



HPAT Elixir Demo

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.

Hormone Balancing Elixirs

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* (see recipe), 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 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 liquid base, fat, herbs, flavorings, sweetener, and salt in blender.
3. Blend until smooth, then adjust flavorings and sweeteners to taste.



Boost Your Energy Thyroid and Adrenal Support Elixir

aka *The Hair Elixir*

Ingredients:

- 2 teaspoons nettle leaf plus 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 kelp powder
- 1/2 teaspoon bladderwrack powder
- 1/2 teaspoon coleus powder (optional)
- 1/2 teaspoon shilajit powder
- 1/2 teaspoon cordyceps mushroom powder
- 1/2 teaspoon ashwagandha powder
- 2 tablespoons raw carob powder or raw cacao powder
- 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice flavored liquid Sweet Leaf Stevia, or 1 teaspoon Zero or Lakanto

Directions:

1. Boil water and steep nettle for 10-15 minutes.
2. Combine all ingredients in blender and blend until smooth.
3. Adjust sweeteners and flavorings to taste and enjoy.

Personal Note: This elixir is affectionately known as the "hair regrowth" elixir by many people who claim their hair loss stopped and hair thickened after 30 days of daily use. Your experience may vary!





Adrenal Energizing Candy – General Guidelines

Ingredients:

- 2 heaping tablespoons nut butter
- 1 scoop protein powder
- 1 tablespoon green powder
- 2-3 teaspoons of a variety of herbs and medicinal mushroom powders
- 2 tablespoons coconut oil
- 1 teaspoon flavor extract (vanilla, almond, etc.)
- 2 tablespoons finely shredded coconut
- 4 drops essential oil, or to taste (cinnamon, peppermint, lemon, orange, etc.)
- low-glycemic sweetener: stevia drops or powder, erythritol, lo han

Directions:

1. Put all ingredients except coconut oil in a bowl and stir until well combined.
2. Add coconut oil and stir until smooth.
3. Add shredded coconut and stir well (if desired).
4. Add stevia or other sweetener if desired for extra sweetness.
5. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
6. Freeze until solid, about half an hour.