

Resilient Tonics for Women

GINGER LEMON HONEY TURMERIC TONIC

Immune system booster! Drink this when you are tired, feeling sick or rundown.

Ingredients

2 cups water
2-inch (thumb-size) piece ginger root (or more, to taste),
peeled and roughly chopped
1 whole lemon, juiced
2 teaspoon honey, or to taste
1/4 teaspoon turmeric powder
1 ounce whiskey (optional)

Directions

In a small pot over medium heat, heat the water, ginger, lemon juice, and honey. Turn heat to low and simmer for 30 minutes. You can make a double or triple batch of this and leave it steeping all day – it will be even better! Strain the mixture (however much you want now) into a mug and add the shot of whiskey, if using.

LEMON BALM TONIC

A self-care balm that heals the inside (inflammation) and the outside (too much to do, not enough time for you). Sipping this brew can help ease both. The anti-inflammatory herbs turmeric and ginger offer a tangy, slightly sweet flavor that will hit the spot. Lemon balm has been found to have antimicrobial, antioxidant, and antianxiety properties.

Ingredients

Peel and juice of 1 orange
1 2-inch piece fresh ginger, peeled and grated or
chopped
1/4 teaspoons ground turmeric
2 teaspoons honey
1 teaspoon dried or fresh lemon balm (also called
Melissa)
1 sprig rosemary
1 cup water

Directions

Cook the orange peel, lemon balm, ginger, turmeric, and 1 cup of water until the water just begins to boil, 1 to 2 minutes. Remove from heat. Stir in orange juice, honey and then strain into a mug. Garnish with rosemary sprig.

Note: The freshness of your ginger root makes a huge difference in taste. Choose fresh, yellow ginger with smooth, firm skin—not torn or rippled. And ginger ages from the inside out, and it hates the cold, **so do not refrigerate!**

CHERRY MATCHA RECOVERY TONIC

Tired from too much or not enough exercise? Green tea is full of antioxidant-rich catechins, and improves blood flow and lightens your mood without the jitters. Tart cherry juice can reduce inflammation and soothe sore muscles. Nettles are anti-inflammatory, a diuretic, good for arthritis, allergies, PMS.

Ingredients

1 sprig of fresh thyme leaves
1 tablespoon dried nettles
1/2 cup unsweetened tart cherry or cranberry juice
Juice of 1/2 lime, plus 1 or 2 slices lime for garnish
1 teaspoon matcha green tea (or more to taste)
1 cup water

Directions

Heat thyme sprig and nettles in 1 cup of water until water just begins to boil. Turn off the heat and steep for 5 minutes. Strain through a fine mesh sieve. Whisk in matcha. Add cherry or cranberry juice, lime juice. Garnish with lime and thyme sprig, if desired. Serve hot, cool, or cold over ice. Add a few drops of bitters or 1-ounce amaro (such as aperol) for a little kick. Avoid this step if pregnant.

DIGESTIVE AID TONIC

A daily tonic to drink to reduce inflammation in the gut, and balance the pH of your stomach and intestines.

Ingredients

2-inch (thumb-size) piece ginger root (or more, to taste),
peeled and roughly chopped
1 teaspoon ground or fresh turmeric
2 teaspoons honey
1 whole lemon, juiced
1 tablespoon apple cider vinegar (the real kind, like
Braggs)
1 cup water or seltzer

Directions

In a blender or vitamix, blend all the ingredients until smooth, 60 to 90 seconds. Strain, and drink all day long!