

CHI JING AND SHEN RECIPES



YOUR GREATEST WEALTH



These are some of the Chi, Jing, and Shen tonic herb drinks formulas that I've created, and I've had these formulas doubled checked with George J. Lamoureux (the founder of JingHerbs.com) who holds a master's degree in oriental medicine.

His recommendation on these formulas is that they all qualify as general health tonics in the Taoist tradition of the three treasure in tonic herbalism. They are designed to keep people replenished, energized, and balanced energetically, according to the principles of Jing, Qi, and Shen, the three treasures.

These formulas are not to be considered medicines, but rather superfood tonic herbs, many which are berries, fruit, twigs, and roots that are often used as foods in the culinary traditions of the east.

This is the first drink that I made up, and my friend Aradhana came up with the name. Immortal Cheer which means to us drinking an everlasting smile, this what this drink feels like to us.

(All these recipes are to make 2 cups).

Immortal Cheer

- 1 teaspoon of instant Dandelion Coffee
- 1 teaspoon He Shou Wu
- 2 teaspoons of Lucuma
- 1 Teaspoon of Morinda
- 1/2 teaspoon of Eucommia
- 1/2 teaspoon of Dragon Bone and Bupleurum

Pour two cups of boiling water into a high-powdered blender with the herbs (you can add in three teaspoons of cashew nuts, one teaspoon of Goji berries, half a teaspoon of coconut oil, and some coconut sugar, to taste), and then blend at full speed for a short period.



Chaga Choc

This is a luxurious earthy hot chocolate that will warm your heart while replenishing and revitalising you.

- 3 teaspoons Cacao powder
- 1 teaspoon of Chaga
- 1/4 of a teaspoon Vanilla
- 1 teaspoon of Algarroba
- 1 teaspoon Lucuma
- 1 teaspoon Morinda
- 1 teaspoon He Shou Wu
- 1/2 teaspoon Eucommia
- 1/4 teaspoon Cinnamon
- a pinch of Nutmeg

Pour two cups of boiling water into a high-powdered blender with the herbs (you can add in three teaspoons of cashew nuts , one teaspoon of Goji berries, half a teaspoon of coconut oil ,and some coconut sugar, to taste), and then blend at full speed for a short period.

Vitality Chai

This is an Indian Chai recipe that also has in an herb called Astragalus which has been well researched in helping strengthen your immune system and as it happen blends really well taste wise with this Indian chai recipe.

- 2 teaspoons Astragalus
- 1/2 teaspoon Dragon Bone and Bupleurum
- 1/4 teaspoon Turmeric
- 1/4 teaspoon Star Anise
- 1/4 teaspoon Ginger
- a pinch Black Pepper
- a pinch of Cloves
- 1/4 teaspoon Cinnamon
- 1/4 teaspoon Cardamom
- and a pinch of Nutmeg

Pour two cups of boiling water into a high-powdered blender with the herbs (you can add in three teaspoons of cashew nuts, half a teaspoon of coconut oil, and some coconut sugar, to taste), and then blend at full speed for a short period.



Peaceful Spirit

- 2 teaspoons of instant Dandelion Coffee
- 1 teaspoon Dragon Bone and Bupleurum
- 2 teaspoons Lucuma
- 1/4 teaspoon Vanilla

Pour two cups of boiling water into a high-powdered blender with the herbs (you can add in three teaspoons of cashew nuts, half a teaspoon of coconut oil, and some coconut sugar, to taste), and then blend at full speed for a short period.



Maca Delight

- 2 teaspoons Maca
- 2 teaspoons Lucuma
- 1/4 teaspoon Suma
- 1/2 teaspoon Reishi
- 2 teaspoons Cocoa Powder
- 1 teaspoon Algarroba
- 1/4 teaspoon Cinnamon.

Pour two cups of boiling water into a high-powdered blender with the herbs (you can add in three teaspoons of cashew nuts, half a teaspoon of coconut oil, and some coconut sugar, to taste), and then blend at full speed for a short period.



The Immortal Cheer, Chaga Choc, Maca Delight, and Vitality chai can all give you extra energy, so are best to enjoy in the morning or early afternoon.

The peaceful spirit can be enjoyed any time of the day.

If you do want to get hold of these tonic herbs you can get them directly from

www.JingHerbs.com

or from the UK you can get them from

www.rawliving.eu

Enjoy these tonic herbs to help strengthen your health even more.

