potent tonic.

Schizandra and goji are both super elite tonic herbs and cinnamon is great for improving circulation to warm the body. It's also great for blood sugar balance and has anti-fungal properties.

Lastly, this tea is great if you are short on time and need to make a tonic tea quickly, as this tea will be ready in less than 20 - 30 minutes.

Adaptogen Tea

Makes Approximately 1 Liter

Ingredients:

1 Liter Spring Water
1-2 TB Eleuthero
1-2 TB Rhodiola
1-2 TB Ashwaganda

Directions:

In a teapot, place all the herbs into the water, and bring the water almost to a boil. When the water reaches a low rolling boil, start a timer and let the water boil for up to one hour. After the herbs have been decocted for about an hour, you can strain off the water into a glass container, or at this time you may choose to add other herbs like schizandra and continue until you reach desired flavor and intensity.

When the tea has reached the desired flavor, strain the tea into a mug, or into a glass jar to use as a base for drinks and elixirs.

Let the tea cool to desired temperature, and enjoy.

It's adaptogen time.

Eleuthero, Rhodiola and Ashwaganda are all adaptogenic herbs. Adaptogenic means that these herbs actually adapt to whatever your body needs. Does your body have a slow metabolism? These herbs will help increase your metabolism. Are you stressed out? These herbs will work to help you feel better.

Because adaptogenic herbs affect each individual differently, you may feel different effects than someone else who drinks the same brew you have made. It's fun to compare with other people to see what everyone is feeling from the brew!

Bonus Tip:

This is a powerful tea! Adaptogen Tea is nice to rotate in between other decoctions you may make during a week. We usually make this tea about once a week, especially if we are working on a creative project and we need a lot of stamina to keep going.

- Heidi and Justin

Liver Cleanse Tea

Makes Approximately 1 Liter

Ingredients:

1 Liter Spring Water
2 TB Dandelion Root
2 TB Yellow Dock Root

Directions:

In a teapot, place the the herbs into the water, and bring the water almost to a boil. When the water reaches a low rolling boil, start a timer and let the water boil for 30-60 minutes. After the herbs have been decocted, you can strain off the water into a glass container.

When the tea has reached the desired flavor, strain the tea into a mug, or into a glass jar to use as a base for drinks and elixirs.

Let the tea cool to desired temperature, and enjoy.

This tea is excellent in hot elixirs. It can also be used in cold elixirs if desired.

Your liver might need some spring cleaning.

Many people who have been eating a standard diet for many years may find that their liver and kidneys have lost some of their ability to function. The combination of dandelion root and yellow dock root has been used for centuries to help the liver cleanse out toxins.

After taking this tea for the fist time you may feel a strange yet pleasant increase in energy. You may also feel the need to urinate frequently for the first few hours.

This is normal, as your liver is cleaning out toxins inside the body.

Bonus Tip:

Liver tea is a very detoxifying tea. This tea is not meant for daily use. When you first make this tea, many people make it about once a week for a few weeks, but then listen to your body for cues to take a break for awhile. Trust your body and listen for signals. Then come back to it.

Liver tea is a great tea to have at the beginning of each season, especially spring and autumn.

Mental Clarity Tea

Makes Approximately 1 Liter

Ingredients:

- 1 Liter Spring Water
- 2 TB Gotu Kola
- 2 TB Brahmi
- 2 TB Holy Basil
- 2 TB Ginkgo Biloba

Directions:

In a teapot, place the herbs into the water, and bring the water to a solid simmer. This is an infusion tea, not a decoction. This tea is not meant to be boiled, yet still heated for a solid brew. When the water starts to simmer (near boiling), start a timer and let the water simmer for 30-45 minutes. After the herbs have infused, you can strain off the water into a glass container, or at this time you may choose to add other herbs and continue to make an herbal decoction.

When the tea has reached the desired flavor, strain the tea into a mug, or into a glass jar to use as a base for drinks and elixirs. Let the tea cool to desired temperature, and enjoy. Tastes delicious hot or iced.

Say goodbye to brain fog!

The herbs in this tea have an almost immediate anti-stress calming effect on the body.

These are four of the most revered tonic herbs in the Ayurvedic system. The synergy of these herbs create a truly magical effect on the mental, emotional, and spiritual faculties.

These effects are something that must be experienced to fully understand.

Holy Basil and Gotu Kola are herbs that are said to cultivate and develop the higher chakras(heart, third eye, crown.) Brahmi and Ginkgo are both famous for increasing oxygenation and blood circulation in the body, particularly to the brain. This formula is a must for anyone seeking to enhance and develop their mental faculties.

Gotu Kola was also a favorite herb of the famous Li-Ching Yuen who was reported to have lived to be 256 years of age.

Beauty Tonic Tea

Makes 1 Liter

Ingredients:

1 Liter Spring Water
2 TB Schizandra Berries
2 TB Goji Berries

Directions:

In a teapot, place goji berries into the water, and bring the water almost to a boil. When the water is almost boiling, start a timer and let the tea nearly boil for up to thirty minutes. After the goji berries have been simmered, add the schizandra berries.

Start a timer, turn the heat down to the lowest setting, and simmer the schizandra berries for 5 minutes.

When the time is complete, strain the tea into a mug, or into a glass jar to use as a base for drinks and elixirs.

Let the tea cool to desired temperature, and enjoy.

Schizandra is an amazing herb.

Schizandra generates vitality and radiant beauty when used regularly for some time.

It is said that **if the schizandra berry is consumed successively for 100 days, it will make the skin radiant.** Schizandra is also considered in Chinese medicine to be a blood-tonic herb, which can help purify the blood.

Goji has become a very popular herb recently in the U.S. but has been part of the Chinese medicinal system for thousands of years. **One of the biggest benefits is the taste!** It's like a cross between a cranberry and a sweet raisin and can be enjoyed plain.

Goji berry is said to promote joy and a happy life. It's also believed to help sharpen vision and enhance the sexual fluids. Goji, as well as schizandra, can safely be consumed everyday and both are considered top tonic herbs in the Chinese system.

Strong Bones Tea

Makes Approximately 1 Liter

Ingredients:

- 1 Liter Spring Water
- 2 TB Dried Nettle Leaf
- 2 TB Oatstraw
- 2 TB Horsetail

Directions:

In a teapot, place all the herbs into your teapot and raise the heat until it reaches a low simmer. When the water starts to bubble, turn off the heat and start a timer. Let the water boil for 10 minutes, or to taste.

After the tea has been infused, you can strain off the water into a glass container.

Strain the tea into a mug, or into a glass jar to use as a base for drinks and elixirs.

Let the tea cool to desired temperature, and enjoy.

Strong bones lead to a strong life.

This particular blend has been used throughout history to help build strong teeth and bones. All of these herbs are known to be high in silica, which is important for bones and teeth.

Not only is this tea excellent for health, it has a pleasant taste and is a **neutral tea to use in a variety of elixirs.**

It has a pleasant, almost "green tea" type of flavor. Also, Strong Bones Tea is very versatile; it can be used either hot, or cold.

Strong Bones Tea truly is a great foundation tea blend to use in your daily elixir repertoire.

Fun Fact:

Many people first learn about oatstraw tea during a famous scene in the cult film classic: Harold and Maude.

In the film, the actress Ruth Gordon played a woman who was thriving at 79 years young. It must have been because she was drinking Oatstraw Tea!
- Heidi

Physical Rejuvenation Tea

Makes 1 Liter

Ingredients:

1 Liter Spring Water
2 TB Schizandra
2 TB Goji Berries
2 TB Fo Ti
2 TB Gingko Biloba

Directions:

In a teapot, place all ingredients except schizandra berries, and bring the water almost to a boil. When the water reaches a near boil, turn the heat down to a simmer. Simmer the tea for about 15-30 minutes. In the last 5 minutes add the schizandra berries, keeping the temperature on very low heat.

Strain the tea into a glass jar or tea mugs. This recipe can be delicious on its own or with a very small amount of sweetener.

Cool to desired temperature and enjoy.

You've got a long night ahead of you.

This particular tea blend is perfect for when you've had a long day, but you still have things to do. The combination of all of these herbs work synergistically to provide extra energy and mental clarity.

Physical Rejuvenation Tea is an excellent tea to start brewing after you get home from work, or on the weekend before you go out for the evening.

Just make sure that you don't drink it too late...it might keep you up!

Bonus Tip:

Remember to never overheat schizandra berries. The oils unique to schizandra berries are very fragile and can not tolerate high boiling temperatures.

Immuni-Tea

Makes Approximately 2 Liters

Ingredients:

2 Liters Spring Water
1 Reishi Mushroom
1 small Chaga mushroom
1 Turkey Tail mushroom
small handful Ho Shou Wu
small handful goji berries
1/2 handful schizandra berries

Directions:

In a teapot, place all ingredients except schizandra berries into the water, and bring the water to a low rolling boil. When the water reaches a low rolling boil, start a timer and let the water boil for up to one hour. After the tea has been sufficiently boiled, add the schizandra berries during the last 5-10 minutes of decocting.

When the tea has reached the desired flavor, strain the tea into a mug, or into a glass jar. Immuni-Tea is an excellent base for drinks and elixirs.

Let the tea cool to desired temperature, and enjoy.

It's True!

This is an actual recipe that we have used when everyone around us was getting "the flu". All of the sudden both of us strangely seemed to feel like we were getting "sick" as well.

We made this extremely potent brew, and it was quite bitter...and strong!

Immediately we felt something shift inside of us. as if our immune system was getting the message. We went to bed that night, had a good night's sleep, and woke up in the morning totally refreshed.

No sign of "the flu" anywhere.

We're not saying that this is a cure for the flu, but rather this tea is something you can use whenever you're feeling a bit under the weather.

This is also just a great tea for overall immunity.

Triple Treasure Tonic Tea

Makes Approximately 2 Liters

Ingredients:

2 Liters Spring Water
1 Reishi Mushroom, or 1 giant handful of Reishi slices
2 TB Schizandra Berries
2 TB Goji Berries
2 TB Fo Ti
1 American Ginseng root

Directions:

In a teapot, place all ingredients except schizandra berries into the water, and bring the water to a low rolling boil. When the water reaches a low rolling boil, start a timer and let the water boil for up to one hour. After the tea has been sufficiently boiled, add the schizandra berries during the last 5-10 minutes of decocting.

When the tea has reached the desired flavor, strain the tea into a mug, or into a glass jar.

Let the tea cool to desired temperature, and enjoy.

This is another great "everyday" tea.

This tea is a recipe that can be made for weeks at a time and you won't get sick of it.

Triple Treasure Tonic Tea will probably yield 2-4 quality infusions. The first infusion will usually be the strongest. but the subsequent infusions will still be flavorful and powerful.

Just keep adding water and let it simmer each time until you reach a deep golden brown color. This process can sometimes take a few hours.

Bonus Tip:

This tea is quite powerful if you have not had a lot of experience with these herbs. When drinking this tea you may find a unique feeling of "stimulation", yet stimulation isn't quite the right word to explain the feeling of well being inside of you. Just go with the flow...and be aware that this drink may keep you up at night!

Creating New Tea Combinations

Once you get comfortable enough with making our recipes in this book, you're more than likely going to want to start experimenting with your own tea combinations.

How does one go about doing this?

First, don't be too scared to experiment. Feel free to just go with the flow and combine your favorite herbs and new herbs together. The only thing you'll want to be aware of is playing with herbs that may have contraindications. Contraindications are like side effects. If you have any medical conditions please check with your doctor first.

Generally, it's better to play with tonic herbs than medicinal herbs when experimenting.

Tonic herbs are herbs that are regarded as safe at almost any dosage or length of ingestion. Most of the herbs in this book are tonic herbs.

To find out about a specific herb, we recommend going to Google and searching information about your herb before taking it. MountainRoseHerbs.com is a great informational resource on herbs and their historical uses, as well as contraindications.

You can also search for information about how a specific herb is traditionally used.

Make sure it's an herb that usually made into a tea decoction and not one that is encapsulated or made into a tincture. By searching for information about the herb, you can also usually find out what other herbs are generally taken together with it into a formula.

A great place to start is searching for classical formulas that use these herbs. Formulas that have a long history (hundreds or thousands of years) are the best bet.

There are also a lot of great books on herbs and herbal combinations out there.

"Healing Thresholds" by Rehmanna Dean Thomas is an excellent resource.

"Radiant Health" by Master Herbalist Ron Teegarden is another great book.

Extra Tips for Mastering the Art of Tea

- **You can get 2 or 3 extractions out of each round of herbs.** We usually cook the herbs for longer periods of time as they get older because sometimes the second or third extraction is the most potent. This approach allows you to get the most bang for your buck and shows that buying herbs and making your own extractions is by far the most effective and economical practice.

- **If you want to reuse your herbs,** you can either take the tea out and store the herbs in a jar in your fridge, or take the entire batch (pot and all) and store it in your fridge. If you plan on making it again in the morning you can leave it (covered) on your burner overnight with the tea and herbs together.

- **It's important to remember to bring your tea down to a simmer as soon as it starts to boil.** You don't want to overboil your herbs and ruin them.

- **Starting off with roots, barks, and stems** and simmering them before your other herbs is a good practice. Near the end of your batch, throw in your leaves, flowers, and other light herbs to make sure they are not cooked very long.

Remember also to have fun! Creating herbal combinations is a fun experience that will bring you great joy and increase your health for years to come.

Chapter 4: Hot Elixirs



Hot Chocolate

A hot, frothy elixir on a cold day can warm you up for hours, especially when you add warming spices found in many of the chai recipes in this chapter.

Hot elixirs are great for parties on cold winter nights. If you want something to warm you up and wake you up, the Mucuña Mocha is perfect for late nights without making you crash afterwards.

Chai Elixirs are especially good for curling up with a good book. Just be aware that some of them make make you more stimulated than you want! If that's the case, lower the amount of chai spice to bring you a slightly warming sensation and just for flavor.

Save the super chai spice drinks for when you need to work or are at a party!

How to Make A Basic Hot Elixir: Simple Hot Chocolate

Makes 34 oz.

Ingredients:

3 bags of pau d' arco tea
32 oz spring or filtered water
2 tbsp local raw honey
2 heaping tbsp cacao powder
1 tbsp coconut oil or cacao butter (cacao butter is optional)
pinch of salt

Directions:

Heat the water until it is at a low boil.

Pour the hot water over the tea bags in a quart mason jar and steep for 10 minutes.

Remove the tea bags and put tea in a blender.

Add remaining ingredients and blend on high for 30 seconds.

Pour into a mug and garnish with a small sprinkle of cacao powder

This is the most basic recipe in this book.

This is a recipe you can teach your mother, grandmother, or just about anyone to make in their home.

To make any hot elixir you can take any tea base, add nut milk or oils to create a creamy consistency, and add additional powders to give the drink substance, with any sweetener of your choosing for flavor.

Everyone can understand drinking hot chocolate; after all it is the favorite way the ancient Mayans and Aztecs consumed cacao. From this very basic recipe you can build upon it and expand the ingredients you use and the various tea bases to create a unique hot chocolate recipe of your own!

Bonus Tip:

To create a delicious variation of Hot Chocolate, feel free to add a pinch of Cayenne pepper to the mixture before you blend. You will end up with a delicious "Mexican Hot Chocolate" that will warm you up. Cayenne pepper is also regarded as an aphrodisiac. Ooh la la!

Frothy Hot Reishi Cappuccino

Makes 18 oz. Approximately 2 Servings

Ingredients:

16 oz Hot Tea (see Chapter 3 for Tea ideas)
2 TB Cacao Powder
1 TB Maca
1/2 tsp Reishi Powder
1/2 tsp Ho Shou Wu Powder
2 TB Agave/Raw Honey
dash Cinnamon Powder
1-3 ozs (Enough to Blend) Nut Milk or Cream

Directions:

Add your choice of tea to the blender. Next add your powders, and then finally add your sweetener of choice. Blend on high for 30 seconds.

Add Nut Milk or Cream. Adjust cacao powder and sweeteners to taste. Blend one more time, pour into a mug or glass, and enjoy!

Reishi and ho shou wu are two of the most touted and revered herbs in Chinese Herbalism. Together they have a very calming, grounding, and uplifting effect. This is one you can consume anytime day or night.

This particular combination of herbs are gently balancing and always working with your body. The taste will be dark and rich, similar to coffee. Many people feel this recipe resembles a latte or mocha. The herbs are slightly bitter and earthy, in synergy with the cacao and other ingredients the end result is a superb elixir.

This Elixir is a great stand-by recipe that can be an excellent introduction to Reishi for beginners. Many people say that this is an excellent replacement for a latte or cappuccino that they used to love at their favorite coffee shop. While it does not taste exactly the same, the results of a pleasant stimulation are similar...but this drink won't make you crash!

Hot "Coffee"

Makes 32 oz.

Ingredients:

32 oz. Fresh spring water
2 Tablespoons Roasted Maca

Directions:

In a teapot, bring the water almost to a boil. When the water reaches almost a low rolling boil, turn down the heat to a simmer.

Put the roasted maca into the teapot, and simmer for 10 minutes, or until desired flavor is achieved.

When the "coffee" has reached the desired flavor, strain the coffee into a mug, or into a glass jar to use as a base for drinks and elixirs.

Let the coffee cool to desired temperature, and enjoy.

Alternate Method:

You can prepare roasted maca in a traditional coffee maker. Simply add 1 tablespoon of roasted maca for every 16 ounces of water.

Many people are currently experimenting with roasted maca as a coffee substitute. While most coffee substitutes taste nothing like coffee, in our experience it seems that roasted maca comes the closest to reaching the depth of flavor that is similar to coffee.

While roasted maca is not an exact match for coffee (no plant will ever taste exactly like coffee), you may find that roasted maca coffee can give you a feeling of upliftment.

- JS

When prepared properly, roasted maca can really taste like coffee when made into an Elixir drink that is designed to resemble a mocha or latte. Roasted maca also gives a slight stimulation like coffee and with an equivalent alertness, but you won't develop an addiction or dependency.

Hot Caramel Latte

Makes Approximately 2 - 3 Servings

Ingredients:

32 oz. Hot Tea (pau d' arco is delicious here!)
1 heaping Tbsp Artisana Coconut Butter
2 Tbsp hemp seeds
1/2 Tbsp Maca Powder
1 Tbsp Lucuma powder
1/2 Tbsp vanilla extract
3 drops English Toffee liquid stevia
3 drops Vanilla Creme liquid stevia
1/5 Tbsp maple syrup or agave nectar
2 Tbsp nut milk or cream

Directions:

Add your choice of tea to the blender. Next add hemp seeds and Coconut butter and blend on high until completely blended to the consistency of milk.

Turn the high speed blender to low, and slowly add your powders, additional nut milk or cream, and sweeteners. Blend on high for 30 seconds. Adjust powders and sweeteners if needed.

Blend one more time, pour into a mug or glass, and enjoy!

Caramel is a wonderful flavor, but it can sometimes be difficult to match the same kind of flavor you normally find in coffee shop drinks. In this recipe not only have we matched the caramel flavor...we've made it even better.

The flavors of lucuma, maca and the liquid stevias make this drink not only delicious, but lower in sugar than most coffee drinks.

We make this drink often in a 100% sugar free method: simply omit the maple syrup and agave nectar, and add more of your favorite sugar-free sweeteners.

Who knew elixirs could be so delicious?

- Heidi

Alternate Method:

You can prepare roasted maca in a traditional coffee maker.

Simply add 1 tablespoon of roasted maca for every 16 ounces of water.

Mucuña Mocha

Makes 18 oz.

Ingredients:

16 oz Hot Tea
2 TB Cacao Powder
1 TB Maca
1-2 tsp Mucuna Powder
1 tsp Shilajit Powder
1 TB Coconut Oil
2 TB Agave/Raw Honey
dash Cinnamon
1-2 oz. Nut Milk or Cream (optional)

Directions:

Add your choice of tea to the blender. Next add your coconut oil, your powders, and then finally add your sweetener of choice. Blend on high for 30 seconds. Add Nut Milk or Cream.

Adjust cacao powder and sweeteners to taste. Blend one more time, pour into a mug or glass, and enjoy!

About the Mucuna Mocha

This delicious, dark, chocolately beverage is mildly stimulating and uplifting to the mood.

Mucuna contains a cocktail of chemicals that can have a noticeable influence on the mind. Like all things, start off with less and add more as you feel inclined. This would be one to serve to your friends or those that may not be used to herbs or anything healthy.

Mucuna has a dark coffee like flavor, shilajit is rich and smoky, and in combination with the cacao powder the result is a very delicious beverage.

This elixir will make you feel clear mentally, and will give you energy for several hours.

Mental Mocha

Makes Approximately 64 oz.

Ingredients:

1.5 Quarts Gotu Cola and Gynostemma Tea
1 T. Cacao Paste or Cacao butter
1 T. Coconut Oil
1 heaping tsp Lion's Mane powder
1 tsp Holy Basil powder
1/4 tsp green leaf Stevia powder
2 tsp vanilla extract
7 drops Vanilla Creme liquid stevia
1 T. local wild honey

Directions:

Add your choice of tea to the blender. Next add cacao powder and coconut oil and blend on high for 15 seconds. Turn your high speed blender to low, and slowly add your powders, and then finally add your sweetener of choice. Blend on high for 30 seconds. Adjust cacao powder and sweeteners if needed.

Blend one more time, pour into a mug or glass, and enjoy!

About the Mental Mocha

We made this particular elixir to be a larger size to show you how you can make a larger batch, drink it while it is still hot, and then refrigerate the leftovers and enjoy a cold elixir in the morning.

This would be one to serve to your friends or those that may not be used to herbs or anything healthy. The Gynostemma tea in combination with the cacao powder makes this not only a very delicious beverage, but one that is gently stimulating, especially mentally.

This elixir is great if you are studying or researching, or perhaps want to read a favorite book. The Mental Mocha is great for intellectual pursuits.

- Brandon

How to Make A Basic Chai Elixir

Chai beverages were some of the first elixirs ever made!

Crafted in India, thousands of years ago, using Ayurvedic herbs, chai was once used exclusively as medicine. Chai drinks are still drank in India today. They usually start with a tea and add in chai spices and herbs, sweetener and milk.

Sound familiar?

When making your own chai elixirs, you can create a blend of whatever chai spices you wish.

Now we can all enjoy chai elixirs, and sometimes use them for healing, or just for enjoyment.

The standard chai spices are cinnamon, nutmeg, clove, cardamom, ginger, star anise, vanilla, peppercorn and liquorice flavor, but people add all sorts of different herbs and spices into chai blends.

Chai flavors can be tailored to your individual taste - add more cinnamon, or nutmeg, or experiment with the ayurvedic herbs like shilajit and mucuna.



A beautiful frothy chai, blended in our kitchen, using hand glazed mugs we recieved as a gift. - Heidi and Justin

Modern Herbal Alchemists are using the new cold-extracted power Ayurvedic herbs in addition to the classic chai spice herbs. These include: shilajit, mucuna, bacopa moneri, amla, holy basil, ashwaganda, tribulus, and valerian.

We have included a variety of chai Elixir recipes in this book to show you the almost infinite variety that you can create.

Experiment and always change it up to keep it fresh. You may want to write down your favorite blend so you don't forget or always have it pre-mixed on hand. Check out the chai spice video that came with this ebook package.

Lots of options to choose from! Have fun!

Creamy Chai

Makes 32 oz. - 2-4 servings

Ingredients:

16 oz. Hot tea of your choice, turned into a nut milk
1/4 cup soaked chia seeds
1 TB your personal spice blend (see bonus video that came with the book)
Sweetener, to taste
1 TB Cordyceps powder (optional)
dash of cinnamon, for garnish

Directions:

Pour the freshly brewed hot tea/nut milk into a high speed blender. Add all other ingredients and blend until smooth. Make a final taste test, and add more sweetner or more spices until you reach your desired flavor.

Pour into mugs, sprinkle with a dash of cinnamon, and serve.

Here is a simple chai that everyone will like!

I came up with this recipe one day because I wanted to make an elixir and I needed a break from my usual recipes. I wanted something without cacao, maca, or fruit.

The result is this delicious chai recipe.

This elixir tastes great is something I'm sure you could serve to guests. This recipe is also a great option if you are wanting to go the sugar free route.

The nut milk and chai together have a pleasant sweetness, which really doesn't require any additional sweetener.

However, always customize to your taste and make something you love.

- Brandon

Spiced Chai Cider

Makes 32 oz. - 2-4 servings

Ingredients:

16 oz. Hot tea of your choice
(Gynostemma tea is great here!)
16 oz. fresh apple juice, room temperature
3 parts cinnamon
1 part nutmeg
1 squeeze of lemon juice or orange juice
Other powdered herbs - reishi, shilajit, mucuna
(optional)

Directions:

Place the tea and apple juice into the blender and blend on high for 15 seconds. Add the cinnamon, nutmeg, lemon juice and optional herbs into the blender and blend one more time on high for 15 seconds.

Pour into mugs and garnish with a cinnamon stick in each glass.

Getting kids interested in "bitter herbs" is one of the most difficult things herbalist parents have to experience with their children.

That's one of the reasons why we decided to add this chai as an introductory chai beverage. Apple Cider is a favorite for many people, yet typical apple cider is very, very sweet. When you add the tea and the chai spices to this beverage, it becomes a delicious elixir, but with a lower glycemic impact than traditional apple cider drinks.

This is also a great drink to serve to kids, especially a great way to get medicinal mushroom teas like reishi into their diet!

While this particular "Hot Apple Cider" may not taste exactly like the caramel sugar sweet drinks they may have at the local apple orchard...if you start the herbs out in small amounts and work up to higher amounts.

The kids may never notice the taste, but they will notice how good it makes them feel!
- Heidi

Warming Winter Chai

Makes 64 oz: 4 to 8 Servings

Ingredients:

48 oz. Freshly made Hot Tea Base
16 oz. Nut milk of your choice
2 Tbsp Cacao Butter
2 Tbsp Coconut Oil
1 pinch sea salt
2 Tbsp wildflower honey
1 inch thumb of freshly peeled ginger root
5 pinches of Cinnamon
3 pinches nutmeg
2 pinches Cardamom
Dash of freshly cracked black pepper
2 Tablespoons Surthrival Colostrum (optional)

Directions:

Pour the freshly brewed hot tea into a high speed blender. Put the cacao butter and coconut oil into the blender, and blend until well mixed. Add all other ingredients except the nut milk, and blend until smooth. While the blender is running, slowly pour the nut milk into the blender and blend for 30 seconds. Make a final taste test, and add more sweetner or more spices until you reach your desired flavor. Pour into mugs, sprinkle with a dash of cinnamon, and serve. You should start feeling a gentle warming feeling within 5 minutes.

Our Warming Winter Chai is a favorite when it is cold outside and you want something that feels like a "coffee shop" drink.

Perhaps you want to sit by the fireplace and read a good book. Or you're about to go outside and you want to feel that inner warmth that comes from chai spices.

This particular blend of spices work together synergistically to create a warming sensation throughout the body.

These spices help increase circulation, which is a common problem in many people these days.

We made this recipe in a larger amount so that you can serve it to your guests after spending time out in the snow, or perhaps make some for the kids after they come outside from playing. You could also make this Chai and pour it into a thermos and drink it throughout the day to keep you warm for hours!

Whatever your reason, **this drink is a staple** you will want to use during the cold winter months!
- Heidi

Medicinal Strength Chai

Makes 48 oz. - 2-4 servings

Ingredients:

32 ounces hot tea base
1 heaping tbsp coconut oil and 1 tbsp cacao butter
16 oz. nut milk (almond milk is delicious)
1 pinch tsp celtic or himalayan salt
1 tbsp birch xylitol powder
1 tsp vanilla extract
1/2 tsp green stevia leaf powder
1/2 squirt vanilla creme stevia
Chai Spices:
Add 1/4 tsp cinnamon powder
Add 1/8 tsp cardamom powder
Add 1/8 tsp clove powder
Add 1/4 inch of peeled, fresh ginger
Add dash of nutmeg
1 tbsp local honey

Directions:

Pour the freshly brewed hot tea into your blender, add the cacao butter and coconut oil, and blend on high for 15 seconds or until well blended.

Add the nut milk, and blend on high for 1-2 minutes or until the chai is creamy. Add the sea salt and the sweeteners, and blend for 30 seconds. Taste test a small amount of the chai and make sure it tastes sweet.

Add the chai spices, and blend for 10 seconds. Do a taste test and add more spices if needed.

Let the chai cool to desired temperature, and enjoy.

Medicinal Strength Chai - Notes

Not all medicine has to taste terrible.

This recipe can take any of the stronger tea bases and with the combination of chai spices, it is transformed into a delicious beverage.

Any of the chai spices go well together in most of the tea recipes.

This particular recipe is excellent when you think you may be starting to feel "under the weather", but you don't want to get sick.

If you take this elixir for a few days, you may feel a slight detox reaction due to the power of the herbs and spices, but afterwards you will feel healthier than you did before!

Ayurvedic Medicinal Super Chai

Makes 2-4 servings

Ingredients:

1.5 quarts hot water, put in blender
1 heaping tbsp coconut oil and 1 tbsp cacao butter
1/2 cup shelled hemp seeds
1 pinch Celtic Sea Salt or himalayan salt
1 tbsp birch xylitol powder
1 tsp vanilla extract
1/2 tsp green stevia leaf powder
1/2 squirt vanilla creme stevia
1 tsp non-GMO soy or sunflower lecithin
2 tbsp cacao powder
Chai Spices:
Add 1/4 tsp cinnamon powder
Add 1/8 tsp cardamom powder
Add 1/8 tsp clove powder
Add 1/4 inch of peeled, fresh ginger
Add dash of nutmeg
Ayurvedic Herbs:
1 tsp cold-extracted shilajit
1/4 tsp cold-extracted holy basil
1/4 tsp cold-extracted mucuna pruriens
1/4 tsp cold-extracted ashwaganda
1/4 tsp cold-extracted tribulus
1 tbsp local honey

Directions:

Pour the freshly brewed hot tea into your blender, add the cacao butter and coconut oil, and blend on high for 15 seconds or until well blended.

Add the hemp seeds, and blend on high for 1-2 minutes or until the chai is creamy.

Add the sea salt and the sweeteners, and blend for 30 seconds. Taste a small amount...it's about to become bitter in a moment!

Add the lecithin, cacao powder, and chai spices, and blend for 10 seconds. Add the Ayurvedic herbs, and blend again.

Blend on high for 30 seconds, then on low to smooth it out for 10 seconds.

Let the chai cool to desired temperature, and enjoy.

Ayurvedic Medicinal Super Chai - Notes

The Ayurvedic Medicinal Super Chai is an example of an "advanced elixir".

This drink represents my favorite blend of standard chai spices with the Ayurvedic herbal extras. These super powerful herbs like shilajit (known as "Destroyer of Weakness" in the Ayurvedic system) and Mucuna that have entered the market have taken our health practices to the next level.

I wanted to create a wonderful tasting, classic chai beverage infused with very strong and bitter Ayurvedic herbs for a super powered drink.

When I sit down to enjoy this drink, I imagine that this is the kind of medicinal herbal beverage that was created by the most powerful and intuitive Ayurvedic ancient practitioners to feed their patients the best tasting medicine ever.

-- JS Ohlander

Bonus Tip:

If this is your first time working with all of these herbs and you feel overwhelmed, simply choose 3 or 4 to work with, and keep adding more of the ingredients each time you make this elixir. Eventually you will come to enjoy this level of advanced elixir preparation, but it may take some time to get used to it!

Tips To Remember for Hot Elixirs

- **Hot Elixirs and fruit rarely work together** (Spiced Apple Chai is an exception). If you are making a hot elixir and you want it to satisfy you as a meal supplement, simply add more fat, or protein powder.
- **If you make a large batch of hot elixir**, pour the desired amount into glasses. If there is any elixir left over, simply keep it inside the blender container. Hot Elixirs tend to have the contents settle to the bottom over time, so when you are ready for a refill make sure to blend it up again so the elixir is properly mixed.
- **Hot Elixirs work great inside of a thermos.** Make sure that the Elixir is very hot, almost boiling when you place it inside the thermos because all thermoses lose heat over time.
- **If you don't drink all of your hot elixir right away**, store it in the fridge. You can have it cold later, heat it back up, or use it as a base for a tonic smoothie!
- **If your herbal powders keep ending up at the bottom in a "sludge"** you are going to waste a lot of expensive powders. You can fix this by shaking up your drink in a closed mason jar before you drink it, keeping it in the blender and blend it on low before you drink each new cup, or use a thickener in your drink that will "capture" and hold onto the powders. Soaked chia seed works great as a thickener and will not ruin the flavor of your drink.

Chapter 5: Cold Elixirs



Chocolate Cherry

Cold Elixirs were probably the first modern Elixirs to be made. These drinks originally come from the whole "smoothie" phenomenon. It took just one person to use tea as a base instead of water and the Elixir was born!

The great thing about cold elixirs, is that you can make and eat them just like you used to eat your fruit smoothies.

These can be your new morning (and maybe even afternoon!) beverages/foods.

Most cold elixirs are either hot elixirs that are put into the fridge, hot elixirs that are blended with ice, or elixirs blended with frozen fruit to make a very tasty tonic elixir smoothie. Yum!

How to Make A Basic Cold Elixir: Chocolate Elixir Milk

Makes 32 oz.

Ingredients:

3 bags of pau d' arco tea
32 oz spring or filtered water
2 tbsp local raw honey
2 heaping tbsp cacao powder
1 tbsp coconut oil or cacao butter (cacao butter is optional)
ice cubes - approx. 1-2 cups, to taste
pinch of salt

Directions:

Heat the water until it is at a low boil.

Pour the hot water over the tea bags in a quart mason jar and steep for 10 minutes.

Remove the tea bags and put tea in a blender.

Add remaining ingredients and blend on high for 30 seconds.

Slowly add ice cubes, a few at a time, until you reach a cool temperature.

Pour into a glass with or without ice cubes and enjoy!

Making a cold elixir is not much different from making a hot elixir.

Most elixirs start off with a hot tea base. If you want to make a hot elixir cold, there is a fine art to the process.

There are two main ways to do this:

The first way is to make your elixir like normal and then put it in the fridge overnight to cool off. Either drink it cold or add it to a smoothie.

The other way is to blend it with a cup or more of ice in a blender once you make your elixir. This will make an excellent cold elixir beverage that has a similar texture to a typical "cold smoothie" or iced drink you'll find at a coffee shop.

Bonus Tip:

To create a delicious variation of Chocolate Milk, feel free to add flavorings like vanilla extract, coffee extract, or almond extract to make the classic Chocolate Milk more interesting!

How to Turn a Hot Infusion Into Iced Tea

Turning a hot infusion into a cold infusion is relatively easy.

Simply brew the hot infusion as if you were going to make hot tea or a hot elixir. When the herbal tea has finished brewing, turn off the heat and let it cool to room temperature. This is very important!!

If you take a hot infusion and put it immediately into the fridge, there is a possibility that the glass can break inside the refrigerator.

Also, while the hot infusion is cooling off at room temperature, make sure to place lids on top of the infusion very lightly, or not at all. If you have any pests around (fruit flies, house flies, etc.) you can place a small square of cheesecloth or cotton muslin over the glass jar, and place a rubber band around the cloth until the tea has cooled to room temperature.

After the tea has cooled to room temperature, you can place the tea infusion into the fridge. Most teas can stay in the fridge for 24 to 48 hours. After the tea has cooled to a refrigerated temperature, it is ready to be made into a cold elixir or iced tea beverage.

Just be aware that some of our cold elixirs have instructions to use hot teas first, and then cool them down using ice cubes.

We do this because we want to add oils such as coconut oil and cacao oil into the drinks, and when you use a hot tea it helps assimilate the oils into the beverage.

If you use a cold tea from the fridge, you will have to warm any coconut oil or cacao oil into a liquid form before blending it into a drink. If you try to blend coconut oil or cacao oil into a drink using cold tea, you will end up with a chunky frothy mess!

(We speak from lots of experience with previous elixir disasters on this one!)

In order to change coconut and cacao oils into liquid, use a simple double-boiler setup. You can make your own double boiler: use any two cups or bowls that can stack on top of each other. Put very hot or boiling water filled half-way on the bottom one. Then put the other bowl on top being careful not to spill. Then put the amount of oil you want to melt on the top bowl and watch it turn to liquid goodness!

These liquid oils will emulsify much better into your drinks than their more firm counterparts.

Frozen Reishi Cappuccino

Makes 1 serving

Ingredients:

1 Cup Ice
2 TB Cacao Powder
1 TB Maca Powder
1/2 tsp Reishi Powder
1/2 tsp Ho Shou Wu Powder
2 TB Agave/Raw Honey
dash Cinnamon
1-3 ozs(Enough to Blend) Water/Nut Milk

Directions:

Begin by adding a cup of fresh ice to the blender.

From there add your powders and then lastly add your sweetener and a few ounces of nut milk or water.

Only add enough so that it will blend. Always start off with less liquid because you can always add more and you don't want to add too much and end up with a runny elixir.

Blend and enjoy!

About the Frozen Reishi Cappuccino

This beverage is similar to a Frappe or "Frappuchino" in terms of texture, but certainly different in the ingredients used!

Reishi and ho shou wu are two of the most touted and revered herbs in Chinese Herbalism. Together they have a very calming, grounding, and uplifting effect.

This cold elixir is one you can consume anytime day or night. These herbs are gently balancing and always working with your body. They are adaptogens of the highest order.

The taste will be dark and rich, almost like a mocha. The herbs are slightly bitter and earthy, in synergy with the cacao and other ingredients the end result is a superb elixir.

- Brandon

Iced Maca Latte

Makes 1 serving

Ingredients:

1 cup ice
1-2 TB Maca Powder
1 TB Lucuma Powder
1 TB Tocotrienols
1 TB Mesquite Powder
½ tsp Vanilla Powder
1-2 TB Agave/Raw Honey
few ounces of water/nut milk to blend

Directions:

Begin by adding a cup of fresh ice to the blender.

From there add your powders and then lastly add your sweetener and a few ounces of nut milk or water.

Only add enough so that it will blend. Always start off with less liquid because you can always add more and you don't want to add too much and end up with a runny elixir.

Blend and enjoy!

About the Iced Maca Latte

The synergy of the maca, lucuma, tocos, mesquite, and vanilla will result in a creamy and malty elixir. This is one you can serve to friends and is sure to be a favorite. The antioxidants in the tocotrienols combined with adaptogenic qualities of maca make this one an elixir par excellence.

Many people find maca gently stimulating. This is an excellent beverage for a hot day where you don't want to make a hot tea, but you still want to consume superfood powders, especially maca.

Maca is also widely known to be excellent for sexual organs and sexual performance.

Don't be surprised if after consuming the Iced Maca Latte if your libido increases!

Roasted Iced Maca Latte

Makes 1 serving

Ingredients:

1 cup ice
1 TB Roasted Maca Powder
1 TB Maca Powder
1 TB Lucuma Powder
Generous dash of cinnamon powder
2 TB Agave/Raw Honey
Water/nut milk/cream to blend

Directions:

Begin by adding a cup of fresh ice to the blender.

From there add your powders and then lastly add your sweetener and a few ounces of nut milk or water.

Only add enough so that it will blend. Always start off with less liquid because you can always add more and you don't want to add too much and end up with a runny elixir.

Blend and enjoy!

About the Roasted Iced Maca

This elixir will have a rich, pungent, and creamy taste.

Some describe it as a spiced cookie due to the flavor synergy of the lucuma, maca, cinnamon, and honey. Try it for yourself and see, but keep in mind that roasted maca is much more of a stimulant than regular maca.

Many feel creative, driven, and inspired after consuming this delicious beverage.

If you want to make this beverage to have an even stronger "spiced cookie" flavor, feel free to add a generous pinch of nutmeg powder and a dash of clove powder and/or cardamom powder.

The end result will make it taste almost like a gingerbread spice cookie or chai flavor.

Simple Iced Mocha Elixir

Makes 2 servings

Ingredients:

16 oz cold, already brewed roasted maca "coffee"
1/3 C cream or nut milk
2 tbsp cacao powder
1 tsp maca
1/2 tsp shilajit
1/2 tsp fo-ti powder
1 tsp lucuma
1/2 tsp dark mesquite
1 tsp vanilla extract
2 tsp clear agave
1 cup ice

Directions:

Add all ingredients in the blender except nut milk. Blend on high for 30 seconds or until ice is blended.

Right before you think the ice is to your desired consistency, while the blender is still running, slowly add the cream or nut milk into the blender.

Adjust sweeteners if needed. Pour into a tall glass and enjoy.

About the Iced Mocha

After adopting a healthier diet, many people lament their fond memories of coffee shop drinks.

They daydream for a substitute. After years of experimentation, this is one of our most treasured recipes for this exact reason. This recipe is the closest thing we have found that compares with coffee shop drinks.

This recipe includes some of our favorite herb powders, like ho shou wu powder, shilajit powder and maca powder, yet is gently sweetened by lucuma, mesquite and agave.

The end result is a beverage that is not only good for you but is an excellent delivery system for these potent Chinese and Ayurvedic herbs.

This particular recipe has been formulated to make 2 14 oz. servings, so make sure to **share this drink with someone you love!**

Iced Mint Mocha Elixir

Makes 2 servings

Ingredients:

8 oz. tea, room temperature or slightly warm
8 oz. nut milk or cream
1 Tbsp cacao powder
1/2 tsp shilajit powder
1/2 tsp ho shou wu powder
1/2 Tbsp Green Powder (Sun Warrior Ormus Greens
or Vitamineral Green)
a few drops vanilla extract
a few drops peppermint essential oil
or mint flavor
small pinch of sea salt
sweetener, to taste
1 cup ice
a few sprigs of mint leaves (optional)

Directions:

Add all ingredients except nut milk in the blender.
Blend on high for 30 seconds or until ice is blended.
Right before you think the ice is to your desired
consistency, while the blender is still running, slowly
add the cream or nut milk into the blender.

Adjust sweeteners if needed.
Pour into a tall glass and enjoy.

About the Iced Mint Mocha

I actually originally created this drink
many years ago.

I was longing for something chocolately
and minty, with a flavor reminiscent of
Girl Scout cookies, only much much
healthier!

When I took my first sip, I actually
sighed with delight. I remind myself to
make this elixir on a regular basis and
take a few minutes to sit on our sofa,
relax, and look at the glorious nature
outside. On hot summer days I will
bring it outside and sip it in a nice tall
glass.

What is great about this elixir is that
this mint flavor can have additional
herbs added to it if you desire. Feel free
to add more shilajit, ho shou wu
powder, or anything else you desire.

**And the mint flavor tends to add
extra sweetness without adding sugar!**

~ Heidi

Chocolate Covered Cherry Elixir

Makes 2 - 3 servings

Ingredients:

20 oz of herbal tea or fresh spring water
one small or medium very ripe banana
8 oz frozen cherries
2 oz frozen strawberries
2 rounded tbsp cacao powder
1 rounded tsp carob powder
1/2 tbsp maca powder
2 tbsp hemp or flax oil
1/2 tsp vanilla extract
6-7 drops vanilla creme stevia
3 drops chocolate stevia
cacao nibs

Directions:

Put water or tea into the blender. Add frozen fruit and banana. Blend on high for 30 seconds or until creamy. Add powders, liquid sweeteners, and vanilla extract. Blend on high for 10 seconds. Turn blender on low and slowly drizzle the hemp or flax oil.

Pour into a large glass, garnish with a mint leaf, and sprinkle cacao nibs on top!

Chocolate and Cherry. . . two of my favorite flavors.

When I first started getting into blended drinks, I developed this recipe which became my absolute favorite for years. It always tastes like dessert and is completely amazing for your body.

The most powerful aspect of this recipe is that because the chocolate and cherry flavors are so dominant, you can add almost any bitter tasting herb, powder, or ingredient into this drink that you are working with and it won't change the flavor.

For someone just starting out with herbs, this is the perfect cold elixir recipe to start with.

- JS

Bonus Tip:

Putting the nibs on top each time you take a bite is a completely decadent experience. It also allows you to fully chew your elixirs that most of us drink too quickly. This also is great for forcing you to sit back and completely enjoy the experience.

Purple Power Elixir Smoothie

Makes 2 - 4 servings

Ingredients:

32 oz. fresh spring water made into tea with wild blueberry rooibos (Rishi brand) or just rooibos tea base

1 individual smoothie package of unsweetened frozen acai (Sambazon Brand)

1 cup frozen organic blueberries, preferably wild

1/2 cup soaked chia seeds

1/2 cup nut milk or organic grass-fed raw milk

1/4 cup milk kefir (optional)

1/4 cup cacao powder

1/2 tsp schizandra berry powder

1 tbsp lucuma

1/2 tbsp Purple Maca powder

10 drops liquid vanilla creme stevia

good pinch of sea salt to bring the flavors together

Directions:

Steep low-boiling water in two full tablespoons of wild blueberry rooibos tea for 10-12 minutes.

Strain tea into blender and add acai and blueberries. Blend on high for 30 seconds. Put in soaked chia, nut milk, and optional kefir. Blend for 10 seconds on high. Add the rest of the powders and liquid stevia, then blend on high for 15-20 seconds. Pour into a glass and enjoy!

The Power of Purple...

In the Ayurvedic system they focus on the colors of food as much as their medicinal qualities. They say we should eat abundantly from all colors of the rainbow.

Many of the foods and herbs in the raw and superfood diet contain the rare color of purple.

The more purple a food is, the higher in anti-oxidants. Purple Power is truly purple from the abundant anti-oxidant pigments from the blueberries and acai.

This Purple Power elixir tastes phenomenal.

Cacao is also considered a purple food. If you bite a cacao bean in half and look inside, it may have a deep, beautiful purple hue. This indicates a very high quality bean.

If any drink or food could give you the most powerful shot of the color purple, this would be it!

Triple Berry Elixir Smoothie

Makes 2 - 4 servings

Ingredients:

32 ounces Beauty Tea base,
or plain fresh Spring Water
1 cup frozen raspberries
1 cup frozen strawberries
1/2 cup goji berries
1 tsp Camu Camu berry powder
1/2 cup soaked chia seeds
1 cup coconut water or raw milk kefir
pinch of sea salt to bring flavors together
a small squeeze of lemon juice (approx. 1/2 tsp)
Lavender flower honey or other floral honey, to taste
1 cup ice (optional)

Directions:

If using the Beauty Tea as a base, brew the tea first, then cool to room temperature. Strain tea into blender and add all berries. Blend on high for 30 seconds. Put in soaked chia, nut milk, and all remaining ingredients. Blend for 10 seconds on high. Add the rest of the powders and sweetener, then blend on high for 15-20 seconds. Add ice if needed, blend, then serve. Pour into a glass and enjoy!

OK... Technically there are more than three berries in this elixir - there are raspberries, strawberries, goji berries and camu camu berries!

The flavor is meant to be as berry-licious as possible. The secret ingredients in this elixir are the additions of lemon juice, and the floral honey. Both ingredients amplify the delicate flavors of the berries.

We had to include this recipe in this book because this is one of the most common elixirs we make on a regular basis when we want to make a "fruity" kind of smoothie...but with so many powerful ingredients, it is difficult to call this drink a smoothie! It's simply a delicious elixir!

If you want to amp this elixir even further, feel free to add fresh, in-season berries from your local area.

Your taste buds will burst with delight!

- Heidi Ohlander

Tips To Remember for Cold Elixirs

- **Often when you put some sort of fat in your elixir** and then cool it down, if it's not thick enough the fat will rise to the top. Make sure to shake it before you gulp it down.
- **If you do want to use fat in your cold elixir**, make sure to add something really thick like soaked chia seeds to help make sure the fat doesn't separate. Or, you could make a fat-free, very liquidy elixir.
- **You may notice that your elixir will taste different** after keeping it in the fridge overnight than when you made it. This is because, depending on what you use, some of the flavors will come out more. Learn which flavors express themselves more after cooling by experimenting.
- **To turn your hot elixir into an iced beverage**, slowly add ice and blend a few ice cubes at a time until you reach your desired cool temperature.
- **If you make a dark chocolate elixir** or an elixir with any of the "bitter" herbs like reishi, adding ice or cooling overnight in the refrigerator will often taste like an amazing blended coffee beverage!

Elixir Colors Rarely Change



Pop Quiz: *Which recipe from this book is Brandon holding in his hand in this photo?*

The answer is... we're not quite sure. One thing you will learn over time from making elixirs is that the color of the drink will almost always turn out the same shade of a mauvish milk chocolate color. We simply call it "**Elixir Mauve**". This discovery has become a little inside joke within the elixir making community, and we thought you're ready to be initiated into the humor of our little group. So if you make 20 different drinks, take photos, and then can't remember which drink is which... you know you are on your way to Tonic Beverage mastery.

Chapter 6: Buying Guide



Elixir Ingredients

"All of these recipes are great, but where can I buy all this stuff?"

Good question.

When we first started out making elixirs, no one would tell us where you could buy ingredients. It was a deep mystery. Over the past few years we have purchased various ingredients from most online stores.

The ones with lousy customer service and poor ingredient quality did not make it into this book.

Instead, we are sharing with you "the best of the best".

In this chapter we will cover where to buy ingredients as well as give you some of our favorite ingredients from each store.

About The Buying Guide

by Heidi Ohlander

Quality ingredients assures a quality elixir.

Before we share with you the Shopping Guide I have to tell you a story.

Many years ago when we first went "raw", maca root had just started to enter the commercial market as sources were getting authentic maca from South America.

We were about to order some online the following week, but when I went to our local health food store, I saw some included in the bulk herb bins.

Oh sure, we were about to order some online, but the maca was here in the store! I had nothing to lose...so I thought.

Surprised and excited, I bought some and took it home. That night, Justin and I made a smoothie (it was more like an elixir, but we weren't using the term elixir yet). We each took one sip, and spit it out. Gross!

It tasted rancid. It was horrible.

I thought I would never like maca again.

A month later we ordered a pound of maca from an online store. When it arrived, we made a smoothie/elixir, and it was DELICIOUS.

That's when we knew how important it is to know your source, and to buy from stores who care about quality.

The moral of my story isn't to freak you out about health food stores.

Some local health food stores might have excellent ingredients. There are some ingredients where quality is important - cacao products, maca, lucuma, shilajit, mucuna, goji berries, and other superfoods too.

There is a big difference between your local health food store and online stores listed here in the Shopping Guide.

The difference between your local health food store, and specialty stores in the pages that follow is that your health food store doesn't have the volume of customers buying elixir ingredients, so these ingredients may be sitting on the shelf for months at a time.

With all of the stores we have listed here in this shopping guide, we know for a fact that goji berries are not sitting on the shelf for six months. They get new shipments of products, sometimes multiple shipments a month!

That means fresh, high nutrient, high quality ingredients that will make your elixirs taste out of this world!

Enjoy the Shopping Guide.

Sincerely,
Heidi

Please Note: We are listing these companies because we love them. The views expressed in this Shopping Guide are the views of the authors of this book and do not reflect the views of the following companies.

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Chaga also has melanin compounds that nourish the skin and hair. The betulin and betulinic acid compounds, similar to the triterpenes found in Reishi, also have immune supporting properties.*

Chaga is a mushroom that must be wild crafted as only those mushrooms harvested from living birch trees will have the full compliment of active compounds Chaga is famous for. This Chaga is

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Hyperion Herbs: Quality Potent Herbs at Amazing Prices

Hyperion Herbs

Hyperion Herbs is Brandon's bulk tonic herbs company.

The prices are very good and these herb powders can be purchased in larger bulk sizes. The quality is very high and the powders dissolve easily in liquid.

Because Brandon is very choosy, the herbs available sometimes vary, and due to popularity some herbs are occasionally out of stock.

You can get the following tonic herb powders from Hyperion Herbs:

- Reishi
- Cistanche
- Ho Shou Wu
- Cordyceps
- Mucuna
- and more...

The product line is expected to grow in the future to include many other bulk tonic herb powders.

For more information visit Hyperion Herbs:

<http://www.hyperionherbs.com>



*Ho Shou Wu powder
from Hyperion Herbs*



Mountain Rose Herbs: Herbs, Spices and so much more!

Mountain Rose Herbs

Mountain Rose Herbs is one of the top places in the world to get some of the best quality bulk organic herbs at unbelievable prices.

MRH carries herbs from around the world that are certified organic or wildcrafted and in their whole form.

MRH is an excellent information resource as well. They have a page that describes each herb, what it is traditionally used for, and any contraindications.

You can also poke around the website for hours learning about different herbs and discovering new ones to use in your Elixirs!

Great whole herbs to get from MRH that are in this book include:

- Red Reishi • Eleuthero root • Rhodiola
 - Ashwaganda • Dandelion root
- Yellow Dock root • Gotu Kola • Holy Basil
 - Ginkgo Biloba • Brahmi
 - Schizandra berries • Goji Berries
 - Nettle leaf • Oatstraw • Horsetail
- Fo-ti • Pau d'arco • Gynostemma • Ginseng

Mountain Rose Herbs

One favorite ingredient of many elixir-makers is that MRH has a really good non-GMO soy lecithin powder. Soy lechithin is great for thickening your drinks.

Other great items you'll want to check out at MRH is their vast selection of **bulk organic spice and chai powders** like cinnamon, cardamom, nutmeg, etc.

MRH is also a great place to pick up bulk organic stevia leaf powder to sweeten your drinks up. A little goes a long way so even a small purchase could last you quite a while.

As Brandon showed in the bonus video you got with this ebook, you can build your own green powder using MRH that will save you a lot of money and can be tuned to your tastes and desires.

Once you start looking at their selection, and realize how amazing their prices are, **you will want to stock up on a large order!**

For more information, go to their website:

<http://www.mountainroseherbs.com>

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With over 20 years of combined experience on the 100% Raw Food Diet, Matt & Angela put these two FREE e-reports together just for you. They will give you the steps you need to start improving your dietary lifestyle TODAY!



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The Raw Food World: Elixir Ingredient Superstore

The Raw Food World

TheRawFoodWorld.com carries hundreds of raw food products and superfood powders.

Matt Monarch who runs the store has gained quite a reputation for sourcing the latest and greatest products out there.

Matt, along with his wife, Angela Stokes-Monarch, continually have coupons and promotional codes for "at-cost" items featured in their store. We know many people who are totally hooked on these "at-cost" specials because the deals are that amazing! (We're hooked on them too)

The Raw Food World always provides great value and is a good store to support.

Here are the products and foods that are in our recipes that we recommend getting here:

The Ultimate Superfoods Product line.

Ultimate Superfoods is a company that has some of the highest quality superfood powders in the world and is well known for it. Matt carries their cacao powder which is the #1 raw chocolate powder we recommend as well as their cacao butter.

The Raw Food World

Matt's store also carries the Ultimate Superfoods line of **cold-extracted medicinal Ayurvedic herbs** that are used a lot in our chai recipes. These include:

- Shilajit • Mucuna • Amla
- Bacopa Moneri • Holy Basil
- Ashwaganda • Tribulus • Valerian
- Brahmi

Each of these herb powders are highly recommended and considered the best quality of their class by Elixir enthusiasts. All the other superfood powders that are in this book can be purchased here as well.

- Maca • Lucuma • Mesquite
- Tocotrienols • Vanilla Powder
- Green Superfood Powders • Coconut oil
- non-GMO soy and sunflower lecithin
- Raw Honey • Cacao nibs
- Hemp and Flax oils • Camu Berry
- ...and more...

You can get truly raw almonds from Matt's store as well as top quality bulk raw nuts and seeds to make into nut milks.

The Raw Food World

Matt is known for his love of chia seeds.

Matt's place is the best place to get chia seeds that will help thicken your drinks. He carries them as small as 1 lb bags and up to much larger bulk sizes.

Dry chia seeds keep for a long time if stored in a dry, cool dark place.

Matt also offered a great selection of sweeteners.

Sweeteners you can get at the Raw Food World:

- green stevia leaf powder
- stevia leaf extract
- flavored liquid stevia extracts
like vanilla creme, chocolate, lemon drop
and english toffee
- clear agave nectar
(the only kind we recommend)
- various types of honey
(although local, organic and raw is best)

For more information, go to their website:

<http://www.therawfoodworld.com>



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RawGuru.com: The Largest Selection at Competitive Prices

Raw Guru

RawGuru.com is truly a total health superstore.

Alex Malinsky created RawGuru.com over seven years ago, and has become known for one of the leading sources of the largest variety of raw foods and superfoods. RawGuru.com carries thousands of raw food related products, foods, powders, and more.

Almost everything you can get from TheRawFoodWorld.com you can get at RawGuru.com. The prices are similar and RawGuru.com is a very reputable company and has been around a long time.

RawGuru.com is known for being a power seller of blenders, juicers, sprouters and other equipment; always offering competitive prices. We know there isn't much juicing going on when making elixirs, but if you don't have a high speed blender, RawGuru.com is a good place to consider.

In addition to all the quality products you can get here, RawGuru.com is the **best place to get Roasted Maca**. Roasted Maca is one of our favorite coffee substitutes and we use it in many elixir recipes.

Raw Guru

RawGuru.com carries their own special protein powder called Sproutein made from sprouts, hemp, fruits and superfoods. It tastes great in elixirs and is simply delicious!

- Sproutein Protein Powder

RawGuru.com is a great store to buy all your superfood powders that are in this book:.

- Maca • Lucuma • Mesquite
 - Tocotrienols • Vanilla Powder
 - Green Superfood Powders • Coconut oil
 - non-GMO soy and sunflower lecithin
 - Raw Honey • Cacao nibs
 - Hemp and Flax oils • Camu Berry
- ...and more...

The best part about RawGuru.com is that Alex is constantly searching out the latest and greatest of new products out there, as well as developing innovative products of his own!

You never know what will be on RawGuru.com next!

For more information, go to RawGuru's website:

<http://rawguru.com/store>

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ELK VELVET ANTLER

Strength gains of HGH, the healing powers of a hyperbaric chamber, endurance gains of EPO, the hormone balancing of HCG, the total system regeneration of a full matrix of growth factors and as much as 100 MCG's of IGF-1 per bottle. Elk Antler Velvet in its most potent form, humanely harvested, low temperature extract made exclusively from the "living" antler tips of Elk pastured in the USA.

[Click here for more info!](#)

Best Seller!

COLOSTRUM

Colostrum is the "Immune Milk" produced by all mammals for only the first few hours before and after birth. Supercharged with 97 immune factors and 87 known growth factors, Colostrum is nature's "First Food". Surthrival ethically harvests true six hour Colostrum, third party verified to be free from synthetic hormones, antibiotics and pesticides.

[Click here for more info!](#)

Immortality Quest Mushroom Powders! Click a button for more info!



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Valley of

Surthrival: Quality, Selected, Advanced Elixir Ingredients

Surthrival

When you're ready to take your health to the next level, it's time to check out Surthrival.

Surthrival is a company started by Daniel Vitalis, LeighLon Anderson and Seth Leaf.

Their mission, simply put, is to provide the highest quality, most potent superfoods available anywhere.

The products Surthrival offers are certainly more powerful than simply cacao and goji berries.

At this time they offer a very select group of products:

- Immortal Velvet - Elk Antler extract
- Colostrum powder
- Immortality Quest mushroom powders
- ...and more....

What is great about all the Surthrival products is that you can seamlessly add any of these products (Immortal Velvet, Colostrum powder, the mushroom powders) into any of the recipes included in this book.

Surthrival

Colostrum is great to add into any nut milk, or creamy elixir...especially all the chai recipes in this book.

Colostrum adds a fantastic "malty" flavor. Yum!

The Immortality Quest mushroom powders are perfect to add to any drink recipe that includes mushroom powders in this book.

It is so easy to add any or all of these products into your standard elixir routine.

All of us authors use Surthrival products in our elixirs on a regular basis because of how good it makes us feel.

These are all ingredients that you can add to take all of your elixirs to an advanced level.

Each of these products have special nutritious features and various health benefits that are way too long to go into here, but fortunately Daniel and his team have provided extensive information on all of these products if you are interested.

Go to their website which has great information about all of these products so you can learn more:

<http://www.Surthrival.com>

Health Food Stores/ Whole Foods

All of us still shop at our local health food stores, and at Whole Foods for some ingredients.

Most local co-ops and Whole Foods often have quality herbs in glass containers in their herb and supplement sections. Be careful because you can never be too sure of the quality or how long they have been sitting there under fluorescent lighting (like my story about the maca! - Heidi).

Often these stores will carry bulk herbs from such reputable organic herb sources as Frontier, Starwest Botanicals, and other brands.

Some of the ingredients you should be able to find at your local store include:

- Artisana Coconut Butter
- Artisana Nut Butters
- Frontier organic spices
- Sweet Leaf stevias
- Starwest Botanicals - herbs
- Honest Teas (Pau d'Arco)
- Rishi Rooibos Teas
- Maple Syrup
- Raw Honey

You may also be able to special order ingredients at your local store.

Simply ask the employee in charge of ordering product and they will be more than happy to help you!

Chinese Herb Shops/Asian Markets

Your local Chinese Herb Shop may become one of your favorite stores.

There are secret treasures hidden all over the United States and Canada. They have many different names... Chinatown... Asian Market... Asian Grocery...and others. Each store is a little different because they are all owned by small families. Some stores carry a full range of Chinese herbs. Other stores might have just a few, select herbs.

Often these stores will carry bulk Chinese herbs, packaged in plastic bags by the pound, or in paper boxes with cellophane windows so you can see the herbs.

Some of the ingredients you may be able to find at your local Asian store include:

- Reishi Mushroom - whole
- Schizandra Berries
- Goji Berries
- ...and possibly more...
- Ho Shou Wu
- JuJube Date
- Ginseng

FYI: Ordering from Asian markets can be **difficult**, as unfortunately many of the shopkeepers are wary of people wanting to order herbs.

But, then again, you may find a tonic herbal master working in the shop and a whole new path may open to you. If this happens, you should email us and tell us about it!

Chapter 7: Resources



Goji Berries

Your introductory learning in elixir making is nearing the end!

There is so much we want to share with you, but this book can only be so long...at least for now!

Before we go, there are a few more resources we want to share with you.

Elixir making is a lifelong process, and there are so many more resources out there than just this book.

This book is just a stepping stone on your journey.

We have selected some of our favorite resources if you wish to go further in your elixir learning.



Online Spring Database

Elixir Craft Mastery

6 hour audio MP3 course on liquid alchemy by Daniel Vitalis



Home

Submit a Spring

Video

Updates

Springs by Region

Contact Us

FAQ

RSS FEED

Note: You can use the tools on the upper-left portion of the map to zoom in and out as well as move the map around.



Find A Spring: Natural Spring Water Database

Find A Spring

Find spring water near you!

We've talked all about using spring water in all of your drinks...but what if you don't know where to find spring water in your area? It turns out that there are natural springs all over the world!

FindaSpring.com was created by Daniel Vitalis and Heidi and JS as a free online user-generated database of spring all around the world. There are over 328 different springs currently in the database, with more being added weekly.

This website is free and open to the public and will always remain so.

If you know of any high quality springs in your area, check the site to see if they are listed. If they aren't, please submit them here:

<http://www.findaspring.com/submit-a-spring>

In addition, Daniel has answered a lot of questions people have regarding natural, wild water in the FAQ for the site here:

<http://www.findaspring.com/faq/>

ElixirCraft Mastery

a 6 Part (6 hour) audio course on the power of Liquid Herbal Alchemy



Buy the MP3 Course for \$67

6+ hours available instantly as a download online

Special Upgrade: \$79

includes the ElixirMastery course + a 1 Hour MP3 on [Daniel's Top 4 Health Strategies](#)

Listen to an 11 minute audio sample of the course



Elixir Craft: The "Masters-Level" Course on Liquid Alchemy

Elixir Craft

If you enjoyed **Elixir Synergy** and are feeling like it's time to take this craft to the next level, we highly recommend ElixirCraft, created by Daniel Vitalis.

Elixir Craft Mastery is a six hour audio program on every facet of creating your own tonic herbal Elixirs.

The program is designed to take you through Daniel's philosophy and work in creating your own personalized medicinal and tonic drinks.

Daniel takes you through six parts. Starting with the foundation of water and especially spring water, followed by equipment, making tea decoctions and infusions, to even creating your own tinctures and even herbal chocolates!

This is the advanced course for any serious Elixir and superfood herbal student. Our recommendation is to get very comfortable with making at least some of the basic Elixirs in this guidebook, then when you feel called, move on to Elixir Craft for an even deeper education and understanding.

Get ElixirCraft Mastery today:

<http://elixircraft.com>

Other Resources:

Books:

Healing Thresholds by Rehmanna Dean Thomas
Radiant Health by Ron Teegarden

Stores:

<http://www.dragonherbs.com>
<http://www.shamanshack.com>
<http://www.jingherbs.com>

Websites of the Authors of Elixir Synergy:

Watch Brandon's videos on YouTube:
<http://www.youtube.com/user/herbgardner00>
<http://facebook.com/brandondaemon>
<http://brandongilbert.info>

Listen to JS's latest musical projects, as well as his musings on minimalism:

<http://www.jsohlander.com>
<http://facebook.com/jsohlander>

<http://facebook.com/heidiohlander>



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Every chance to share knowledge is an opportunity for gratitude, and this book is no exception.

In particular we want to thank the many people that have played a role in making this book possible:

Daniel Vitalis, LeighLon Anderson, Matt Monarch, Alex Malinsky, Seth Leaf, Rehmannia Dean Thomas, Truth Caulkins, and a big shout to everyone who has been a part of our continued journey into this alchemical journey.

And we would also like to thank our middle school home economics teachers and our high school chemistry teachers because we're glad they never taught something this freakin' awesome in school.

We want to thank you for reading this book and for your continued support of what we do. Your support makes our community better and better!

Thank you. May this book be a part of your continued journey!

Sincerely yours,

Heidi, JS, and Brandon



Brandon Gilbert had spent much of his life interested in plants and herbs, but officially started his journey into tonic herbs in 2006. After founding a chain of tonic bars in 2007, he has given countless lectures around on the power of Chinese Tonic Herbs.

Brandon's favorite herb above all is reishi mushroom. Brandon believes owes much of his health and success to this herb. There's not been a day in the last 3 years that Brandon has not consumed this powerful herb in some form another. Daily Reishi is part of his overall longevity strategy; something he plans to continue for the rest of his life.

This is his first book.



Heidi Ohlander has been interested in health and longevity her entire life, yet her "wake-up call" was when a car accident in 1997 created a back injury that the doctors couldn't heal. Since that time she has spent over 10 years immersed in her own individualized study in health and wellness, passionately researching a wide variety of health disciplines.

Heidi has since healed her injury, as well as many other health problems. She now lives a life of health, something she once thought to be impossible. Heidi feels called to share her unique knowledge with others.

Heidi is deeply inspired by reishi.

This is her fourth book.

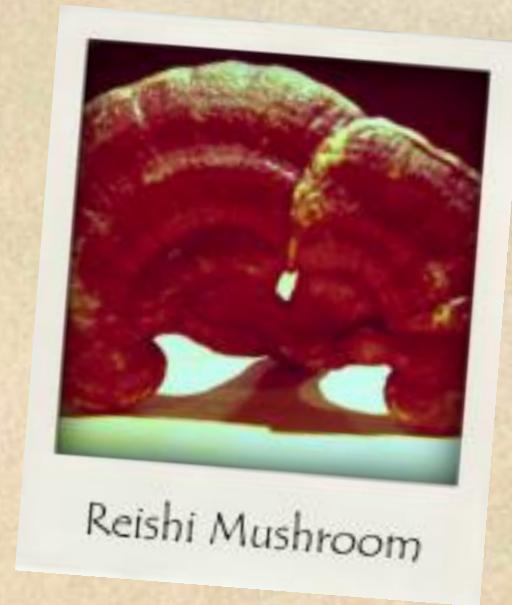


JS (Justin) Ohlander felt called to pursue a lifestyle of longevity and Optimal Health many years ago when first discovering that food has a profound impact on health. He has been refining his longevity discipline ever since. He is also a Musician and blogs about his Music and his adventures in Minimalism over at his personal site <http://jsohlander.com>

JS feels his token herb is the schizandra berry. After taking the schizandra berry for over a 100 day period, he saw such radical changes in his life that it solidified his belief in tonic herbs.

This is his fourth book.

Final Thoughts:



Use this book. Bring your computer into your kitchen as you make drinks and elixirs. Print out your favorite pages. Let the pages get wet. Write on them. Take notes. Rip up the recipes you don't like. Make your favorite recipes for your friends....and make sure to infuse each recipe with love and intention.

May this book inspire you to create your own elixirs. Become a kitchen magician. Become an herbal wizard. Let this book become a part of your journey. Experiment. Make some mistakes. Turn mistakes into learning lessons and inspiring breakthroughs. Use this book. Use this book. As you are using this book, we are simultaneously in our own kitchens, experimenting like alchemical scientists, just like you.

Use this book. Use this book. Use this book.



The End...