

“To Health, Long Life & Pleasures! “ Show

Hosted by Lillian Zeltser

Golden Dreams Tea

(Traditional Taoist Monks' Recipe for Deeper and More Relaxing Sleep)

Ingredients:

500 ml of hot water

2 teaspoons of raw honey

5 x cloves

1 teaspoon x grated fresh turmeric or ½ teaspoon of powdered

1 teaspoon x dried wild lettuce



Preparations: Place all ingredients into a teapot or a jar, stir, and cover with the lid and a tea towel. Let it brew for 15 minutes, then drain the golden liquid into a large glass and sweeten with raw honey. Drink slowly in a calm environment while reassessing the realistic worst outcome that can occur. Then, relax and allow yourself to enjoy deep sleep and well-deserved rest.

Golden Dreams Tincture

(Dr. Zeltser's modification of the original Taoist monks' recipe for deeper and more relaxing sleep for people who do not wish to drink lots of liquids before going to bed.)

Ingredients:

200 ml of vodka

2 teaspoons of raw honey

5 x cloves

1 teaspoon of freshly grated turmeric or ½ teaspoon of the powdered

1 teaspoon of dried wild lettuce



Preparations: Combine all ingredients in a liddable glass jar. Pour in the vodka, then close the jar and shake it for about a minute. Cover the jar with a tea towel and let it sit at room temperature to brew for 24 hours. After brewing, drain the golden liquid into a large glass and sweeten it with raw honey. Take a 20ml shot before bed, or place six drops of the tincture under your tongue. As you prepare for sleep, relax in a calm environment and reconsider the worst realistic outcome of the problem you're facing. Allow yourself to unwind and enjoy a deep sleep, reminding yourself that everything will be okay if you rest well and feel better tomorrow!

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For more functional recipes: <https://www.amazon.com/Aphrodisiac-Adventures-Lillian-Zeltser/dp/0648804631>

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