

## BEVERAGE OPTIONS

### BULLETPROOF COFFEE

- 1 cup coffee – French press is excellent
- 2 tbsp. grass fed unsalted butter
- 2 tbsp. Brain Octane / XCT / MCT / coconut oil

Place in a high-powered blender until a frothy mixture is achieved. Options: cacao powder, vanilla, medicinal mushrooms.

### CHAGA & REISHI TEA

- 1 Tbsp Chaga Pieces
- 5 Reishi Mushroom Slices
- 2 Litres Pure Water

Options: Cardamom, Cinnamon, Ginger, Nutmeg, Cloves, Peppercorns, Cacao

In a pot or slow cooker, simmer ingredients for at least 1-hour. Add more water and brew up to 4 times.

### ENERGY TONIC

This tonic was shared with me by an elderly Ayurvedic practitioner and is intended to support healthy energy levels. Enjoy the benefits of this remedy any time of day, although it is particularly helpful for the 3pm slump.

Add the following to a mug of hot water. Adjust the spices to your liking.

- 1 tsp. Blackstrap Molasses
- ¼ tsp. grated ginger root or powder
- ¼ tsp. cardamom
- ¼ tsp. cinnamon
- 1 tsp. turmeric
- Pinch of cayenne

Option: medicinal mushrooms

### GOLDEN PASTE - from the Good Living Guide to Natural & Herbal Remedies by Katolen Yardley p88

- 1 cup water
- ½ cup organic Turmeric rhizome powder
- 1 teaspoon Ginger powder
- 2 teaspoons virgin Coconut Oil or Olive Oil

Boil water in a pot on the stove. Reduce heat to a low simmer and add turmeric, ginger and black pepper. Cook 10 minutes, stirring regularly until it has a thick paste-like consistency. Remove from heat, add oil and mix well. Pour into a glass jar and cool before placing the lid on. Refrigerate and store. Use within 3 weeks. Use this paste in Golden Milk below.

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**GOLDEN MILK** - from the Good Living Guide to Natural & Herbal Remedies by Katolen Yardley p88

2 cups milk (almond, rice, hemp, coconut)  
1 teaspoon Golden Paste (see above)  
Black Pepper  
½ tsp. fresh Ginger, chopped or grated or ½ tsp. powder

Options:           1/8 tsp. pure Vanilla  
                      Honey or Stevia to taste  
                      Pinch of Cinnamon or Nutmeg to taste  
                      Lemon juice

Heat the milk until hot but not boiling. Add 1 tsp. of Golden Paste. Stir well adding black pepper and ginger, then season as desired using vanilla, honey, stevia, cinnamon, nutmeg and lemon juice if you wish. Drink hot or cooled and use as a smoothie base.

**TURMERIC ANTI-INFLAMMATORY DRINK**

1 Litre pure water	2 tsp turmeric extract powder or 1 tsp.
1 cup unsweetened	Golden Paste
almond/hemp/rice/coconut milk	2 tsp grass fed ghee, butter, MCT oil
1/2 tsp ground cardamom	Pinch sea salt
1 tsp ginger powder	1 tsp cinnamon powder

Option: add 1 scoop Purica Protein Powder with Chaga. Blend until frothy. Keeps for 3-4 days in the refrigerator.

**SIMPLE TURMERIC TONIC** <https://minimalistbaker.com/healing-3-ingredient-turmeric- tonic/>

1 Tbsp fresh grated turmeric or 1/2 tsp ground  
1 Tbsp fresh grated ginger or 1/2 tsp ground  
1 whole lemon juiced or 3 Tbsp (plus leftover lemon rind)  
1-2 tsp maple syrup, stevia or honey (ONLY if needed)  
1 pinch cayenne pepper or cracked black pepper (increases bioavailability of turmeric)  
3 cups filtered water

**Instructions**

1. Add turmeric, ginger, lemon juice and leftover lemon rind, maple syrup (optional), cayenne (optional), and filtered water.
2. Bring to a simmer over medium to medium-high heat (~3 minutes). Then turn off heat.
3. Set a small strainer over serving glasses and divide between two mugs. Enjoy. Dilute if needed.
4. Store (strained) leftovers in the refrigerator up to 2-3 days. Reheat on the stovetop until just warm.

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