

Health Tonic Recipe

www.SickOrHealthy.com

Legal Disclaimer/Warning

This disclaimer/warning is here because of the power that “big pharma” interests have globally.

So, here goes...

If you are sick, pregnant, or even breathing you should consider going to a licensed doctor for formal medical advice. Anything you choose to do is your own responsibility and we at SickOrHealthy cannot be liable if anything goes wrong. **USE AT YOUR OWN RISK!** Please use good judgment. We can not legally claim that herbal and/or alternative remedies, preparations and/or protocols heal or cure sicknesses, diseases or other health ailments. Again, please use good judgment... you are assuming ALL responsibility for your decisions, actions as well as the resulting outcome.

Now that that is over with, lets get started!

Index

- List of Ingredients – page 03**
- Physical Items List – page 04**
- Making the Health Tonic – page 05**
- Time to strain it out – page 08**
- Using The Health Tonic – page 11**
- Other uses for the mash – page 13**

List of Ingredients

These are the ingredients needed:

1. **Habanero pepper powder** (This is usually 300,000 Scoville units or higher). One pound will make about 4 to 5 one gallon jar batches, so a quarter pound should be sufficient for a one gallon batch.
2. **Fresh Habanero peppers**...preferably red in color
3. **Onion**
4. **Ginger Root**
5. **Garlic Bulbs**
6. **Horseradish Root**
7. **Apple Cider Vinegar with the Mother** (The cloudy residue still in the bottle is the mother) Bragg's and Spectrum are two good brands. There are also other brands out there but I find that Bragg's has the most consistent high quality and is my first choice.

Please note: All of these ingredients need to be Certified Organic or Wild Harvested, in other words, NO pesticides used around these foods as they are grown!

Also please note: I have experimented with using African Bird pepper powder, and it *can* be used to make a suitable Health Tonic. But it is not as good as using Habanero powder. There are times when my suppliers are out of the Habanero powder, which is now the only time I consider using African Bird pepper powder.

A further note: Fresh mild peppers such as Jalapeño peppers are in my experience NOT a suitable substitute for fresh Habanero peppers. The effect of the hotter peppers especially the Habanero is one of the primary ways this Health Tonic is so successful.

Physical Items List

1. You will also need a one gallon glass jar with screw on lid. **NO PLASTIC JARS. An empty one gallon Pickle jar usually has a wide lid so that is perfect... a one gallon Iced Tea jar will also do.** As a note... I have found that buying a gallon jug of pickles at the local market is cheaper than buying an empty Iced Tea jug and if you don't like pickles give them away... I enjoy them and get the jar a bonus!
2. **A turkey baster**... you know the type. It is the one that has a large rubber bulb on one end and a long plastic tube that you can draw up the drippings from a turkey to baste the turkey in it's own juices while it is cooking. This will be the main instrument in separating the clear Tonic from the mash at the end of this process.
3. After the “brewing” process you will also need **a few other odd glass jars** that are *tall* and *narrow*.

If you have a secure work space that children will not be getting into things you can use drinking glasses, just put a small dish on them as you let the mash settle to stop any evaporation and dirt getting in.
4. **A large strainer with fine holes** as this will help to make the filtering process a lot easier.
5. **A small super fine mesh strainer. This can be a Stainless Steel tea strainer.**
6. Use a **large stainless steel or ceramic cook pot** for the task of straining out the mash at the end of the process. *A deep one*, like a pasta cooking pan is good for this purpose. Never use Aluminum... **EVER!**
7. You will need **a sturdy blender** to chop these ingredients into a mash without overheating the blender. A Vita Mix is an excellent mixer but I have made numerous batches in standard blenders by just making smaller batches at a time and not overloading the blender.
8. A sturdy wooden spoon, even a cheap one will suffice.

Please note: The strainer should be sturdy and large enough to accommodate the mash in reasonable portions on the first straining process. Also, the smaller finer mesh strainer can be used after the first round of straining as the mash will be removed in the process of using both strainers.

Making the Health Tonic

You will start by cutting the fresh Onion, Ginger Root, Garlic and Horseradish Root into fairly equal sized mounds. The ingredients should be relatively equal according to bulk, keeping in mind that the Ginger, Garlic and Horseradish Root are more dense than the fresh Onion that has more liquid in it and so the amount of the Onion should look like a bigger mound to help keep the portions as equal as possible.

The fresh Habanero Peppers will be about two thirds the size of the Horseradish mound even though it is a mostly hollow ingredient. This is because you will be adding a goodly amount of the powdered Habanero Pepper and that will help balance that out.

One important thing to know is that this Tonic is so strong that even a bad mix of these ingredients will be head and shoulders better than most anything you can buy commercially, anywhere. So, don't get hung up on being so picky as to the size of each mound, just make it and enjoy the healthy benefits of the end product!

I have made countless batches over the past 20 years and I can guarantee that no 2 batches were exactly the same, just as the eye can see that you have followed the basics and it will be great.

Please note: This isn't rocket science or brain surgery. A little variation in portions is not a big deal as long as the portions of each ingredient is relatively equal from one to the next (except for the Apple Cider Vinegar).

You need to look at the size of each mound and picture it in the one gallon glass jar and see if it all but fills the jar then you are in the right proportional range for your batch of Health Tonic.

Cut equal sized mounds and keep the proportions as explained above as you look at the jar and envision the total being in it and you'll be reasonably accurate, have faith! The beginning ingredients will look like you can't get them all in the jar, once you cut them up but that perspective changes dramatically as you start blending them they seem to shrink a bit being broken down into really small pieces.

I usually start with either the Horseradish or Ginger and start cutting them into 1 inch pieces or smaller as they are the hardest things the blender will have to chop up, and making two equal sized mounds is easier to do as they are pretty much equal in density and becomes the guide for the other items to be cut.

Please note: This is one area to use proper precautions and common sense as the roots can be quite hard, so be careful as you cube them.

The garlic can be cleaned, if you intend to use the mash after for cooking, but if you will discard the mash, peeling the garlic, onion, horseradish root and ginger is not necessary. I usually clean the ingredients as I use the mash for various cooking dishes and the taste is wonderful. I have also made a number of batches in an Emergency so I did not take the time to peel those items and the batches come out the same, I simply throw out the mash afterwards.

Please note: If you use quality organic and/or wild-crafted ingredients then even the peels may be consumed! Your judgment of your sources for the ingredients are important to determine this. Also, the horseradish and ginger roots are better to not peel if they are from a good source.

Simply separate each of the garlic cloves and cut off the hard stubby end and mound the garlic as is.

The onion can simply be cut into reasonable small pieces that will let you compare the sizes of the mounds and add about 25% more onion to compensate for the liquid in the onion.

The fresh Habanero peppers should be about two thirds the size of the Horseradish mound as the powdered Habanero pepper will make up the difference. The Habanero powder should be no less than a half cup of Powder and up to a cup. I almost always gravitate to the cup portion as this is one of the major ingredients in this Tonic.

OK we are now ready to start the process, have the blender near the edge of your kitchen sink and the ingredients readily at hand along with 4 quarts of the Apple Cider Vinegar opened and ready. Save the empty jars of vinegar as they will be used to store the Tonic in at the end.

No need to rinse them out either as the residue in the jars is beneficial to the Tonic. Start by putting an equal amount of each ingredient in the blender but do not go beyond the half full mark, unless you are using a Vita Mix, as the motor can overheat.

Put in just enough Vinegar to allow the blender to reduce the mix to a pulp. Once that has been accomplished transfer that to the one gallon glass jar and repeat until all the ingredients have been blended.

Please note: Try not to use too much vinegar in each small batch, just enough liquid to allow the blender to do it's job is all. You do not want the final results to have too much liquid. You can always add a little more vinegar after you let the jar settle for no less than 6 hours or more.

After setting the jar aside you can see how much liquid is above the settled heavier mash in the jar.

The proper amount of vinegar above the solid mash is approximately 1 inch to 1 and 1/2 inches. This will give you a very concentrated end product and the gallon jar should be almost filled. My batches usually leave the jar about two inches empty from the top... about in the curved shoulder part of the jar leaving a space for shaking the contents efficiently, this is important.

Once this has been done, put a piece of wax paper folded in two over the mouth of the jar and screw the lid on tightly and set the jar somewhere where it is easily accessible but out of direct sunlight letting it start the drawing process. This should always be done starting on a new moon (no moon in the sky) and ending on a full moon, about a two week period. I have let a batch set for over a month only to get a stronger and better Tonic, but two weeks is sufficient to create an excellent Tonic.

Please note: there is no “hocus pocus” about using the phases of the moon... I have tried making the Health Tonic without following this and it is still good, but generally needs longer to gain the same potency as compared to a batch made following the lunar cycle. That said, even a hastily made batch is well worth using if you are out of Tonic, so no worries if you can't always follow “ideal conditions”.

You will want to shake the jar multiple times a day (at least once daily) just to agitate the mash and allow it to be used more efficiently as the vinegar does it's job of drawing out all the medicinal values of the mixture. **DO NOT** at any time during this period open the jar. Any time you walk past the jar just pick it up and shake it a bit and put it back.

Time to Strain it out

OK, it has been two weeks and you are ready to start the straining process. This is going to be a bit time consuming but it will give you a higher yield and a cleaner end product if you don't rush it.

Once you determine that you want to start the straining process you will need the large spaghetti pot and the stainless steel strainer and the sturdy wooden spoon.

Place the strainer on it's handle and two ears on the lip of the pot and pour a fist size portion of the mash in the strainer. Use the wooden spoon to slowly push the mash against the sides of the strainer, using the back of the spoon, and keep forcing the liquid out until the mash starts to roll off of the strainer like dough would on a pastry roller. Push the mash from the inside toward the lip of the strainer and occasionally scrape it all back down into the stainer and keep pushing the liquid out!

I have never found a strainer that broke even though you should be using considerable force as you push the mash against the webbing trying to force the liquid from the mash so do not be timid, use some muscle.

When the mash starts rolling off of the strainer as you push to remove liquid you pretty much have drawn out the maximum liquid out of the mash. If you decided to save the mash put it in a large glass bowl and put the next fist size portion of the mash in the strainer and repeat until it has all been strained out! The mash can be refrigerated until later... I'll give you some hints on storing and use later. If you decided not to save the mash, simply discard in the trash or spread it in your garden.

Now you can rinse the Gallon jar out and pour the strained liquid back in the one gallon Jar and lightly seal it and let it sit for 24 hours, during this time, **DO NOT DISTURB** the jar. Just let it sit so the finer particles can settle down to the bottom of the jar. After that time you will have about 5 or 6 inches of clear colored liquid above the settled mash. The color will be that of a slightly darker version of the Apple Cider Vinegar. Also, you will not have used all of the 4 quarts of vinegar so you don't need to think that you messed up, I always buy 4 Quarts as I need a bit more than three quarts on every batch.

The fine particles of mash will be settled at the bottom at this time because the liquid in all the ingredients will have been drawn out by the cider along with all the enzymes and all the beneficial properties of each of the ingredients, this reduced the volume of mash so you have a larger percentage of clear liquid to harvest on your first draw.

Using the turkey baster you can start drawing the clean liquid out of the one gallon jar and transferring

it to the reserved quart vinegar jugs that you had put aside. Usually I can get about 1 and 1/4 to 1 and 1/2 quarts on the first pull.

When you get about 3/4 of an inch above the cloudy mash it will be difficult to draw only the clean

liquid without having the cloudy portion trying to get in the turkey baster, this is when to stop and reseal the jar and let it sit for up to 48 hours before drawing out another portion. I can usually get enough out to fill the second quart jar at this time.

Now the use of narrower jars, or clear glasses, is needed since the gallon jar is so wide it becomes difficult to get the clear liquid out without disturbing the mash.

Fill whatever amount of narrower jars, or clear glasses, that you have with the remaining mash from the gallon jar and let them sit for 24 hours. the settling will allow you to draw out another decent amount of clear liquid.

Now once you have drawn out as much clear liquid as possible you will need the finer meshed strainer to separate the thick cloudy material out of the mix. This process is slower and a bit more tedious but you will glean a goodly portion of Tonic so it is well worth the extra effort.

The amount of extra liquid that you will get from this last step in using a stainer will vary according to how well the first straining went, but I have never gotten any less than 8 ounces or more and anything worth buying on the market usually sells for about \$18 to \$22 dollars for just 2 ounces, this is well worth the extra effort.

Once I strain a small portion through the fine strainer I rinse the strainer between each batch so the screen is clear. After you complete this step with all the remaining mash you can put this remaining cloudy mix in the tallest narrowest jar, or clear glass, that you have.

Let that sit for no less than 24 hours and draw out what can be salvaged. At the end you should have recouped as much as humanly possible.

If I use 3 and a half jars of Apple Cider Vinegar to make the batch I will get at least 3 quarts out of the finished product...sometimes a bit more.

Please note: These bottles can be stored in a dark place almost forever, this stuff is too mean to go bad and usually gets better with age, much like a fine wine.

You have just made your first batch of Health Tonic that can be used many times to alleviate sore throats, stop a cold or flu in it's tracks, relieve sore muscles and clear the congestion from allergies, just to name a few!

Using the Health Tonic

Take one large tablespoon full and gargle vigorously for a few seconds and swish the liquid around in your mouth being certain to get it under your tongue and all over your mouth holding it in for at least 30 seconds or longer before swallowing it.

Please note: DO NOT spit it out. Also, do not drink anything after swallowing for at least 10 minutes or more. The intense heat will start to go away in less than 2 or 3 minutes (usually 1 minute) and the action of the Tonic will be actively killing off anything in it's path.

More often than not, if the Tonic is used at the first signs of a rawness starting in the back of your throat you will not need to do it again, but a second dose before bed will ensure that you have nipped this in the bud. This is if you took the Tonic at the first sign of that little uncomfortable tingle in your throat when you swallowed.

For those who do not use the Tonic at the first sign you will, if you chose to not use the Tonic, go through 7 to 14 days of coughing, really sore throats, mild fever and general discomfort associated with the flu or common cold, runny nose and coughing up mucus included. sound familiar!

For those of you that decide to use the Tonic, even after this attack has dug in, you will experience a milder reaction and often will not even lose a day of work as you will not be troubled with the fever, sore throat or coughing that is usually associated with the cold or flu. You will always have a shorter bout and a much milder attack by using the Tonic. Take the Tonic at least 4 times a day and usually 6 to 8 times the first day to help knock it out of commission.

The good news is that when you are sick the Tonic doesn't seem to be as hard to take as when you take it as a preventative... somehow when you are healthy it just tastes stronger, and conversely when you are sick your body seems to welcome the help.

An added measure to help you sleep at night and allow the Tonic to kill off more of the germs you should use a cotton swab soaked in the Tonic and swab the inside of your nose as deeply as is comfortable just before going to bed. You will often wake in the morning with your breathing as clear as it has ever been.

Please note: Never use the same tip of the cotton swab in both nostrils, use a clean end for each. Also, this has shown in my experience to be an excellent preventative to shortening the duration of the cold if you swab your nose a few times each day.

You can also use this Tonic as a topical rub for sore muscles and bruises.

Warning: If you give this to fellow workers you better be ready to be a supply for them as they will bug you for more when they don't feel well as this stuff really works. Initially most will think that you are trying to kill them until they suddenly realize that they are starting to feel better and they will ask for a little more.

The total cost of making this batch should have cost you less than \$75 and some time, but the value is that even at a commercial price of only \$20 each two ounces you have at least three quarts, or 96 ounces, that would have cost you \$960 plus tax and possibly S&H if you ordered on-line. You just saved \$885 and your product is head and shoulders above what you could buy elsewhere. In my experience, this stuff just works!

Well that is it, now if you want to make a second batch right away it will allow you to keep the mash in the drawing stage for months instead of only two weeks, and you will end up with a stronger solution in the end. That does not mean stronger tasting, it means stronger nutritional value. This is what I do and I am never without the Tonic as I have many friends that either purchase from me as needed or I am giving it away to those who otherwise could not afford it.

Other uses for the mash

Regarding the mash... I often fill the ice cube trays with mash compacted down and freeze them... then I put the cubes in a zip lock bag and keep them frozen. Put one or two in your next batch of pasta sauce, in a soup base or a cube shredded on a salad. The intense heat has been removed by the process but the robust flavors are still there to add a new taste to your cooking that many will marvel about.

You can keep the secret ingredient to yourself and let them all wonder. My spaghetti sauce is a great hit with everyone and they still have no idea what makes it so tasty.

You are welcomed to forward me your results, stories and recipes if you wish!