

# Master Formula

This is a great tonic! The term ‘master formula’ has been used by several herbalists. It is not always made in exactly the same way. Various combinations of herbs might be included to make a mixture similar to the one given below. In Latin American countries, these herbs have traditionally been used in a pickling mixture with vegetables. The pickled flavor is hot and delicious; and usually eaten with a meal. Before electricity (and refrigeration) the anti-bacterial, anti-parasite, anti-microbial and probiotic properties of this popular dish were especially important. It is both appetizing and medicinal. Pickled tonics have kept people around the world healthy for thousands of years. This particular 5-herb blend has medicinal actions that are broad reaching, both individually and synergistically. Let’s look at some of the medicinal actions:

1. Garlic - acts as effective anti-biotic, anti-viral, anti-microbial, anti-fungal, anti-yeast, vermifuge (for worms), parasiticide (for internal parasites), immune-stimulant and an aphrodisiac. Wow. There’s more. Garlic helps to lower the LDL cholesterol and is hypotensive (helping to lower elevated blood pressure).
2. Ginger - is a digestive stimulant that has a pungent, warming effect by increasing peripheral circulation out to the fingers and toes. A digestive aid, ginger helps relieve nausea, morning sickness and motion sickness; as well as gastric and intestinal pain. The herb further combats flatulence and bloating, and serves as an anti-spasmodic to the digestive tract. A diaphoretic, ginger dilates capillaries and increases perspiration in feverish conditions, thus offering elimination of toxins through the skin. It acts as an anti-inflammatory for rheumatism and other types of painful swelling. This is due in large part to rubefacient (or warming) actions that increase blood flow to the skin, or other localized areas.
3. Cayenne - (containing capsicum) offers a great tonic to the circulatory and digestive systems. Cayenne pepper strengthens the heart, arteries, capillaries, blood flow and peripheral circulation. With cayenne you can have *both* a warm heart, and warm feet. That’s a win/win! (For extra warmth, a little cayenne powder can be sprinkled in the socks for more rubefacient effects). As a nervine (nerve stimulant), cayenne strengthens the nerves and helps with peripheral neuropathy (helpful in diabetes and other conditions). The stimulating effects of cayenne are far reaching. In the elderly or infirm, cayenne is especially helpful in clearing out mucous and warding off colds. And last mentioned, cayenne’s astringent properties help stop, or reduce, certain types of internal bleeding. Its styptic actions can stop external bleeding.

4. Horseradish – More than just a condiment, the pungent horseradish has been utilized through-out history for internal and external medicine. The chief constituent is mustard oil, a rubefacient and stimulant. An immune stimulant, horseradish is high in anti-oxidant properties that protect the immune system from internal attack by “free and radical cells”. Horseradish is a warming and tonifying anti-inflammatory for many types of pain. A potent diuretic, the pungent root is dispersive in its over-all effects.
5. White Onions – have smaller doses of garlic’s antibacterial and antifungal components. They are helpful to inhibit blood clotting, and they have phytonutrients that lower the harmful LDL cholesterol, while aiding the helpful HDL cholesterol. Onions increase the production of high-density lipoproteins, which in turn are believed to help clear the arteries of fatty deposits.
6. Apple Cider Vinegar, Undistilled - Natural (undistilled) organic, raw ACV can be called one of Mother Nature's most perfect foods. It is made from fresh, crushed apples which are then allowed to mature naturally in wooden barrels, to "boost" the natural fermentation. Research worldwide supports what Hippocrates (the father of medicine) found in 400 B.C. That is: undistilled Apple Cider Vinegar is a powerful cleansing and healing elixir, a naturally occurring antibiotic and antiseptic that fights germs and bacteria for a healthier, stronger, longer life.

### Here’s the recipe:

- 1/2 gallon - pure, naturally fermented (un-distilled) Apple Cider Vinegar
- 1 cup - chopped white onions
- 1 cup - garlic cloves
- 1 cup - chopped horseradish root
- 1 cup - chopped ginger root
- 1 cup - cayenne peppers\*

Sterilize a glass gallon jar and add the vinegar. Puree all the ingredients in a food processor and add them to the jar. Seal with a tight lid and allow this “to infuse” for at least 2 weeks, ideally during the waxing moon and through the full moon. Shake the jar several times daily. Then, strain the liquid through a sieve and squeeze. Store this infusion in the refrigerator, and add rest to your compost pile.

- Instead of cayenne peppers, some herbalists use habanera peppers (which are *extremely* hot), other people prefer jalapeño. A lot of this is personal preference and availability. I sometimes use ¾ cup of cayenne, plus 2 or 3 habanera peppers.
- It’s OK to use less of some items and more of others.

NOTE: Make a smaller batch by adjusting the ingredients accordingly.