

Trudy's Tincture



Practice

Come to your stove as if you were approaching an altar because you are about to create a magical healing potion, reducing inflammation, increasing energy and mobility.

A shot of this magic boosts your immune system daily.



Ingredients

500g Organic Ginger

500g Organic Turmeric

6 x Black whole peppercorns

3 litres of filtered water

Additional Enchantments

DoTERRA Onguard essential oil blend (2 drops to 1L)

DoTERRA Lemon essential oil (2 drops to 1L)

DoTERRA Peppermint essential oil (1 drop to 1L)

Preparation

1) Purchasing organic ginger and turmeric is essential for this recipe, available at all good farm shops (our trusted supplier Nanny Kay's Farm Shop).

2) Sterilise 3 x 1 litre bottles

Method

1) Slice the roots in half lengthways, rough chop (minimising stained fingers), cover with water and bring to the boil.

2) Allow the mixture to simmer for 25 minutes, letting the roots release their warmth and potency into the water.

3) Strain, cool and decant liquid in sterile bottles.

This tincture is now ready to drink, but you can enchant it further by adding 3 essential oils.

DoTERRA Onguard essential oil blend (2 drops to 1L bottle)

DoTERRA Lemon essential oil (2 drops to 1L bottle)

DoTERRA Peppermint essential oil (1 drop to 1L bottle)

Important Note

I do not recommend ingesting other brands of Lemon, Onguard and Peppermint from other brands. However, if you do choose another source, please research very carefully as some oils are not suitable for internal use. Both Katy and Trudy are Wellness Advocates for DoTERRA and can order you oils at competitive prices.

Knowledge

Turmeric contains Curcumin and this is poorly absorbed by our body.

To enhance its absorption, we add the black pepper (which contains Piperine). This increases absorption. However black pepper can cause irritation to the digestive tract, so we have two options to choose from.

Option 1 • 6 black peppercorns whole and remove before serving

Option 2 • Use a pinch of Cayenne Pepper, which does not irritate the digestive tract.



Serving Ritual

1) Pour your magic into a shot glass and knock back with intension, smiling as your go and smash your busy day.

2) Dissolve manuka honey in hot water and top up with tincture, sip slowly, breathe deeply and feel the healing infiltrate your body.