

The recipe to fire up energy 😊

The winter solstice is around the corner and things are getting chilly up here in the Northern Hemisphere! This past week, I've noticed a lot of people are fighting off colds while trying to enjoy the holiday season—not a fun time to be sick. But never fear, the wisdom of our ancestors is always here for us.

There's a time-tested (and delicious) immune-boosting fire cider formula that we hold very sacred in our house. It's based on a recipe that we learned from the legendary wise woman Rosemary Gladstar.

Rosemary coined the term “fire cider” in the 1970s when she re-created a traditional folk infusion that was used in the old world to ward off sickness during the cold months. This tangy-spicy drink packs a healing wallop and is an easy (and tasty) way to get started on the herbal path.

I've shared two recipes for fire cider below. The first one is my family's take on Rosemary's creation and works really well if you need a fast solution. The second is Rosemary's original recipe, which is incredible but takes a little more time to brew.

We make both, but go with the one that feels best for you!

Recipe 1: My Family's Version of Fire Cider

Ingredients:

6 lemons (squeezed)
1 cup apple cider vinegar
6 cloves garlic
1 cup water
1 tablespoon turmeric powder
1 teaspoon cinnamon
¼ cup grated ginger
¼ cup chopped onions
½ cup fresh horseradish
Pinch of cayenne pepper

Preparation:

- Place all ingredients in a blender.
- Blend for 2 or 3 minutes, until pureed.
- Ready to serve!

We usually drink ½ cup per dose. You can also add other immune-boosting herbs or tinctures (like Echinacea) to this formula for added effect.

Recipe 2: Rosemary's Original Fire Cider (in her own words)

Before we outline this powerful brew, I want to send a heartfelt thank you to Mrs. Gladstar. I had a chance to spend a day with Rosemary this past September while we filmed her for an upcoming documentary (that we'll be sharing with you in 2018!). It was a magical day and we experienced firsthand the deep connection that this amazing human being has with the natural world.

Rosemary's way with plants is almost impossible to put into words. She is a true pioneer in the world of plant spirit medicine and it's an honor to be able to share her wisdom.

Ingredients:

- ½ cup grated fresh horseradish root
- ½ cup or more fresh chopped onions
- ¼ cup or more chopped garlic
- ¼ cup or more grated ginger
- Dried cayenne pepper “to taste.”

(“To taste” means that it should be hot, but not so hot you can’t tolerate it. Better to make it a little milder than too hot; you can always add more pepper later if necessary.)

Optional ingredients: turmeric, echinacea, cinnamon, etc.

Preparation:

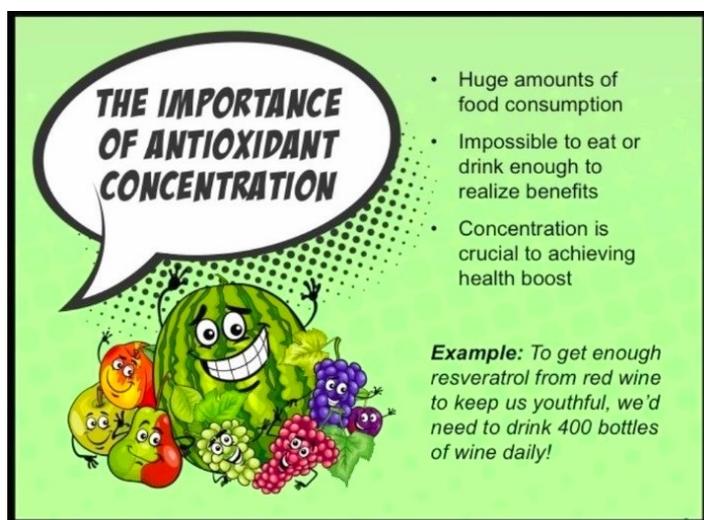
- Place herbs in a half-gallon canning jar and add enough raw unpasteurized apple cider vinegar to cover the herbs by at least three to four inches.
- Cover with a tight-fitting lid.
- Place jar in a warm place and let set for three to four weeks.
- Best to shake every day to help in the maceration process.
- After three to four weeks, strain out the herbs, and reserve the liquid.
- Add honey “to taste.” Warm the honey first so it mixes in well. “To taste” means your Fire Cider should taste hot, spicy, and sweet. “A little bit of honey helps the medicine go down.”
- Rebottle and enjoy!

I hope these recipes serve you well—I know they’ve worked wonders for us.

Stay curious,

Nick Polizzi

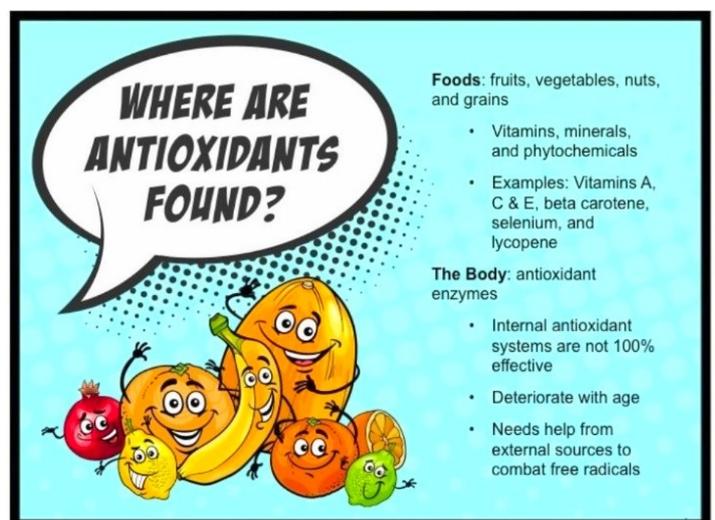
Founder, The Sacred Science



THE IMPORTANCE OF ANTIOXIDANT CONCENTRATION

- Huge amounts of food consumption
- Impossible to eat or drink enough to realize benefits
- Concentration is crucial to achieving health boost

Example: To get enough resveratrol from red wine to keep us youthful, we'd need to drink 400 bottles of wine daily!



WHERE ARE ANTIOXIDANTS FOUND?

Foods: fruits, vegetables, nuts, and grains

- Vitamins, minerals, and phytochemicals
- Examples: Vitamins A, C & E, beta carotene, selenium, and lycopene

The Body: antioxidant enzymes

- Internal antioxidant systems are not 100% effective
- Deteriorate with age
- Needs help from external sources to combat free radicals