

NUTRITIVE TONICS

Delicious Kitchen Medicine

Nutritive tonics are made with safe, gentle & nourishing food-herbs. Like eating healthy, nutritive tonics offer a powerful form of preventative medicine. Often, we look to herbs as a remedy for a symptom or disease. Nutritive tonics also help restore physical, mental & emotional imbalances. However, like the proverbial saying, “an apple a day keeps the doctor away” taking nutritive tonics regularly, helps our body prevent dis-ease by building-up resilience should something (flu, stress, loss, etc.) challenge our inner harmony. Tonics are invigorating, restorative, and life-enhancing. They can provide support for a specific organ system (circulatory, digestive, reproductive, etc.) or can be taken to strengthen the overall body.

Tonics are most effective when taken daily with a moderate dosage over the long-term. A moderate dosage generally means about 1 tsp of dried herb per cup of water. The finer the herb is ground, the less is needed. Keep in mind, that because herb-tonics are essentially food, the dosage is very flexible. Listen to your Body’s Wisdom to find the right balance.

Giving thanks to your herbal allies and setting an intention for the specific aspect of health you wish to support, will amplify the healing capacity of your tonic. Consciously work with the intelligence of your Body and the Plant Relation’s Wisdom. Trust is key.

Nutritive tonics may be ingested as a warm or cold strong “tea” (steep time is 8 hours plus). Drink 3 cups per day. For roots, seeds & bark, you may want to gently boil the herb for 15 to 20 minutes (decoction), add any extra ingredients while still warm, and then put the liquid into a thermos or a tightly covered glass jar. However, I find the long steep time is enough to pull out the goodness without creating an overly bitter or “earthy” drink. After all, this daily form of preventative medicine needs to be enjoyable! On that note, if drinking tea isn’t your style, you can opt for a nutritive tincture. Simply, put 2-4 mls (there are approximately 20 drops/ml) of the tincture into your water container, drink 3 x day.

See below for some Liver-Loving Nutritive Tonics



Burdock Root Tonic

Do you have a recipe to share?

Nettle Seed Tonic

1 tablespoon fresh or dried nettle seeds

1 tsp freshly squeezed lemon juice

1 litre boiling water

- Place seeds and lemon into a clean glass jar.
- Pour boiling water in and seal tightly.
- Steep overnight.
- In the morning, pour the tea through a fine sieve.
- Drink throughout the day. Make fresh nightly.



Dandelion Root Tonic

1 teaspoon dried Dandelion root per cup of boiling water

1/2 teaspoon freshly grated Ginger root

1 tablespoon Honey

- Place desired amount of Dandelion & Ginger into a 1L clean glass jar.
- Pour boiling water over the roots. Seal tightly.
- Let steep at least 8 hours or overnight.
- Once steeped, the herbs can be strained out. However, I prefer to keep the herbs in for a stronger brew, checking and replacing the herbs as needed.
- Enjoy 3 cups daily
- Add fresh herbs and boiling water as needed
- Store in the fridge
- Drink warm or cold

