

Natural Healing Express Weekly

Column Volume 189 Healing Tonics

I hope you had a wonderful Memorial Day weekend and that you are kicking off your summer in fine form. I also hope you took a moment to remember all those who serve and have served. Godspeed.

Well, this week I decided to list a few recipes that might just help that summer be your healthiest yet. As many of you know, we are getting closer and closer to having our “café” completed. We will be serving nutritious drinks, teas and broth. Nothing too crazy, just a comfortable little place to have something great for your system, chat with like-minded people and possibly pick up a tidbit or two to make life a tish better.

So, in that energy, I will give you a few recipes that you can make at home. Not sure if we will carry any of these or not, so try your hand at them and let us know what you think.

This Healing “tonic” is actually a broth. My friend from Los Angeles swears this is a “Cure Anything Soup”. Here’s to those Sunday mornings on the beach with a mug of this wonderful chicken elixir.

Ingredients: 2 Lbs. of Chicken (organic if possible) , 3 Quarts of Water, 3 stalks of chopped celery, 2 carrots, chopped, 1 chopped red onion, salt, 1 l bunch of kale, 2 tablespoons vermouth, 10 cloves chopped garlic, ½ cup parmesan cheese. (Optional ingredients – yams or zucchini.) She made it once with radishes and it was out of this world – ½ cup of your vegetable choice chopped)

Wash chicken and remove fat. Bring chicken to a boil in a large stockpot. Simmer approximately 45 minutes. Add celery, carrots, onion and any optional vegetables. Simmer 15 more minutes. Salt lightly. Take ¼ of a cup of the broth and lightly sauté the kale in an appropriate pan. Stir in the vermouth. Drain the greens and add to the stockpot. Ladle the soup into bowl or mug. Top with extra greens, garlic and parmesan cheese.

Here is an oldie but a goodie, and it cracks me up every time I have made this cordial.

Love Potion #9 – Ingredients: 3 parts Rose hips, 2 parts Hawthorn leaves, 1 part fresh strawberries, 1 part fresh raspberries, 1 part sliced oranges or tangerines, 1 part mango, ½ grated ginger, 1/8 cinnamon, brandy (your choice how much) honey – or you can substitute maple syrup.

To – make ANY cordial, follow this easy procedure -Chop the herbs, fruits and berries. Place all ingredients in a wide mouth jar. Cover with 3 to 4 times as much brandy. (You can also substitute vodka) Cover the jar, store away from sunlight. Shake daily for 2 weeks. On day 15, strain well and have a nip of your “Love Potion”. This is nourishing for the heart and circulation. If needed for coughs, colds or sore throat, take 1 teaspoon 3 times a day.

Here’s another great cordial that I call “Uniting the Brain with the Heart”.

Ingredients- 2 parts Hawthorn Berries, 2 parts Hawthorn leaves/flowers (we have those at NHE) 2 parts Rose Hips, 1 part Ginkgo Leaves, 1 part sliced fresh oranges or tangerine, 1 part ripe plum, pitted, 1 part

fresh raspberries, brandy or vodka. Follow the above procedure for making a cordial. This one I usually allow three weeks to “unite”.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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