

Shotgun Herbal Tea / Shake

Healthy Daily Maintenance - Lee Ostler

INTRODUCTION:

Most people using herbs for health tend to look at herbs with a 1:1 approach – taking an herb to solve a specific problem or health issue. Which is fine. Conceptually it isn't much different than using Rx drugs to solve a problem. It is still a reductionist approach to health: one thing 'treats' or helps with one thing. While drugs work that way, nature is different.

If you believe there are valuable constituents in nature that promote health (no "if" about it), then the proper term for this would be *pleiotropic* – a single 'thing' affects many 'things'. That's the way nature works. It's the way nutrition works. It's the way herbal medicine works. The phytochemicals in plants/herbs are multipotent – an herb with "multiple powerful effects" across the broad landscape of human physiology.

This describes the "constitutive" and "tonic" features of herbal medicine (as differentiated from "remedy"). Unlike targeted remedies, tonic herbs are used for regular, long-term use to maintain systemic balance and promote overall wellness. Constitutive correlates with baseline activity, where constant essential and everyday physiological systems are supported to run smoothly and at a constant baseline—rather than only jumping into action during a crisis (such as with herbal remedy or Rx intervention with an illness or condition).

For my purposes here, I combine A LOT of herbs and nutrients in small amounts together and take them daily. As maintenance, not as a therapeutic or remedy. And – in a way to disguise the taste or olfactory offense. And it's quick!

Enter the Shotgun Herbal Shake

This took a long time to arrive at, but frankly, once you see it, you will go "*ahh-ha, totally makes sense. I can do this!*" It's one of those things where when you see it, you can't unsee it. And once you get set up, it's quite easy to apply. Truthfully, this could be a shake or a smoothie, but the important point is to use your imagination as guided by some commonsense principles.

Here is the objective:

In addition to wanting better cellular health, my objective was to change the taste – to make the healthy tea "thing" palatable – and to be user friendly. I enjoy the whole idea of learning about herbs but don't want to be hyper focused or lost in the weeds! And that efficiency includes optimizing many herbs all at the same time and benefiting from a cross section of what nature can offer. The doses are low enough I never worry about too much or too frequent.

It does take a bit of initial work to gather and organize, but you can literally start with what you have, what you can gather from your garden or yard, or from what you can find in the fields and hills in your region – even if it only a few. This is where learning about herbs and plant ID can become fun!

I'll first describe what I do then offer some suggestions on how to do the set up. Basically, the recipe is whatever you want to throw into the concoction. Make it up as you go. Adjust. Experiment. Wash – rinse – repeat. Or maybe with herbs: gather - collect – dry – crush – blend - and throw it in the shaker cup or blender with everything else – and do it every day!

About the ingredients, use what you have and can get. This is my list (presently). The reader can research individual ingredients for their health benefit. They are awesome!

INGREDIENTS:

- Bringham Tea 1 cup (approx.)
- Chia Seeds 1 tsp
- Chocolate power 1 tsp
- Cinnamon 1/4 tsp
- Citrus powder freeze dried *1 tsp
- Fiber supplement 1 tsp ~ 5 gm
- Fulvic & Humic Minerals 1 tbls
- Ginger powder 1/8 tsp
- Methylene Blue ½ dropper
- Protein powder chocolate - scoop
- Shotgun Tea 1 cup (approx.)
- Turmeric (curcumin) 1/8 tsp
- Spotted Bee Balm tincture ** 1/2 dropper

SHOTGUN TEA HERBS:

- Ashwagandha powder
- Burdock root
- Cleavers
- Dandelion
- Echinacea
- Horsetail
- Lemon balm
- Mallow
- Mullein
- Oregano
- Ox eye daisy
- Raspberry leaf
- Stinging nettle
- Turkey Tail mushroom
- Yarrow
- Other

[Note: Your list will vary depending on your location, herbal experience, what is available, etc. Substitute, add, subtract, change, whatever My list is my list. You will have your own. The point is to build it up to be a variety. My selection comes from backyard, garden,

raised beds, nature walks, herb foraging in hills and along waterways, commercial purchase, etc.]

Shotgun Tea preparation: All herbs are dried, crushed/pulverized, and combined (homogenized) in lg bowl, and then put in tea bags (@ Amazon) – 1 or 1 1/2 tsp per tea bag. Prepared in bulk ahead of time. Use one tea bag per 8 oz cup. Steep for 30+ minutes or overnight. Can use each bag twice. Store dry bags in food saver bags or jars (with O2 absorber for long-term storage).

Brigham Tea preparation: There are over 50 varieties of this plant, and *Ephedra Nevadensis* is the safe variety with near zero ephedra. It grows in the arid Southwest and available from www.discountpreparedness.com/collections/brigham-tea . You prepare it ahead of time as a decoction – boiling/simmering 20 minutes in water. Small handful of reeds per quart water; strain out and dry and reuse 2-3x. A little goes a long way.

INSTRUCTIONS:

- Combine one portion each of Brigham Tea and Shotgun Tea liquid in a quart jar.
- Add all other ingredients
- Shake – Shake – Shake until thoroughly mixed together
- Drink and stay healthy!
- Note: The chocolate protein powder makes it delicious. (Or use flavored sno-cone syrup topping).

Variation: Use the Herbal Shake as the base for a smoothie made in a blender. Add veggie greens, berries, sprouts, or whatever...

***Citrus power:** freeze dried – wash, cut in sections, blend peel and all, pour puree in tray, pre-freeze, freeze dry, put in vacuum sealed jar with O2 absorber.

** **Spotted Bee Balm tincture:** – purchased or home-made. This is a tincture made with 80 proof vodka. I grow my own from seeds (and previous year's propagation), harvest and make into a tincture. The alcohol extracts high levels of oil-soluble phytochemicals, and the water (in vodka) extracts the water-soluble constituents – meaning you get both! [Take an herbal class or find a friend to teach you – or watch some YouTube tutorials].

Learn more about the health benefits and interesting theories surrounding SBB here:

<https://www.youtube.com/watch?v=Hzt22jYvSzU>

How to Start & Grow Spotted Bee Balm:

<https://www.youtube.com/watch?v=1L-r8HgAGgU>