



## SuperTonic Recipe

SuperTonic is a liquified extract of five plants (or herbs). It's very easy to make and is safe for most anyone to take at any time... It's just food! This herbal tonic can be beneficial for many conditions. It will pep you up if you're feeling run down, or calm your nerves if you're wound up. This herbal mixture is **THE COLD AND FLU REMEDY**. It's an immune system booster, and an all-natural source of vitamins and anti-oxidants. The herbs in this tonic are known to be antibiotic, anti-viral, and anti-fungal. Other traditional uses for these herbs are to increase blood flow, reduce headache, and reduce pain.

Start with five plants (herbs) and two liquids for extraction and preservation:

1. Cayenne Peppers – 6-8 peppers (habanero, hot red chili, jalapeno, etc.)
2. White Onion – 2 bulbs
3. Garlic – 4-6 whole bulbs (*not cloves... the whole bulb!*)
4. Horseradish – 1 full stalk (or fresh jar if you don't have industrial blender)
5. Ginger – 2 whole root stalks
6. Apple Cider Vinegar – 1-2 quart jug(s)
7. Vodka – 1 liter

Wash your produce and cut into thumb-sized chunks. You don't have to peel the garlic, just bust the bulbs and separate the cloves.

Put handfuls of produce in your blender then a 50-50 mix of the vinegar and vodka to cover the produce. Chop & blend this mixture into a mash then pour it off into a sun tea jar. Keep processing this way until all your produce is chopped and blended. Pour it all off into your sun tea jar.

Store in a cool, dark place and shake this mixture up every day for 1-2 weeks. Then strain off the mash and plant material using cheesecloth, strainer, French press, etc. Store your SuperTonic in glass jars and out of the sunlight. It does not need to be refrigerated and should stay good for a year or more. Keep out of the reach of children.

Take a tablespoon of this herbal tonic, swish it around in your mouth, and swallow anytime you are feeling run down or just need a little "pick-me-up." Or you can use it as a daily immune system booster by taking a tablespoon each morning. If you are getting that, "Uh oh, I'm getting sick feeling..." you can take four or five tablespoons a day, or more. Remember it's just food. SuperTonic works!

The actual amounts of produce you use can vary depending on your tastes. However, the above ratios tend to give a good balance of each herb while still retaining a good flavor.

**Warning:** The vodka is used to extract certain chemicals from the plant material and it also acts as a preservative. Although the alcohol content of this mixture is very low, it does contain alcohol. Therefore, all considerations, precautions, and limitations regarding the consumption of alcohol should be observed when taking your SuperTonic.