



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.





Hormone Balancing Elixirs

Main Ingredients in these energizing elixirs:

- **Liquid base:** herbal tea, nut or seed milk, fresh juice or water – 2 cups
- **Fat source:** nut butter, avocado, *Chia Gel*, soaked nuts, seeds, coconut
- **Herbs:** several teaspoons to several tablespoons
- **Flavorings:** essential oils, extracts, carob, vanilla, raw cacao
- **Sweetener:** stevia, **Lakanto**, erythritol, xylitol, or honey if your blood sugars tolerate
- **Salt:** sea salt or kelp powder

Directions:

1. 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.



Organ and Gland Energizing Elixir Ingredients

The chart below contains just a sampling of the dozens of herbs that can be used to support and nourish your organs and glands. Mix and match to delight your palate and your body.

Adrenal	Thyroid	Digestion	Immune	Liver/Detox	Bones
<ul style="list-style-type: none">• Ashwagandha• Astragalus• Cordyceps• Gymnostemma• Licorice ***• Maca• Mucuna Pruriens• Reishi• Rhodiola• Schizandra• Shiitake• Siberian Ginseng• Tulsi	<ul style="list-style-type: none">• Ashwagandha• Black Cohosh• Coleus Forskohlii• Eleuthero• Gotu Kola• Guduchi• Guggulu• He Shou Wu• Licorice ***• Mushrooms• Prickly Ash• Rhodiola• Rosemary• Sage• White Willow	<ul style="list-style-type: none">• Aloe• Cayenne• Cinnamon• Licorice ***• Marshmallow• Pau d’Arco• Peppermint• Slippery Elm	<ul style="list-style-type: none">• Astragalus• Cordyceps• Ginger• Gymnostemma• Reishi• Shiitake• Turmeric	<ul style="list-style-type: none">• Broccoli Seeds• Burdock• Dandelion• Garlic• Ginger• Milk Thistle• Turmeric• Yellow Dock	<ul style="list-style-type: none">• Horsetail• Nettle• Yellow Dock

*** **Licorice can increase blood pressure if overused.**
Do not include if you have a tendency towards high blood pressure.