

## **Adaptogen Based Remedies and Recipes**

### **Immune-Strengthening Chai**

3 teaspoons immune-strengthening adaptogenic herbs of your choice (I usually use roots like astragalus, ashwagandha, and eleuthero)  
2 teaspoons chopped fresh ginger root or 1 teaspoon dried  
2 teaspoons cinnamon chips or 1½ cinnamon sticks  
2 teaspoons chopped fresh orange peel or 1 teaspoon dried  
10 black peppercorns  
6 cardamom pods  
3 cloves  
1 star anise pod  
Water, for brewing  
Honey and milk, to taste

Combine all the herbs and mix well. Store in a glass jar with an airtight lid. To make tea, use 1 tablespoon of your chai blend for every 1 cup of water. Combine the herbs and water in a saucepan, bring to a simmer, and let simmer, covered, over low for 20 minutes. Strain, add honey and milk to taste, and enjoy.

Note: If you want to add black tea to your chai, add it after you decoct the herbs. (After the herbs are done simmering, remove the pot from the heat, add the black tea, cover, steep as long as you desire, then strain.)

### **Tulsi Chai**

2 cups boiling water, for brewing  
½ cup fresh tulsi buds and leaves or 2 tablespoons dried  
1 teaspoon cinnamon chips  
2 teaspoons fresh orange peel or 1 teaspoon dried  
Honey and milk, to taste  
Cardamom powder, for garnish  
Pour the boiling water over the herbs and let steep, covered, for 10 to 15 minutes. Sweeten with honey and milk as desired, and garnish each serving cup with powdered cardamom.

### **Shatavari/Goji Berry Ghee**

This herbal ghee is great for supporting and nourishing all female reproductive imbalances, including irregular menses, amenorrhea, dysmenorrhea, PMS, and menopausal imbalances. It is an excellent postpartum tonic, helping to bring in the milk supply, support healthy hormonal balance, restore energy and vitality, and prevent

postpartum depression. I love to give this ghee as a gift to new parents. Consider doubling the recipe, because it won't last long!

¼ cup dried goji berries  
1 cup ghee  
3 tablespoons shatavari root powder  
1 teaspoon ground cardamom

Grind the goji berries in a spice grinder or a clean coffee grinder.

Heat the ghee in a pan over medium heat. Whisk in the shatavari and cardamom, breaking up any clumps along the side of the pan. Add the goji berries and heat for 3 to 5 minutes. Pour into a clean, dry glass jar. Stir every 5 to 10 minutes as the ghee cools to combine the ingredients, and at the end give the ghee a good, thorough stir to make sure all is combined.

The ghee can be stored at room temperature, but make sure to always use a clean spoon to scoop it out. Take by the spoonful (1 teaspoon to 2 tablespoons per day), or use it in your cooking .

### **Ashwagandha/Licorice Ghee**

This Ashwagandha/Licorice Ghee is a great way to include ashwagandha in the diet as a tonic. Ashwagandha is a calming adaptogen, helping to balance stress, anxiety and exhaustion. It is excellent for building the tissues of the body and strengthening the immune and endocrine systems.

1 cup ghee  
3 tablespoons ashwagandha root powder  
1 teaspoon licorice root powder\*  
1 teaspoon cinnamon powder

Heat the ghee in a pan over medium heat. Whisk in the powdered herbs, breaking up any clumps along the side of the pan. Heat for about 5 minutes. Pour into a clean, dry glass jar. Stir every 5 to 10 minutes as the ghee cools to combine the ingredients, and at the end give the ghee a good, thorough stir to make sure all is combined.

The ghee can be stored at room temperature, but make sure to always use a clean spoon to scoop it out. Take by the spoonful (1 teaspoon to 2 tablespoons per day), or use it in your cooking.

\*Do not use licorice root in cases of high blood pressure.

## **Deep Immunity Soup Stock**

2 pounds beef marrow bones (or chicken bones, lamb bones, etc.) or vegetable scraps  
½ cup fresh or dried shiitake mushrooms (6–8 dried mushrooms)  
¼ cup astragalus root slices (8–10 slices)  
⅛ cup goji berries  
⅛ cup codonopsis root  
⅛ cup burdock root  
¼ cup apple cider vinegar  
1 tablespoon salt, or to taste  
Water

This is best made in a slow cooker, where it can be safely cooked for many hours, though you can also use a large soup pot on your stovetop. Combine all the ingredients in the slow cooker, cook on high until it reaches a simmer, then reduce the heat to low and cook for 48 to 72 hours. Some slow cookers, with digital controls, will not let you program to cook for longer than 10 hours, if that is the case just reset it after 10 hours. Strain the broth, let cool, then pour into ice cube trays and freeze. Consume one cube a day. You can use it in your cooking (adding it to soups, stews, grains, veggies, etc.), or you can drink it as a single shot or diluted in hot water.

You can, of course, freeze the broth in larger quantities and use it to make soups, stews, and other preparations.

## **Restorative Syrup**

This syrup is excellent for recuperation after periods of high stress or for coping with and preventing depletion during times of high stress. I suggest you take this in the morning; some people find it difficult to fall asleep if they take eleuthero in the afternoon or evening.

4 cups water  
½ cup milky oats, fresh or dried  
2 tablespoons ashwagandha  
2 tablespoons astragalus root slices  
2 tablespoons eleuthero  
2 tablespoons hawthorn berries  
2 tablespoons lemon balm, fresh or dried  
2 tablespoons tulsi, fresh or dried  
1 cup raw honey, or another natural sweeteners

Combine the water and herbs in a saucepan. Simmer over low heat until the liquid volume reduces by half (to about 2 cups). Strain the herbs from the decoction and add the honey (or another natural sweetener). Shake well, until all the honey is dissolved.

Store in refrigerator, where the syrup will keep for up to 3 months. For increased shelf life add a ¼ to ½ cup of brandy to the finished syrup (refrigeration is still recommended).

*Dosage:*

*Take 1 tablespoon two or three times a day. Add it to tea or hot water, mix it into porridge, use it in cooking, or enjoy by the spoonful.*