



Homemade Hormone Balancing Elixirs That Work Like Magic

By Dr. Ritamarie Loscalzo

Nutritious and healing recipes can be made from a variety of fresh whole foods, essential oils and herbs. In this booklet, we'll explore the making of healing elixirs that nourish and balance your hormones and provide instant and sustained energy.

Elixirs are defined in many ways. They have been defined as magical or medicinal potions, sweetened liquids (usually containing alcohol and water) serving as a vehicle for medicine. The elixirs we're going to create are definitely liquid, sweetened with low-glycemic sweeteners like stevia, xylitol, or erythritol and the medicine they contain are powerful herbs and super foods for supporting your hormones.



Healing Elixir Base Recipe

Ingredients:

- **Liquid base:** 2 cups herbal tea, nut or seed milk, fresh juice or water
- **Fat source:** (Only if not made with nut milk as the liquid base) 2 tablespoons nut butter, 1/2 - 1 avocado (depending on size), *Chia Gel*, 1 handful of nuts (preferably soaked), 1/2 cup coconut meat, or 2 tablespoons coconut butter
- **Herbs:** a variety of powdered herbs, mushroom powders, and/or green powders – quantity varies depending on the herb from several teaspoons to several tablespoons
- **Flavorings:** a few drops of essential oils, a dropper full of flavor extracts, up to 2 teaspoons or more of carob, vanilla, or raw cacao
- **Sweetener (low-glycemic):** green leaf stevia or flavored stevia (chocolate, vanilla, English toffee, orange, raspberry), xylitol, or erythritol (**Zero**).
Sweetener (high-glycemic): higher glycemic sweeteners like dates, raisins, coconut nectar and raw honey are **only recommended if** you are not over weight, do not experience blood sugar imbalances, and are free of or candida infections.
- **Salt:** a pinch of sea salt or sea kelp

Directions

1. If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
2. Put water, fat, herbs, flavorings, sweetener and salt in blender.
3. Blend until smooth, then adjust flavorings and sweeteners to taste.

Easy Energizing Hormone Harmonizing Elixir

Ingredients:

- 1 tea bag of one of the following teas: *Spring Dragon Longevity Tea* (from **Dragon Herbs**), *Egyptian Licorice* or *Licorice Mint* (**Yogi Tea**) or ginseng (your favorite brand)
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 tablespoon coconut butter (**Artisana**) or 2 tablespoons dried coconut
- 1/2 teaspoon Reishi powder (**Mountain Rose Herbs**)
- 1/2 teaspoon Cordyceps Mushroom powder (**Mountain Rose Herbs**)
- 1/4 teaspoon Astragalus powder (**Mountain Rose Herbs**)
- 1/2 teaspoon Ashwaganda powder (**Mountain Rose Herbs**)
- 2 tablespoons raw carob powder or raw cacao powder (or ½ and ½)
- 1 tablespoon Maca powder (**Health Force Nutritionals**)
- 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored **Sweet Leaf Stevia** (or 1 teaspoon **Zero** if you don't favor the taste of stevia)

Directions:

1. Boil water and steep tea bag for 10-15 minutes.
2. Combine all ingredients in blender, blend and enjoy.

Mushroom-Free Easy Energizing Hormone Harmonizing Elixir

Ingredients:

- 1 tea bag of one of the following teas: *Spring Dragon Longevity Tea* (from **Dragon Herbs**), *Egyptian Licorice* or *Licorice Mint* (**Yogi Tea**) or ginseng (your favorite brand)
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 tablespoon coconut butter (**Artisana**) or 2 tablespoons dried coconut
- 1 teaspoon Mucuna pruriens (**Ultimate Super Foods**)
- 1 teaspoon rose hips extract (**Longevity Warehouse**)
- 1 tablespoon Maca powder (**Health Force Nutritionals**)
- 1/4 teaspoon Astragalus powder (**Mountain Rose Herbs**)
- 1 teaspoon Ashwaganda powder (**Mountain Rose Herbs**)
- 2 tablespoons raw carob powder or raw cacao powder (or ½ and ½)
- 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored **Sweet Leaf Stevia** (or 1 teaspoon **Zero** if you don't favor the taste of stevia)

Directions:

1. Boil water and steep tea bag for 10-15 minutes.
2. Combine all ingredients in blender, blend and enjoy.

Chia Gel

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

Resources

Artisana Coconut Butter:

<http://www.drritamarie.com/go/ArtCocoButter>

Dragon Herbs Spring Dragon Longevity Tea:

<http://www.drritamarie.com/go/DHSpringDragonTea>

Health Force Nutritionals Maca Powder:

<http://www.drritamarie.com/go/HealthForce>

Longevity Warehouse Rose Hip Extract:

<http://www.drritamarie.com/go/LWRoseHipExtract>

Mountain Rose Herbs:

<http://www.drritamarie.com/go/MountainRose>

Sweet Leaf Stevia:

<http://www.drritamarie.com/go/SLLiquidStevia>

Ultimate Superfoods Mucuna Pruriens:

<http://www.drritamarie.com/go/USMucunaPruriens>

Yogi Egyptian Licorice, Herbal Tea Supplement:

<http://www.drritamarie.com/go/YogiEgyptianLicorice>

Zero:

<http://www.drritamarie.com/go/WSZero>

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For additional recipes, and to actually experience the magic and joy of consuming these beverages and so much more, join Dr. Ritamarie LIVE in Austin, Texas for Spring into Vitality:

The "Spring into Vitality" LIVE Experience ***A Transformational Workshop with Dr. Ritamarie***

**3 Days to Put You on Track to Vibrant Health, Healing, and Endless Energy -
*Forever!***

Friday, March 22 - Sunday March 24, 2013



For the first time ever **in front of a live audience**, I will be sharing my time-tested methods for **getting your health back on track**.

Click BELOW to read the details of the event:

<http://www.SpringIntoVitality.com>

Nothing beats a LIVE event for really getting a clear picture about what to do, how to do it, and how to keep doing it...for life.

About Your Instructor

Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie has been sharing her passion for raw and living foods for more than 25 years, lovingly catalyzing others to create joy, success, and abundance in their lives. As a Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine and HeartMath®, she's also a certified living foods chef, instructor and coach, and has trained and certified hundreds of others in the art of living foods.

As a licensed health care provider, Dr. Ritamarie has seen the magical transformations that occur when her patients and students apply the ancient healing wisdom of whole fresh foods and supportive lifestyle practices with a touch of modern scientific research. She offers online courses, long distance coaching and counseling, as well as in-person classes and hands-on healing methodology.

www.drritamarie.com

Other Health and Nutrition Books and Programs

Dessert: Making It Rich Without Oil: The only dessert book comprised of 100% gluten-free, dairy-free, sugar-free, soy-free, and oil-free whole raw ingredients. Each recipe includes a mouth-watering, full-sized photograph. The recipes are easy to make, fun to eat, and will make the transition to a healthier diet a very pleasant experience.

<http://www.DrRitamarie.com/makeitrich>

Dried and Gone to Heaven DVD Home Study Kit: Complete with DVDs, recipe guide, and more, this kit includes full instruction on the care and use of your dehydrator, health gems, and complete recipe demonstrations. Make all your favorite comfort foods in ways that support your health, rather than drain it.

<http://www.DriedAndGoneToHeaven.com>

Power Breakfasts Ideas: Quick, healthy, and energizing recipes and tips for starting your morning with recipes that give you plenty of energy to fuel you throughout the day!

<http://RawPowerBreakfast.com>

Seasonal Specials: Halloween, Thanksgiving, Christmas and Hanukah recipe books and videos will help you get healthy instead of heavy over the holidays.

<http://www.drRitamarie.com/shop/seasonal>

GREEN Cleanse: A 7-day cleanse built upon the healing benefits of eating leafy greens, rich in minerals and nutrition, is just what you need to transform exhaustion into energy, eliminate excess belly fat, and feel younger and stronger than you did in your teens!

<http://www.GreenSmoothieCleanse.com>

B4 Be Gone Program: Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain energy, focus, and self-confidence. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, and more, you'll have an effective and balanced lifestyle approach to reclaiming your health.

<http://www.B4BeGoneSystem.com>

FAST (Food Allergy Spy Training): You'll be guided step-by-step through my clear, proven system to uncover your food allergy culprits, repair the damage, and remove the underlying causes of your food intolerances.

<http://www.FoodAllergySpy.com>

VITAL Community: Dr. Ritamarie's VITAL Community offers ***Vibrant Ideas and Tools for Awesome Living!*** VITAL is a member community offering monthly features for those who want the networking support of like-minded people, are looking for chef-approved ways to "liven" up meals, appreciate cutting-edge science on natural health topics, have questions for Dr. Ritamarie, and who enjoy the fulfilling benefits of Awesome Living!
<http://www.VITALHealthCommunity.com>

A Sampling of Other Online Video Classes

www.RawFoodUniversity.com

These include access to a private web page, a PDF format recipe e-book with photos of each recipe, and a separate video for each recipe.

Amazing Gluten Free Bread - The Ultimate Comfort Food Turned Health Food Online Video: There's no need to feel deprived. With a little creativity and advance planning, you can enjoy mouth-watering sandwiches, bread, and pizza - all brimming with nutritious goodness.

<http://www.drritamarie.com/go/bread>

Thai Food Goes Raw Online Video: Gluten-free, dairy-free and brimming with exotic spices, these recipes are easy to make and will delight any palate.

<http://www.drritamarie.com/go/Thai>

Gluten Free Pizza and Pasta Online Video: Experience the traditional tastes of Italy with a gluten-free and dairy-free twist as we prepare pizza (crust, sauce and cheese); Living Lasagna, Rawvioli, Manicotti, Spaghetti and other pasta dishes; "Parmesan Cheese", and more.

<http://www.drritamarie.com/go/RawPizzaPasta>

Cheese: No Dairy, No Guilt Online Video: Learn to make delicious, nutritious raw cheeses that satisfy your cravings and nourish your body.

<http://www.drritamarie.com/go/cheese>

Private Health Consultations, Kitchen Set-up, Shopping Assistance:

<http://www.drritamarie.com/shop/coaching-programs>