

Total Body Rejuvenation:  
**4 Tibetan  
Secrets For A  
Longer Life**



# TOTAL BODY REJUVENATION:

4 TIBETAN SECRETS FOR A LONGER LIFE

# Introduction

What do people who live much longer than others do to accomplish such longevity?

If you carefully look throughout history, many of these individuals showed their secrets through wisdom, sayings, and quotes.



The most shocking part is those secrets look so basic that people ignore them.

The craze for longevity is on the rise, and folks seek it anywhere it can be acquired.

The options are unlimited, from the food you eat to the stem cell therapy to the exercise regimen you need to follow.

However, the truth is much simpler, and ancient cultures seem to understand this even without trying.

The everyday grind can wear away your emotional, physical, and mental wellness without even realizing it.

Before you know it, you lack energy or have difficulty focusing and have no idea where it all came from.

You must pay close attention to the signs your mind and body are trying to communicate. Small signals might be major warnings you are off track, and it is time to course correct.

The following are signs that you need to rejuvenate your body and soul AS SOON AS POSSIBLE!

- **It has been a while**

Regular self-care is the key to maintaining emotional and physical wellness. Can you barely remember the last time you did something for yourself? This is a clear sign that now is the time.

Schedule a massage, join a yoga class, visit a wellness retreat, or go on a solo vacay trip (even if it's only for a night or two). Any of these will help you strip away the demands of regular life and offer you time to focus on refreshing your spirit.

- **Sudden weight changes**

Sudden and unexpected weight loss or gain can suggest that your body is out of balance or indicate a serious condition.

Have you experienced a significant fluctuation in your weight over a short time (about 3-6 months)? You must bring it to the attention of your physician.

Your doctor could prescribe a course of treatment to deal with the underlying medical concern if one is present.

But if there's no medical cause for the change, changing your exercise and diet routine can help you get back on track to achieve optimal health.

- **Nothing seems to interest you**

Are you feeling uninspired by work and not as interested in things that used to excite you? This can indicate that you need to reset or something more serious, such as anxiety or depression.

If you do not feel positive expectations or anticipation about things that must be fun, speak with a counselor to treat or rule out clinical depression.

If depression isn't the case, you might benefit from a wellness retreat to recalibrate your emotional and physical health and offer mental space to concentrate on what brings you happiness.

- **Mood swings**

Life throws you many curveballs, and facing different emotions and reactions when suffering from challenges is natural.

But if your response is disproportionate to the infraction, you know it is time to take a break. Remember small things can upset you (or not), but big reactions must be reserved for major problems.

Pay close attention to times you feel like you are flying off the handle, exploding at other people in anger, or if you feel episodes of unexplained sadness or uncontrollable crying.

Do you often apologize for uncharacteristic emotional behavior? It is time for a mind-body or total rejuvenation.

- **Are you sluggish or always amped**

Did you know that an irregular sleeping pattern can suggest that you run on fumes? Frequently oversleeping, feeling like you need to boost your intake of coffee every morning, or never fully waking up are all signs you are out of balance.

Interestingly, the opposite could indicate the same thing.

Is your mind always racing? Do you often have trouble falling asleep? Do you compulsively ruminate on your problems? It is time to deal with your emotional wellness head-on.



You should not ignore the signs you might require mental or physical rejuvenation. Remember that resetting is never too late, no matter how tightly wound or stressed you feel. The first step is committing to prioritize your well-being.

But if you don't know where to begin, our guide can help you. Throughout this e-book, we will share important tips on how you can achieve total body rejuvenation that originates from the Tibetan people.

If you're ready, let's dive in!



# The Tibetan Morning Routine That Gives You the Energy of a Teenager

(Doing This Daily Gives You More Energy Than Drinking 2 Cups of Coffee!!)

Are you searching for a free anti-aging method or a simple way to keep your body youthful and healthy?

It's about time you check out this Tibetan morning routine. These exercises are identical to yoga poses and provide the same benefits as the added elixir of eternal youth.

Are you wondering what this mystical practice is all about? Keep reading to learn more about these Tibetan morning exercises and how you can do them!



## What are These Tibetan Morning Exercises?

The Tibetan morning routine is a sequence of dynamic exercises practiced by Tibetan monks for vitality and health. The movements are compatible with the postures practiced in yoga, including the most famous yoga poses.

The best part here is yoga. It's believed that practicing these Tibetan morning routines activates the chakra system or energy centers.

Thus, practicing these Tibetan morning rites is considered to improve their functioning and keep them free from the negative impacts of aging.

In the books *Ancient Secret of the Fountain Youth* and *The Eye of Revelation*, Peter Kelder claims that the Tibetan rites boost longevity and sustain youth.

Also, Kelder reports that the ancient Tibetan monks experienced the following health benefits:

- weight loss
- better sleep
- relief from joint pain and muscular tension
- increased energy
- enhanced flexibility and strength
- stress reduction
- enhanced digestion

### **How Do You Properly Do These Exercises?**

If you are not a yogi, you will not be familiar with such dynamic movements, so you may find it challenging at the beginning.

I suggest starting with one to three rounds of every exercise. You can increase the repetition as you advance. Still, it is essential to concentrate on cultivating a regular routine rather than focusing on the number of repetitions you can do.

Have you ever been to yoga classes? If so, you have likely heard yoga teachers tell you to listen to your body and do as much as you can.



Follow that principle when doing these Tibetan exercises, and always remember to keep a connection to your breath.

Now, let's break down each of the Tibetan exercises.

## 1. Twirling

The first exercise is twirling and is done in a standing position.

- Stand with your feet shoulder-width apart. Have your arms extended and in line with your shoulders and your palms facing down.
- Spin slowly in a clockwise direction, keeping your arms up and your breathing steady. Always keep your eyes open with your gaze toward the floor. Prevent tilting your head forwards.
- Spin as many times as you wish, up to twenty times. You don't need to go fast. Pick a speed that feels comfortable to you and doesn't compromise your balance. Stop right away if you begin to feel dizzy.

## 2. Leg Raises

The second Tibetan exercise is done in a reclined position.

- Have your legs extended (feet together) and your arms to your side.
- Engage your core and gradually raise both your legs together as you inhale. As you do this exercise, raise your head and stare at your thighs. Bring your chin to your chest and keep your palms facing down. Make sure it touches the ground.
- Exhale to lower your legs and head. Keep the legs straight and go back to your original position.
- Repeat this up to twenty-one times, connecting every movement to every breath.



Remember that this exercise engages your core and must be avoided if you have a spinal injury, had recent abdominal surgery, or are pregnant.

If it's too challenging to perform, you can adjust your posture by putting your hands under your buttocks or bending the knees as you lift and lower your legs.



### 3. Dynamic Camel

The third exercise is a dynamic version of the yoga posture called the camel pose. Here's how to do it:

- Come to a kneeling position with your hips stacked over your knees. Do you have knee pain? Put a folded blanket under the knees.
- Put your hands flat on the back of your thighs. As you inhale, lean back, arching your spine as you glide your hands down your thighs. Also, press your chest forwards and, if it feels all right in your neck, tilt your head back. Always be conscious of how it feels in your spine, and do not lean too much the first time.
- Come back up as you exhale, straightening your spine and bringing your head forward.
- Repeat this exercise up to twenty-one times. Are you doing this one a few times, not having problems, and still feeling fine? You can always try to come further each time, improving your back muscles.



Remember that you should keep your core engaged, like with all backends. Pull your belly button inwards as you lean back.

Doing so will safeguard your lower back and avoid any potential injury.

### 4. Moving Tabletop

The fourth exercise also needs core engagement and improves your upper legs, upper body, and abdominals. Here's how you can do it:



- Begin in a seated position with your legs straight and feet together. Position your hands by your side with your palms flat on the floor. Make sure your spine is straight by concentrating on drawing a tailbone down and the crown of the head up.
- Inhale to press your hands into the ground as you raise your hips and swing them forwards while twisting your knees. Take note that your hips must come in line with the body, shoulders over the wrist in an upward tabletop position, and knees must be stacked over your ankles. If it feels okay, you can drop your head back.
- Exhale to lower your hips by swinging them back and completely relax.
- Repeat it about twenty-one times.

Remember, this exercise needs arm strength. You can adjust it by beginning with your bent knees until you gather the power in your upper body.

## **5. Downward Dog to Upward Dog**

The last Tibetan exercise is called the Two Dogs. This exercise features two popular poses you've likely seen or heard your yoga teacher cue before—upward-facing dog and downward-facing dog.

- You can begin in either pose, but many people find it easier to start in a downward-facing dog position. Begin in a tabletop position and tuck your toes under. Raise your hips up and back while extending your legs. Extend the arms and press your chest to your thighs. That will form the shape of an upside-down V.
- Engage your core and bring your entire weight towards an inhale to an upward-facing dog position. Your hips must sink down, legs off the floor, and shoulders stacked over the wrists. Gaze up as you press your chest forward and then tilt your head a little back.
- As you exhale, go back to the downward dog position by raising your hips up and back. Repeat these movements about twenty-one times.



Others add a sixth position claiming it enhances sexual endurance. It involves standing straight up and exhaling all the air out of your lungs before you bend over toward your toes or knees and go straight up.

I also practice this one and often add a plow pose or a shoulder stand to the flow.



### Is It Safe to Do the Tibetan Exercises?

Tibetan exercises are safe to practice but visit your physician first if you doubt or have a health condition.

Practicing such yoga poses isn't suggested when:

- **Your balancing abilities are challenged** – A few brain conditions and neurological conditions make it hard to hold or coordinate moves and hold your balance. Thus, you can bypass that yoga practice if you have such.
- **You are prone to dizziness** – The spinning Tibetan exercise can trigger more dizziness, especially if you have a particular health disease or condition (such as nausea or vertigo). Always talk first to your physician before you perform it, or practice it with caution.
- **You are pregnant** – Contractions of abdominal muscles and bent positions aren't safe to do, especially if you have a baby on board.

You also need to keep the following in mind:

1. You should never feel any pain when doing such exercises. If you do, stop and seek help from a health specialist.
2. If you are relatively fit and healthy, begin with three repetitions of every exercise.
3. Do only what you're comfortable doing. That may imply only repeating every exercise once in the first week.
4. A healthy diet is important when doing these exercises.
5. If on days you are limited by time, try to do at least three repetitions of every exercise.

## What Are the Health Benefits of These Quick Exercises?

Here are some of the cool benefits of practicing these Tibetan exercises:

Researchers measured the arterial flexibility in forty-two individuals from a ninety-minute Bikram yoga practice three times per week for eight consecutive weeks.

In 24 of the younger participants, arterial flexibility was enhanced at the end of the research. Insulin and cholesterol levels also decline after yoga training.

These researchers asked sedentary but healthy men and women to partake in thirteen weeks of cardio, strength training, and stretching exercises.

The group performing stretching exercises demonstrated enhanced arterial flexibility measured by advanced ultrasound methods.



## How Long Does It Take to Do the Tibetan Exercises?

The entire sequence of Tibetan exercises takes not more than fifteen to twenty minutes.

Also, the duration of the whole session depends on the total number of reps you plan to do in a single session.

Basically, it will help if you repeat the sequence seven times. However, you can begin with fewer steps and progress as your muscles accomplish better tone.

Like with other yoga poses, the more regularly you perform these exercises, the more effective they will be.

However, I suggest not forcing the practice and sticking to the non-violence yoga rule. Always be cautious of your body signals and sensations.

If there's a need, you can always rest between reps.

## **How Often Should You Do These Tibetan Exercises?**

It's suggested that you do these exercises three times every day. However, a few people find that once a day is enough.

Other people like to do them more often, particularly if they are suffering from health problems.

Remember, it is up to you to determine how often you wish to perform these exercises and what works best for your body. Ensure you don't overdo it, as too much exercise can be detrimental to your health.

Begin slowly and increase your session's frequency as your energy levels permit.

## **Integrating Tibetan Exercises into Your Yoga Practice**

Traditionally, these Tibetan exercises were practiced regularly as a standalone practice.

Therefore, you can easily practice such exercises as a long or short ritual, depending on how many rounds you want.

They can be combined with meditation, breathing exercises, or yoga poses.

For instance, are you an advanced or intermediate yogi and wish to switch up your yoga practice?

Why don't you swap your regular sun salutations for Tibetan exercises?

Like with the standard yoga warm-up flow, you can pick the number of rounds you perform based on how you feel that day and the practice you seek.

Having said all the above, Tibetan exercises are a practice to make you active in daily life, even if you are busy.





If you fit that sequence into your workout routine through pre-warm, within two to four weeks, expect to notice changes in your mood and an overall feeling of well-being! Are you now interested in trying out the Tibetan exercises for yourself? Fortunately, there are many resources accessible online that could help you get started. You can find many diagrams, videos, instructional videos, and even printable routines you can easily follow at home.

The Tibetan exercises are an excellent way to boost your mindfulness, energy levels, and health all at once. Why don't you try them today and see how they benefit you?

On the next page, we will discuss the Buddhist monks' trick that improves their digestion.



# The Buddhist Monks' Trick to Improve Your Digestion

(Press These 3 Spots to Never Experience Bloating or Acid Reflux Again!)



Do you often feel that burning sensation in your throat and chest?

You are probably not alone.

Many Americans experience that discomfort and ask, “what’s this feeling?”

Many people do not want to talk about it, but digestion or gastrointestinal problems are typical.

However, there’s no need for you to suffer in silence.

## How Can Tibetan Acupressure Help With Gas and Bloating?

Did you know that Tibetan monks use acupressure to bring health and vitality to their lives? Acupressure uses gentle manipulation and palm and finger pressure. Monks apply pressure to different parts of their bodies connected by an energy pathway called acupuncture meridians.

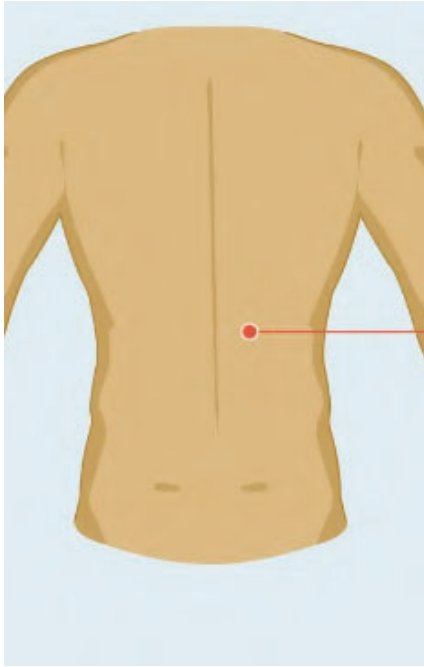
They also use different techniques and rhythms to unblock, stimulate, and balance essential energy flow to relieve pain and treat various chronic conditions such as bloating and gas.

Like acupuncture, acupressure originated in ancient China and complies with the same principles and theories drawn by Traditional Chinese Medicine philosophy.

While bloating and gas are typically experienced by most Americans, for those with sensitive stomachs, those symptoms might be more severe and frequent.

There are OTC medicines for such symptoms, but acupressure, a traditional Tibetan treatment, is efficient for relieving bloating and gas causing no side effects.

Keep reading to learn more about the different acupressure points that will help in easing your gastrointestinal symptoms.



## 1. Wei Shu - Gall Bladder 21 (BL21)

Wei shu is situated on the bladder's meridian and is supposed to impact abdominal pain and gastrointestinal disorders.

Its position is at least six inches above the small of the back and at least one-and-a-half inches outside of the spine on either side.

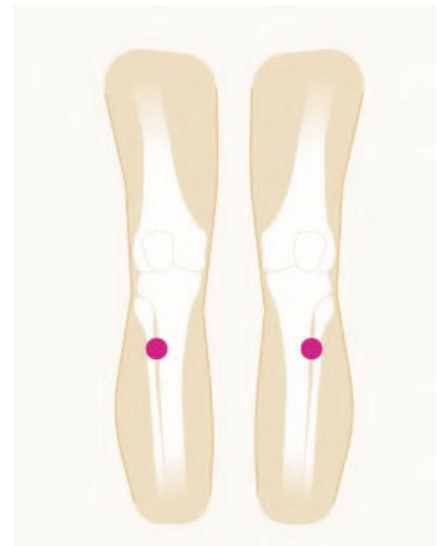
To massage:

- Set the Wei shu point with one or two fingers.
- In a circular movement, apply light pressure.
- Massage it for one to two minutes.

## 2. Zu San Li (ST36)

This point is on the stomach meridian, three cun (at least four fingers width) below the base of the kneecap and one finger. Breadth width toward the outside of your leg.

This acupressure point is popular and widely utilized by Tibetan monks for vitality, longevity, and rejuvenation. This point also treats gastritis, constipation, diarrhea, vomiting, gastric pain, and even bloating.



- To relieve bloating and gas, put your two fingers on this point.
- Apply gentle pressure while massaging it in a circular motion.
- You can also repeat it on your other leg.

## 3. Sanyinjiao (SP6)

Sanyinjiao can be found on the spleen meridian and impacts the parasympathetic nervous system and lower abdominal organs. It's also called the SP6 acupressure point.

This is situated three inches above the bone of your ankle. It activates the tissues connecting your abdominal organs and can be helpful in releasing trapped gas.

- For this massage, place your two fingers on the SP6 point. Other specialists also do it with one finger.
- Move your fingers in a circular motion using only light pressure.
- Massage that region for at least two to three minutes and repeat it on another leg.



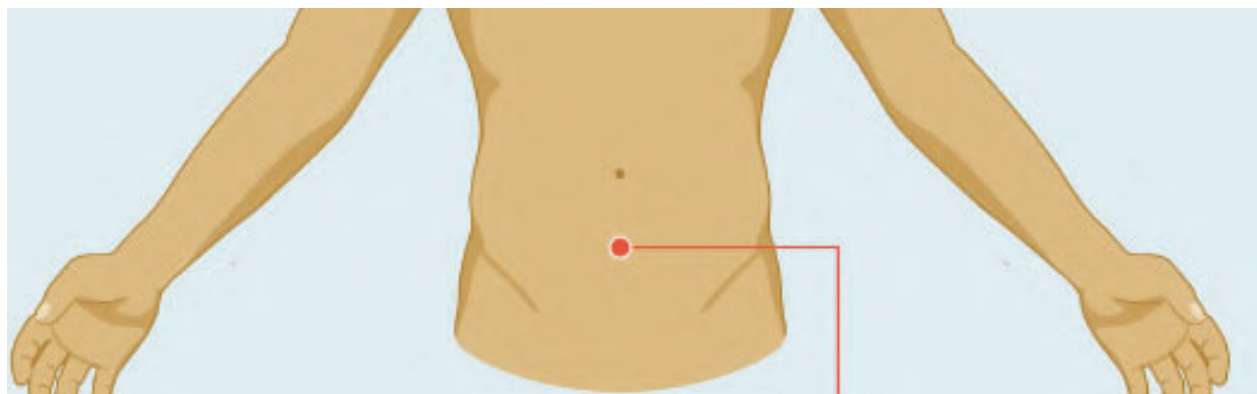
#### 4. Qihai (CV6)

This acupressure point can be found on the conception vessel meridian. It's also called the CV6 pressure point.

But this pressure point should be managed with precision, as it's present close to the navel. It can also treat most issues associated with abdominal organs and the stomach and enhances your overall energy.

Qihai is about five inches below your belly button.

- For massaging this point, you can place your two fingers in the specific location on the vessel meridian.
- Only use gentle pressure on the spot and move your fingers in a circulation motion.
- Don't add too much pressure over the point, as it's a sensitive area.
- Massage it for two to three minutes, and you'll find yourself in a good health state.



## 5. Zhong Wan

This acupressure point is present on your stomach, but it's on the upper portion of the navel. This pressure point is present on the same conception vessel meridian but is considered to target different organs.

It enhances problems related to bladder and gallbladder programs, yang organs, and upper abdominal organs.

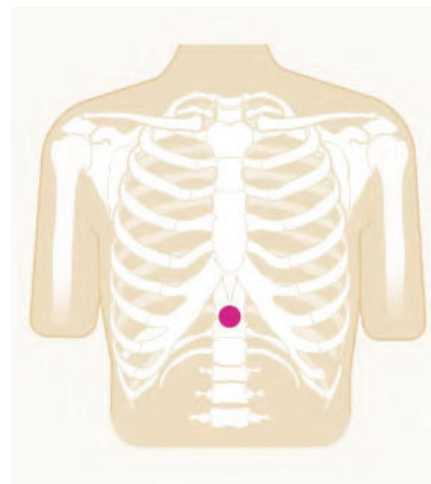
This point is situated four inches above your navel and requires similar care as with Qihai.

Place your three fingers together on the Zhong wan point.

Apply gentle pressure in a circulation motion.

Don't press excessively. Massage for about three minutes.

You'll feel relief from gas and bloating in a few minutes.



## How to Perform Acupressure on Yourself?

When starting with acupressure, you should be persistent and patient. It's also essential to find a place where you can soothe your mind to focus on your breath.

That will allow the energy to flow throughout your body and release the discomfort.

Acupressure can be done on your own or with a partner, depending on the pressure points you want to manage.

## What Else Can You Do Lessen Gas and Bloating?

Along with the hand acupressure points for bloating, gas, and acid reflux, you can make the following lifestyle and diet changes.

Get rid of these potentially harmful factors in your diet:



- Alcohol, coffee, and white sugar
- Spicy, fried, and frozen foods
- High-starch foods like pumpkin, peanuts, and potatoes
- Large, heavy meals, as they overload your spleen and stomach
- Carbonated drinks like beer and soda



Remember that acupressure massage can be advantageous for improving digestive issues like bloating and gas.

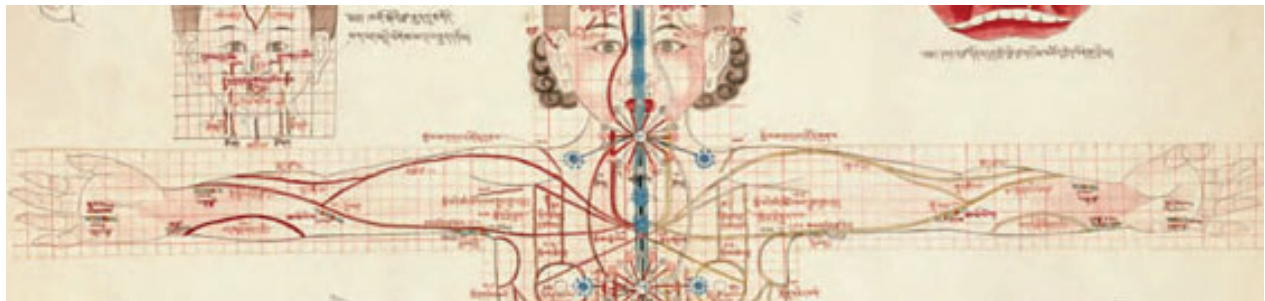
It can offer immediate relief from the uncomfortable condition and help free trapped gas. But all the acupressure points are somewhat sensitive and must be handled with caution. Also, acupressure must be done at least three times a week for about four weeks to accomplish the best results.



# 8 Little-Known Tibetan Herbs that Will Protect You Against Different Diseases

Surely, you have heard of Chinese medicine, Ayurvedic practice, or Indian medicine. But how about Tibetan medicine?

Is it new to your ears? Well, it is an interesting ancient medicine that helps with plenty of illnesses.



## So, What Exactly is Tibetan medicine?

Tibetan medicine, also known as the “science of healing” or “Sowa Rigpa,” is believed to date to pre-Buddhist times. This whole medical system has similarities to Chinese medicine, focusing on the person or the society instead of the disease.

Over the millennia, this medical system has evolved into a profound science, art, psychology, and philosophy. It teaches that your purpose in life is to be happy. It consists of your unique inborn nature analysis and making supportive lifestyle choices. It also teaches that healthy choices heal the source of problems and that health is developed through balance.

This holistic tradition explains the complex relationship between the body, mind, and environment. Using Tibetan medicine for integrative care and self-care allows you to create a healthy mind and understand why your mind is the source of suffering.

Treatments in Tibetan medicine consist of dietary and behavioral modifications and certain herbs. But before you jump into your kitchen or garden, let’s take a moment to understand the eight little-known Tibetan herbs.

Are you excited?

# Corydalis

I will start with corydalis. Sounds strange, right?

Corydalis is widely used in traditional medicines in China and neighboring countries, but it is also used in traditional Tibetan medicines to treat hypertension, cholecystitis, gastritis, edema, hepatitis, fever, and other diseases.

This herb is praised for its ability to reduce pain caused by nerve damage, digestive issues, and osteoarthritis. Corydalis encompasses over 470 plant types that usually grow in Siberia, Japan, and Northern China. Each species offers different health effects, such as:

- Corydalis Yanhusuo – inhibitor effects on platelet aggregation induced by arachidonic acid, thrombin, or adenosine diphosphate
- Corydalis Turtschaninovii – antimetastatic, anti-inflammatory, antiallergic, apoptotic, antitumor, anti-acetylcholinesterase, anti-coronary artery disease effects
- Corydalis Saxicola – antitumor activity
- Corydalis Heterocarpa – proapoptotic activity against cancer cells
- Corydalis Decumbens – anti-arrhythmic effects
- Corydalis Crispa – anthelmintic properties
- Corydalis Impatiens – antiulcerogenic effects



## **Health Benefits of Corydalis**

This herb has pharmacological effects on the central nervous system and cardiovascular diseases. It also exhibits analgesic, antibacterial, anti-inflammatory, hepatoprotective, and antioxidant effects.

Many herbal medicine practitioners prescribe corydalis to mitigate abdominal soreness and menstrual cramps. The herb's pain-relieving characteristics are credited to the potent alkaloids enclosed it contains. Its roots possess pain-relieving, anti-septic, tranquilizing, and anti-spasmodic properties. The herb is also used to lower blood pressure.

## **Relaxation**

This herb contains an ingredient that effects the nervous system, promoting relaxation. So, if you have insomnia, you can take 100-200 mg of corydalis extract per day.

## **Pain Relief**

Corydalis' alkaloid helps reduce nerve pain. Taking 75 mg of corydalis extract daily can result in less nerve pain.



## **Cardiac Arrhythmia**

The dl-tetrahydropalmatine present in corydalis offers an anti-arrhythmic effect on the heart. Taking 300-600 mg of dl-THP daily reduces arrhythmia.

## **Dysmenorrhea**

Corydalis has sedative and pain-relieving effects, especially useful for painful menstruation. For pain-relieving effects, you can have 5-10 g of crude dried rhizome per day. You can also take 10-20 ml of corydalis extract per day.

## **Peptic Ulcer**

Because of the pain-relieving effects of corydalis, this herb is helpful in treating stomach ulcers. Taking 90-120 mg of corydalis extract daily helps with chronic inflammation of the stomach lining or intestinal or stomach ulcers.

## Black Myrobalan

Black Myrobalan is known as the “King of Medicines” in both Ayurvedic and Tibetan medicines. This therapeutic herb is prominent for its medical and pharmacological usage. It has numerous phytochemical constituents, such as flavonoids, chebulic acid, ellagic acid, amino acid, tannic acid, and gallic acid.

The scientific name for Black Myrobalan is *Terminalia chebula*, which belongs to the Combretaceae family. The *Terminalia chebula* tree produces a fruit called myrobalan. The herb is known as Harada, Bihara, Chebulic myrobalan, and Haritaki in different dialects.

This therapeutic herb is thought to bring wisdom and awareness, feed the nervous system, and promote fearlessness. In Tibetan sacred pictures, Buddha is usually portrayed with Black Myrobalan fruit in his hand.



### **Health Benefits of Black Myrobalan**

Interestingly, in traditional Tibetan medicine, Black Myrobalan is used as a gentle laxative and bowel regulatory tonic. Its bitter principles and emollient properties encourage proper digestion and peristalsis.

The herb contains five tastes: sweet, astringent, bitter, sour, and pungent. But astringent and bitter are the most predominant.

Due to its astringency, the herb supports the integrity of tissues in the digestive tract. It also promotes normal mucosal membrane secretions in the respiratory, reproductive, urinary, and digestive systems.

Usually, the fruit peel is used to treat different conditions. Here's how you can use it:



### **Vaginitis**

The dried fruit cover's decoction is used as a vaginal douche. Please note that pregnant women should not use the herb.

### **Mouth Ulcers**

The powdered fruit cover is used to make a smooth paste. You can mix it with thin buttermilk and use it as a mouthwash several times daily.

### **Graying Hair**

You can make a fruit decoction and use it as a hair rinse regularly.

### **Bleeding and Painful Gums**

If you have bleeding and painful gums, remove the seeds, and make a fine powder out of the dried fruit. You can use this as a tooth powder.

### **Heartburn and Acidity**

You must grind well a teaspoon of dried fruit peel. Then, add one teacup of water and bring the mixture to a boil. Filter the mixture and drink it. You can add one teaspoon of honey as a sweetener for added health benefits.

### **Hair Loss**

For treating hair loss, remove the seeds of eight to ten fruits. Bring coconut oil and the fruit peels to a boil. Use it as hair oil every day.

### **Piles**

First, fry the unripe fruits in castor oil and wait until they turn golden brown. Make a fine powder and store it. Add one teaspoon of the powder in lukewarm water and drink it before bedtime, as it helps promote normal bowel movement.

### **Constipation**

Black Myrobalan fruit is also used to fight constipation. Take one teaspoon of dried fruit peel fine powder, and add a pinch of salt. Mix well and add it to lukewarm water. Drink it and enjoy its healing effect.

### **Whitlow**

Get six fruits and remove their seeds. Roast them and make a fine powder. Mix the powder with one cup of tamarind pulp to form a smooth paste. Then, apply that paste to the affected areas before bedtime.

### **Asthma**

You can chew a small, dried fruit peel every night to relieve asthma.

# Cordyceps

Cordyceps Sinensis has been used as medicine in both Tibetan medicine and Chinese medicine. It is a rare combination of a fungus and a caterpillar. The annual Ascomycetes fungus is closely associated with mushrooms. While it is not actually a mushroom, it has been described as an exotic medicinal mushroom in traditional Tibetan medicine.

## **Health Benefits of Cordyceps**

Cordyceps helps improve your immunity by stimulating specific chemicals and cells in the immune system. It also helps shrink tumors and fight cancer cells, particularly skin or lung cancers. People often use cordyceps for liver problems, athletic performance, sexual problems, and kidney problems.



Speaking of kidney problems, cordyceps Sinensis helps preserve renal function while protecting against chronic kidney disease.

Researchers from Cochrane evaluated the cordyceps' therapeutic effect for treating people with chronic kidney disease. They concluded that cordyceps potentially promise to reduce proteinuria, decrease serum creatinine, increase creatine clearance, and alleviate complications related to the condition when used as adjuvant therapy.

## Recipes Using Cordyceps

### Snicker Doodle Ice Cream Shake

Ingredients:

- 1 can of organic full-fat coconut milk
- 1 pastured egg
- 1 egg yolk
- ½ chopped frozen banana
- 1 scoop/30g vanilla whey protein or cold-pressed cinnamon bun
- ½ teaspoon of cinnamon
- ½ teaspoon of organic vanilla extract
- ½ teaspoon of pink Himalayan salt
- ½ teaspoon of powdered cordyceps extract
- Organic stevia to taste



Instructions:

1. Put all ingredients in a blender.
2. Blend well.
3. Place the mixture in the freezer for three hours.
4. Eat as is for a creamy texture, or reblend to achieve the shake-like consistency.

### Cordyceps Flower Chicken Soup

Ingredients:

- ½ (600g) chicken, cut into big pieces
- 10g cordyceps flowers
- 30g dried Chinese yam (Huai Shan)
- 6 dried scallops, soaked for 20 minutes (keep the water for the soup)
- 3 tablespoons of goji berries
- 6 cups of water



#### Instructions:

1. Blanch the chicken in boiling water for about 2-3 minutes.
2. Rinse the chicken, and set aside.
3. Rinse all dried ingredients.
4. Place all ingredients into a soup pot or clay pot (except the goji berries).
5. Bring to a boil, reduce to low heat, and simmer for about 1 ½-2 hours.
6. Add the berries in the last 10 minutes of cooking, or add them at the beginning of cooking for a soft texture.
7. Season with salt (optional) and serve.

#### Cloud Bread with Cordyceps

##### Ingredients:

- 3 eggs, separated
- 3 tablespoons of full-fat cream cheese (softened and at room temperature)
- ½ teaspoon of powdered cordyceps extract
- ¼ teaspoon of salt (optional)
- ¼ - ½ teaspoon of turmeric powder (optional)
- ½ teaspoon of seasoning or herb (optional for savory version)
- 1 tablespoon of granulated sugar, and ½ teaspoon of cinnamon (optional for sweet version)

##### Toppings for strawberry shortcake cloud bread:

- Jam
- Coconut whip cream
- Strawberries

Toppings for cloud bread pizza:

- Mozzarella cheese
- Fresh, chopped basil leaves
- Pizza or tomato sauce



Instructions:

1. Preheat the oven to 300°F.
2. Separate the yolks from the egg whites using two bowls.
3. Add cream of tartar to the egg whites and whip until stiff peaks form using your electric mixer.
4. Add powdered cordyceps extract, turmeric (optional), salt (optional), and cream cheese to the yolks and mix well.
5. Pour half of the egg white mixture into the yolk mixture and gently fold.
6. Add the remaining egg mixtures and fold again until well mixed.
7. Line a baking sheet with parchment paper and put 6 dollops of the mixture onto the tray.
8. Spread out the dollops to form circles using a spatula until ½ inch thick.
9. Put the tray in the oven and bake for 25 to 30 minutes.
10. Allow it to cool for about 1 hour or more.
11. Turn into a strawberry shortcake or pizza.



### Cordyceps and Coconut Water Sports Drink

Ingredients:

- 12 ounces of coconut water
- 1 teaspoon of powdered cordyceps extract
- 1 tablespoon of lime juice
- ½ cup of fresh orange juice
- Pinch of sea salt

Instructions:

1. Blend all ingredients.
2. Transfer to a bottle and enjoy.



## Cordyceps-Ashwagandha Energy Bites

### Ingredients:

- 3 servings of powdered cordyceps extract
- 1 cup of pitted dates (soaked in hot water for 10 minutes)
- 1 tablespoon of beetroot powder
- 1 tablespoon of ashwagandha powder
- ¼ cup of old-fashioned oats
- ¼ cup of orange juice
- 1 cup of almonds
- Pinch of sea salt
- Zest of 1 orange
- Toasted coconut flakes or coconut (optional)



### Instructions:

1. Chop almonds in a food processor, and transfer them to a medium bowl.
2. Pulse soaked dates in the food processor, and add the remaining ingredients.
3. Process the ingredients until large clumps form.
4. Scoop the mixture into the bowl with chopped almonds, and mix well.
5. Roll the mixture into 16 balls or bites on parchment paper.
6. Roll the bites over coconut flakes (optional).
7. Store in refrigerator.

# Lavender

You are familiar with lavender. Your favorite cosmetic products may include lavender as one of the main ingredients. You may also use lavender essential oil during massage sessions, or the candle beside your bed may have a lavender scent.

But little did you know that lavender also plays a critical role in Tibetan medicine.

Lavender has been used as an antispasmodic and gentle sedative for thousands of years. It is used to treat headaches, depression, sleep disorders, nervous exhaustion, restlessness, and nervousness. In Tibetan medicine, lavender flowers are used for treating psychosis.

In aromatherapy, lavender oils are used to promote relaxation and calmness by inhalation, including bath oils, pillow sprays, and diffusers.



## **Health Benefits of Lavender**

The lavender plant has the botanical name *Lavandula angustifolia*. The flowers have a pale violet color with a vibrant scent. The plant contains high concentrations of amino acids, calcium, and vitamins A and C. These compounds boost your immune system.

Lavender tea helps treat headaches due to tension and reduces muscle spasms. The plant has chemical compounds that help increase blood circulation, delivering oxygen to the brain. Its soothing nature alleviates throbbing headaches and loosens tight muscles after physical activities.

Besides treating stress and depression and promoting restful nights of sleep, lavender offers other benefits, such as body detoxification, better respiratory health, and better digestion. Since it has antioxidants, consuming lavender tea removes free radicals in the body that cause cancer and wrinkles.

## Recipes with Lavender

### Lavender Spritzer

Ingredients:

- 4 cups of water
- 4 ½ cups of sparkling water (chilled)
- ½ cup of sugar
- 3 tablespoons of lavender blossoms (dried)



Instructions:

1. In a large saucepan, bring water and sugar to a boil.
2. Stir until sugar dissolves.
3. Add lavender blossoms and remove from heat.
4. Let it stand for about 30 minutes and strain.
5. Return to saucepan and boil until reduced by half.
6. Let it cool completely.
7. Fill a glass with ¾ cup sparkling water.
8. Stir ¼ cup syrup into the glass. The recipe can make up to six glasses.

### Lavender-Infused Lemonade

Ingredients:

- 3 cups of water
- 3 cups of granulated sugar
- 4 cups of fresh lemon juice (16-20 lemons)
- ¼ cup of dried lavender
- Fresh lavender sprigs and lemon slices (for garnish)
- Ice (for serving)

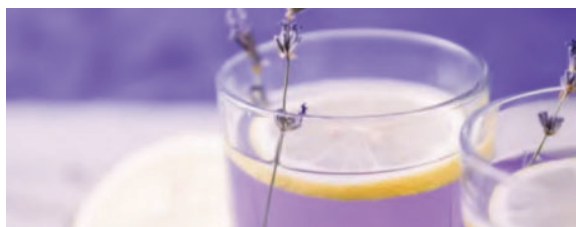
Instructions:

1. Bring water and sugar to a boil in a saucepan.
2. Stir until sugar dissolves, and add lavender.
3. Remove from heat.
4. Let it stand for 10 minutes before straining (discard the lavender).
5. Stir in lemon juice, and serve over ice.
6. Garnish with fresh lavender sprigs and lemon slices.

## Simple Lavender Tea

Ingredients:

- 2 teaspoons of fresh lavender flowers or 1 teaspoon of dried lavender flowers
- 8-10 ounces of water
- Sweetener (optional)
- Lemon (for garnish)



Instructions:

1. Bring water to a boil in a pot.
2. Remove the boiling water from the heat, and add fresh or dried lavender flowers.
3. Steep for 5 to 10 minutes.
4. Remove the flower petals with a fine mesh strainer.
5. Pour the mixture into a teacup.
6. Add honey, simple syrup, or another sweetener if desired.
7. Garnish with lemon, and enjoy.

## Iced Lavender Mint Tea

Ingredients:

- 4 teaspoons of lavender flowers
- 8 cups of water
- 1 handful of fresh mint leaves
- Ice cubes
- Sweetener (optional)
- Mint sprig (for garnish)



Instructions:

1. Bring water to a boil.
2. Remove from heat, and add lavender petals and mint leaves.
3. Steep for 5 to 10 minutes.
4. Add brown sugar or cane sugar (optional) while the tea is still hot, or add simple syrup or honey when the tea is cold if desired.
5. Let it cool, and remove flowers and herbs.
6. Transfer the tea to a glass pitcher.
7. Serve over ice and garnish with one mint sprig.

## Lavender and Chamomile Iced Tea

Ingredients:

- 2 teaspoons of fresh lavender flowers
- 2 teaspoons of fresh chamomile flowers
- 8 cups of water
- Ice cubes
- 1 cup of sliced citrus fruits (limes, grapefruits, lemons, or oranges)



Instructions:

1. Bring water to a boil in a medium-sized pan.
2. Remove from heat, and add lavender buds and chamomile flowers to the hot water.
3. Steep for 10 to 15 minutes.
4. Remove the flowers, and pour the mixture into a glass pitcher.
5. Add sliced fruits, and put them in the refrigerator for 1 to 2 hours.
6. Serve in tall glasses with ice cubes.
7. Garnish with a slice of desired fruit.

## Beet Salad with Lavender-Honey Dressing

Ingredients:

Beets

- 2 ¼ pounds (6 medium-sized) beets, a mix of red and yellow
- Coarse salt
- Extra-virgin olive oil (for drizzling)

Salad

- 1 bunch of Swiss chard or 2 bunches of baby chard (leaves torn into one-inch pieces and stems removed)
- ½ cup of pecans (salted and toasted)
- 2 baby Chioggia beets (scrubbed and thinly sliced)
- 8 ounces of fresh goat cheese (crumbled)



Dressing

- 1 cup of medium shallots (thinly sliced)
- 1 tablespoon of extra-virgin olive oil
- 1/3 cup of honey
- ½ teaspoon of fresh lavender leaves
- 1 cup of safflower oil
- 1 teaspoon of Dijon mustard
- 2 tablespoons of champagne vinegar
- 1 large egg yolk



#### Instructions:

1. Preheat oven to 350°F.
2. Drizzle beets with olive oil in a pan, and season with salt.
3. Place the beets in a single layer.
4. Add 1 cup of water, and cover with parchment and then foil
5. Roast for about 1 ½ hours or until knife-tender.
6. Let it cool, and rub off the peels using a paring knife or paper towel.
7. Discard the peels.
8. Cut beets into bite-size pieces.

#### Dressing:

1. Heat olive oil in a sauté pan.
2. Add shallots and cook. Stir occasionally for about 3 minutes or until softened.
3. Add lavender and honey. Simmer for about 5 minutes or until the lavender is fragrant.
4. Let it cool for 5 minutes.
5. Puree mustard, vinegar, and yolk in a food processor or blender.
6. Slowly add safflower oil while the machine is running. Mix well.

#### Salad

1. Combine pecans, chard, and roasted beets in a bowl
2. Lightly toss with ¼ cup of dressing.
3. Put 1 teaspoon of dressing on the bottom of each plate.
4. Add salad mixture and goat cheese.
5. Top with baby beets.
6. Serve with the remaining dressing





# Rhodiola

Rhodiola is a herb that promotes cell protection against oxidative damage caused by chemical and environmental stressors. This herb offers many health benefits and helps protect the cardiovascular system. It also possesses memory enhancement, anti-depressant, and anti-anxiety properties.

In Tibetan medicine, Rhodiola is used for treating lung diseases, specifically lung heat. This herb's mechanism normalizes levels of cortisol and enhances nitric oxide. It is helpful for people with high blood pressure, diabetes, depression, anxiety, and chronic fatigue.



## **Health Benefits of Rhodiola**

Rhodiola helps protect the brain from oxidative damage and prevents and treats dementia. This herb plays a critical role in the natural approach to managing or preventing Alzheimer's disease.

A 2016 study revealed that Rhodiola helped the diabetes hormone insulin more efficiently, which is critical in controlling blood sugar. Additionally, a 2017 study showed that the active ingredient present in Rhodiola helps protect the pancreas' insulin-producing process.

## **Here are other benefits of using Rhodiola:**

- Radiation therapy support
- Integrative approach to cancer
- Protects liver
- Helps control blood sugar
- Protects arteries
- Reduces anxiety and depression
- Improves physical endurance
- Helps fatigue

## Recipes Using Rhodiola

### Rhodiola Herbal Tea

Ingredients:

- Dried Rhodiola root chips



Instructions:

1. Put 1 tablespoon of dried root chips into a glass pitcher.
2. Pour the desired cups of boiling water into the pitcher.
3. Let it cool for a few minutes.
4. Put the pitcher in the refrigerator to steep,
5. Add sweetener in a cup if desired.

### Rhodiola Chocolate Truffles

Ingredients:

- 100g dark chocolate
- 2 tablespoons of Rhodiola powder
- 70ml plant-based milk
- 1 teaspoon of cinnamon powder
- ½ teaspoon of vanilla extract

Decoration

- Raw cacao nibs
- Hulled hemp seeds
- Beetroot or cocoa powder
- Coconut flakes



Instructions:

1. Finely chop the chocolate.
2. Put the chopped chocolate in a heatproof bowl over a pan of boiling water on low heat.
3. Add milk as the chocolate starts to melt, slowly stirring.
4. Remove the pan from heat when all chocolates are nearly dissolved.
5. Keep stirring until a smooth chocolate paste forms.
6. Refrigerate for 3 hours.
7. Remove the chocolate mixture from the fridge, and create balls using your hands.
8. Roll the chocolate balls into the decorative ingredients.

## Warm Cacao Latte with Rhodiola

### Ingredients:

- 1 cup of nut milk
- 1 ½ tablespoons of cacao powder
- ½ tablespoon of coconut butter
- 200 to 400 mg of Rhodiola powder
- ½ teaspoon Camu Camu powder
- Honey or stevia to sweeten
- Cinnamon powder to taste
- Cacao nibs (for toppings)



### Instructions:

1. Warm the nut milk in a saucepan.
2. Pour the warm milk into a high-speed blender.
3. Add Rhodiola powder, cacao powder, coconut butter, cinnamon, and Camu Camu powder to the blender.
4. Blend the ingredients on high speed for 1-2 minutes or until frothy and creamy.
5. Sweeten with honey or stevia.
6. Sprinkle a few cacao nibs over the top.



## Hippophae

In traditional Tibetan medicine, Hippophae, also known as Sea Blackthorn, is used to treat different diseases, such as cardiovascular diseases, stomach mucous membrane injuries, lung disorders, and skin injuries. It was also used for improving blood circulation.

This small shrub often grows at high altitude areas. The oil is extracted from the seeds, leaves, and fruits and can be applied to the skin or taken orally. It provides numerous health benefits, ranging from radiant skin and hair to lower risks of heart disease and cancer.



## Health Benefits of Hippophae

Hippophae is loaded with minerals, vitamins, and beneficial plant compounds. This therapeutic plant contains antioxidants that help protect the body against aging and illnesses, including cancer and disease.

Besides vitamins A, C, E, and K, Hippophae also contains zinc, copper, potassium, magnesium, calcium, and iron. Hippophae extract, specifically oil, is used to treat traditional skin problems. It is rich in carotenoids, phytosterols, antioxidants, unsaturated fat, and vitamins K and E, which are necessary to promote skin renewal and protect its integrity.



Consuming Hippophae oil also helps in preventing diabetes and supports healthy blood sugar levels. It helps improve insulin sensitivity and insulin secretion, which helps protect against type 2 diabetes. Interesting!

Hippophae contributes to a healthy liver. This is because it contains carotenoids, vitamin E, and healthy fats, which help protect liver cells against damage. A study revealed that Hippophae increased the liver function's blood markers of people with cirrhosis.

Other health benefits of Hippophae include:

- Promotes heart health
- Boosts immune system
- Offers anticancer effects
- Improves digestion
- Relieves menopause symptoms
- Treats dry eyes
- Improves hair appearance

## Recipes Using Hippophae

### Hippophae Jam

Ingredients:

- 3 kg sugar
- 2.5 kg ripe Hippophae fruit
- 1 L water
- 15g butter



### Hippophae and Apple Tart

Ingredients:

Crust:

- 150g all-purpose/plain flour
- 100g butter
- 2 tablespoons of cold water
- 1 tablespoon of sugar

Instructions:

1. Bring water to a boil, and add the fruits.
2. Reduce to a simmer, and cook the fruits for 30 minutes.
3. Mash the fruits against the side of the pan using a wooden spoon.
4. When the fruits are tender, take off the heat.
5. Mash the remainder of the fruits using a potato masher.
6. Add sugar, heat through, and stir until dissolved,
7. Add butter and bring to a boil.
8. Cook for about 15 minutes.
9. If a crinkly skin forms, remove the pan from heat.
10. Put the jam in a jar and secure the lid.
11. Let it cool and store it.

Filling:

- 4 to 5 small-sized apples (cored and sliced)
- 7 tablespoons of brown sugar
- 1 tablespoon of Hippophae powder
- 1 tablespoon of potato starch
- A handful of Hippophae fruits



Instructions:

1. Mix sugar and flour in a bowl.
2. Add butter and rub it between your fingers.
3. Add 1 tablespoon of water, and form the flour mixture into a flat disc.
4. Place it into the fridge, and let it cool for 30 minutes.
5. Roll out the pastry until 3-4 mm thick,
6. Press into a 24-cm pie dish, and blind bake it at 200°C for 10 minutes.
7. Remove the crust from the oven, and cover it with apples and Hippophae fruits.
8. Mix Hippophae powder, potato starch, and sugar in a bowl.
9. Sprinkle the powder mixture over the apples.
10. Dot with butter, and bake for another 15-20 minutes at 200°C.
11. Cool a little, and dust with icing sugar before serving.

## Halenia Elliptica

Halenia Elliptica is one of the critical herbal medicines in traditional Tibetan medicine. This herb is from the genus Halenia and belongs to the Gentianaceae family. It is used as medicine to treat xeransis and hepatobiliary diseases. It also possesses numerous pharmacological and biological activities, such as detoxification, blood nursing, digestion promoting, liver soothing, bile benefiting, and heat-clearing.

The herb is used for treating chronic or acute hepatitis, particularly hepatitis B. Additionally, its chemical compounds come with potent anti-hepatitis B virus activity in vitro.

### **Health Benefits of Halenia Elliptica**

This annual herb has pale blue flowers and can grow up to 90 cm tall. Well, it can easily catch my attention, even if it is in forests or damp valleys. The seeds are used to alleviate fever, while the entire plant is used for treating stomach disorders, inflammations, and fever. What's more, the plant's antioxidant properties are helpful in fighting free radicals. In return, you can enjoy younger-looking skin and be less worried about cancer and other diseases. This cool-natured herb has a bitter and acrid taste, but you should not underestimate its ability to treat gallbladder and blood diseases. Not only that, but it can also clear pulse heat and treat headaches and stomach heat.

# Safflower

Finally, let's talk about safflower. Yeah, it sounds like a sunflower, but they are different.

Safflower, with the scientific name *Carthamus tinctorius*, is used in traditional medical systems like Tibetan medicine for different medical conditions, such as joint pain, trauma, postpartum abdominal pain, amenorrhea, and dysmenorrhea.

It has toothed leaves with thistle-like yellow or orange flowers. It comes with strong erecting and highly branched central stems. This herb is not only used for medical purposes but also for food and clothing dye. Today, it is a vital ingredient in cooking and skin and hair care products.

## **Health Benefits of Safflower**

Safflower is a good source of unsaturated fatty acids, like polyunsaturated and monounsaturated fats. It also has less saturated fats. A diet low in saturated fats and high in unsaturated fats is advantageous to your health, including improved heart health and reduced inflammation.

This herb contains anti-inflammatory properties. A study found that unsaturated fatty acids present in safflower improved the inflammation markers. This may help with different conditions, like heart disease and diabetes.

Topically, you can use safflower oil to treat inflamed or dry skin. It gives the skin a smooth and soft appearance.



Safflower petals are brewed as tea or dried to use as a spice. You can combine these petals with other ingredients, like ssangwha tea extract, to get more antioxidants, which are helpful in reducing the effect of degenerative disease and supporting bone health.

## Recipes Using Safflower

### Safflower Petal Chicken

Ingredients:

- 1 tablespoon of safflower petals
- 1 teaspoon of onion powder
- ½ teaspoon of dried dill
- 1 teaspoon of honey
- ¼ teaspoon of garlic powder
- 2 tablespoons of cooking fat
- 1 teaspoon of fresh lemon juice
- 2 pounds of chicken drumsticks
- 2 tablespoons of cooking fat
- Salt to taste



Instructions:

1. Preheat the oven to 300°F.
2. Heat a cast iron skillet over medium-high.
3. Add cooking oil.
4. Combine onion and garlic powders, lemon juice, honey, salt, dill, and safflower in a bowl.
5. Mix well to form a smooth paste.
6. Coat each drumstick in the paste mixture.
7. Place each drumstick in the skillet.
8. Brown the drumsticks for about 5 minutes per side.
9. Transfer the skillet to the oven.
10. Bake for 30-45 minutes.

### Turkish Safflower Rice

Ingredients:

- 1 cup of minced meat
- 2 teaspoons of safflower
- 2 cups of washed rice
- 6 tablespoons of margarine
- 4 tablespoons of salt
- 4 medium-sized onions (chopped)
- 4 cups of hot water
- 5 carrots (cut into matchsticks)



Instructions:

1. In a saucepan over low heat, heat the margarine.
2. Add the onions and meat.
3. Cover the pan, and cook until liquids have reduced to about 10 minutes.
4. Add the carrots, and cook for 7-8 minutes.
5. Pour the rice, and stir once.
6. Add safflower, salt, and water, and stir to combine.
7. Cook for 15-20 minutes.
8. Remove the saucepan from the heat.
9. Cover with a cloth, and let it rest for about 20 minutes.

## Caldo de Pollo

### Ingredients:

- ¼ teaspoon of safflower petals
- 1 tablespoon of salt
- 1 tablespoon of chopped cilantro
- 4 cloves chopped garlic
- 2 chopped Roma tomatoes
- ½ cup of long-grain rice
- 3 sliced celery stalks
- 2 sliced carrots
- 4-6 skinless chicken thighs or drumsticks
- 3 quartered gold potatoes
- 8 cups of water
- 1/3 cup of canned tomato sauce
- Lime wedges



### Instructions:

1. Add water, garlic, salt, and chicken to a pot.
2. Bring to a boil for 15 minutes.
3. Heat a skillet over medium, and add oil to it.
4. Add onion, and cook until translucent, about 2 minutes.
5. Add tomato, and cook for 3 minutes.
6. Add the skillet mixture to the pot of boiling chicken.
7. Put the potatoes, carrots, and celery in the pot.
8. Bring to a boil, and reduce the heat to simmer for 20-30 minutes.
9. Add safflower petals, cilantro, and tomato sauce to the soup, and cook for 5 minutes.
10. Serve hot.

# Conclusion

By adopting the techniques of the Tibetan you can rejuvenate your mind and body. If you apply the above tips and tricks I shared with you in your everyday life, there is a way for you to improve your journey to living longer.



Thank you for buying Fast Lean Pro. The above guide, combined with this product, will give you a better chance of living longer. Don't waste time; start your journey to healthy aging and longer life.