

This **Liver Adrenal Tonic** is for the person who is dealing with daily stress (be it from work, family & the infamous DC commute) that is negatively affecting their mental status and mood, especially during hormonal changes from their monthly cycle or while transitioning to their later life’s full glory.



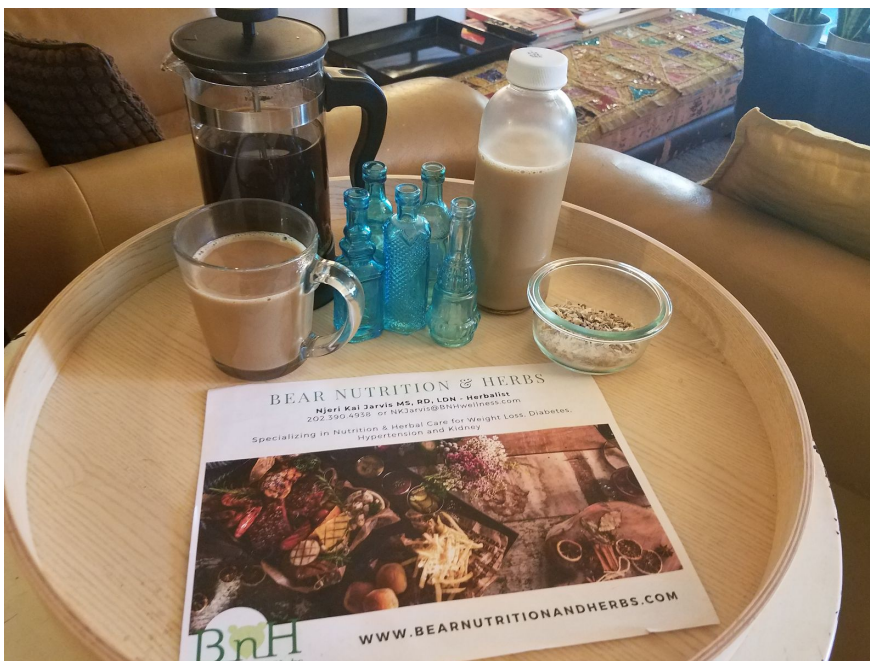
It is a great way to remove coffee from the diet and build stamina and strength.





Remember **coffee is an herbal bitter**. Used in small strategic amounts or in conjunction with liver and adrenal tonics it can be an extremely health supportive drink. In excess it can become a problem. Switching to LATca can be very beneficial or combining it with your coffee is great !

Coffee and caffeine are diuretics and **one of the biggest “robbers” of key minerals from the body, particularly Magnesium**. Magnesium is an essential mineral and cofactor for over 300 enzymes and is needed for pathways that allow our bodies to make energy, nucleic acid, build proteins, transport ions and for cell signaling and structural body functions. As we age our bodies tend to excrete larger amounts of magnesium and if you have Gastro-intestinal problems, you tend to have lower magnesium levels.




Mild magnesium deficiency has been associated with increased risk of cardiovascular disease, osteoporosis and metabolic disorders (metabolic syndrome, hypertension, Diabetes mellitus type 2).



LATca's Materia Medica (Learn more about each herb)

Ingredients (ORGANIC)	Photos of Cut and Sift/Powdered/ Whole	Reason for Use
Siberian Ginseng (<i>Eleutherococcus senticosus</i>)		<p>It helps the body adapt to stressful situations where there is general fatigue, weakness and decreased physical and mental capability with depressed mood and lack of concentration.</p> <p>Helps boost physical endurance levels. It is especially useful for conditions influenced by the stress response, including angina, hypertension, hypotension, neuroses, chronic bronchitis, cancer, prolonged stress or overwork such as exhaustion, irritability, insomnia and mild depression.</p>
Roasted Dandelion Root (<i>Taraxacum officinalis</i>)		<p>This is good for those with a mapped tongue, covered with a white coating, yellow tongue, bitter taste in the mouth and pain in the sternomastoid muscle. Good for internal heat or low grade fever especially related to allergies. Edema, liver issues, angry agitated nervous and dull minded.</p> <p>Good for arthritis, gout, high blood pressure, high cholesterol, edema and abnormal blood sugar levels. Good for female problems and skin diseases due to its action on the liver</p> <p>dandelion root nourishing in a way that other bitters are not. I give it to those who are depleted, especially due to digestive or emotional stuff. We use dandelion, Pu Gong Ying, in TCM to clear "toxic heat". It has a special affinity for the breast tissue. Very helpful for acute/chronic mastitis in nursing mothers.</p> <p>Dandelion should be used long term because the full action on the liver can be slow.</p>

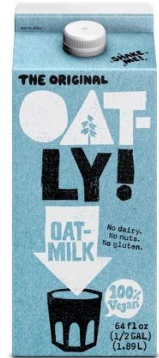
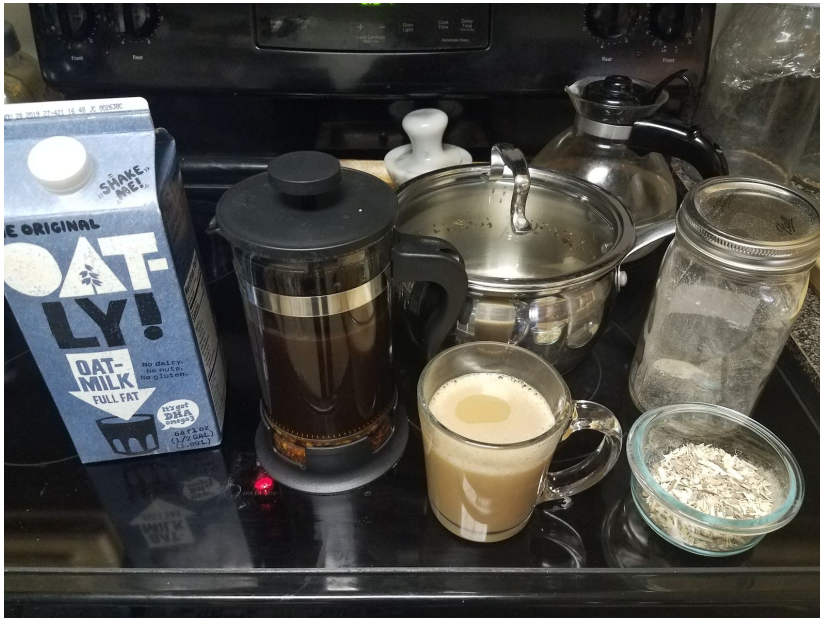
LATca’s Materia Medica Continued (Learn more about each herb)

Ingredients (ORGANIC)	Photos of Cut and Sift/Powdered/ Whole	Reason for Use
Roasted Chicory Root		Tonic, diuretic, and laxative. The decoction, used freely, is said to have proved efficient in <i>jaundice, engorgement of the liver</i> , and other <i>chronic visceral diseases</i> , as well as in <i>cutaneous eruptions, gout, hectic fever</i> , etc. An ounce of the root to a pint of water forms a good decoction. It is used as an adulterant of coffee. (Kings, 1898). favorite in many parts as a coffee substitute. Promotes beneficial microorganisms in the intestines.
Cinnamon (<i>Cinnamomum spp</i>)		Strengthens the organs of digestion. It is great for the person with low vitality and a tendency toward influenza, stress diarrhea and rheumatic pains.
Dried Ginger (<i>Zingiber Officinales</i>)		Improves gastro-intestinal symptoms. It stimulates the flow of saliva, bile and gastric secretions. It increases gastric motility and accelerate gastric emptying. It lowers lipids and improves insulin sensitivity and reduces serum glucose levels. It is anti-inflammatory and analgesic. It has antifungal and antiviral activity. It prevents nausea and vomiting. It is useful in reducing inflammation and for rheumatism. Helps with migraine
Optional Additions to add: <ul style="list-style-type: none"> ● Ashwagandha ● Panax Ginseng ● Codonopsis (Dang Shen) 	<p>USED FOR:</p> <ul style="list-style-type: none"> -Prolonging life, stimulating the mind, enhancing vigo & sexual prowess - Improving the body’s response to stress, exhaustion, impotence, appetite -Treating palpitations, weakness, lung conditions of dry cough, improves digestion and builds blood (Winston & Maimes, 2007) & (Balick, 2014) <p>Please note that both PANAX Ginseng and CODONOPSIS can be added to this formula per request but they are quite expensive, so the price will increase accordingly. But they really do give a big lift to the body. ASHWAGANDHA is reasonably priced and can be added as well.</p>	

Directions

1. In a pot, place 1 Tablespoon of the Herbal Tea Blend along with 10 - 12 oz of water
 2. Cover the pot and bring the water and herbs to a boil
 3. Reduce heat and let simmer for 20 - 25 minutes covered
 4. Strain and enjoy.
 - a. Note you can strain the herbs in a French Press or Small strainer pressing out as much liquid from the herbs as possible
 5. Sweeten with honey (OPTIONAL)
 6. Add Oatly Oat Milk or Califa Oat milk or Ripple Plant Based Milk or Traditional Organic Half and Half (OPTIONAL)
- I like to add Full Fat Oatly Oat Milk The Original or Barista versions with no sugar (they sell it at the Yes! Organic Market, Whole foods and Target online)

CAN BE SERVED HOT OR CHILLED



References

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