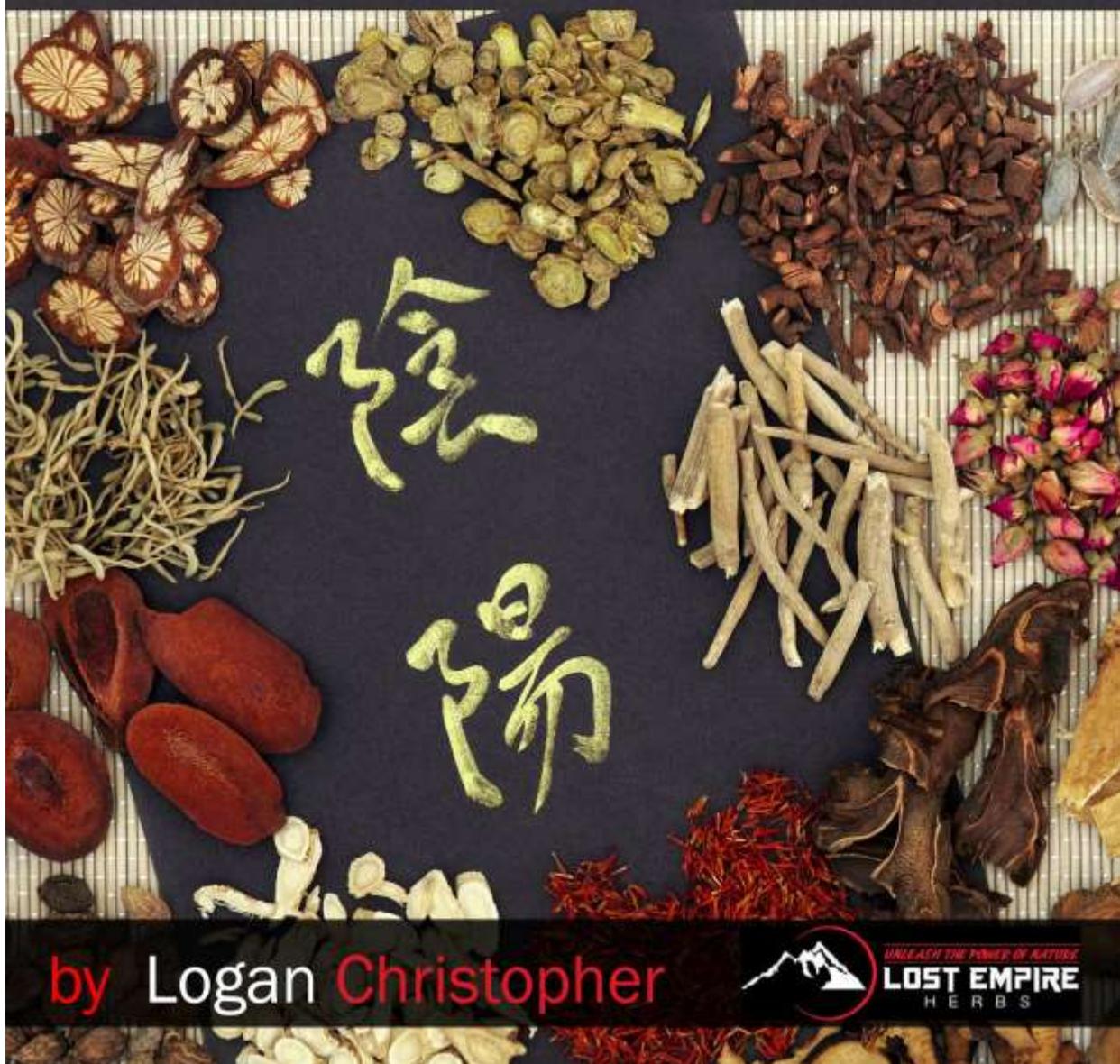


HOW TO TAKE HERBS



by Logan Christopher



UNLEASH THE POWER OF NATURE
LOST EMPIRE
HERBS

Welcome!

An important fact of herbalism is that you can't get the benefits of herbs without taking them. It's really the first rule you must follow.

But how do you take them? There are many different ways and many factors to take into account.

It depends on:

- The form of the herb
- If you want to target it to a specific body part or function
- Your constitution
- Specific energetic actions you want to achieve
- Mixing and matching with other herbs
- Taste
- And even more

This book is meant to be an introductory guide and not something that covers every possible detail. Here we'll open you up to new methods, and what those methods can do for you. Then from there we hope you'll try many of them out, even experimenting to come up with the herbs and forms that work best for you.

This is an ongoing work. This book will be updated from time to time, with many new recipes. Maybe I'm just lazy but I don't want to do all the work. I'd love to have you contribute, as you'll see a few people already have. If you have a recipe you really like, please send it to info@lostepireherbs.com.



The Lost Empire Brothers (from left to right, Zane, Cloud and Logan)

Herbal Formats

There are lots of different forms that herbs can come in. Most commonly you'll find three different things in stores.

Capsules or Pills - These are the most common form of supplements today. The reason for that is that they're easy to take, mitigating any bad taste that the herbs may have (and yes some of them have very strong tastes).

But there can be some drawbacks. Did you know that to receive part of the benefit of bitter herbs you have to taste them? If you just take pills your digestion won't properly be stimulated in the right way.

Also most pills have things in them that aren't the best ever. Flow agents like magnesium stearate aren't good for you. More than likely it won't have a big impact on your health, but small things like that, over time can add up. Then there can be all kinds of other fillers and binding agents like maltodextrin and more.

Tinctures - These are (mostly) alcohol extracts. Alcohol acts as a solvent to pull out many of the components of the herbs as they sit in what is known as a menstrum for weeks to months. Alcohol pulls out certain herbal constituents while water pulls out other. Many, but not all, tinctures are dual extracted to pull out as much as possible.

Powders - So far this is our mainstay at Lost Empire Herbs. But in the near future we'll have both capsules and tinctures available too. Not all powders are the same though. Far from it.

You can have a **RAW powder**. This is the herb in an unprocessed manner, except being ground down to a powder. Like raw ashwaganda root powder. Or chaga mushroom. Both of these can be consumed raw and you will get benefits. Or they can be used in a variety of other ways like teas, tinctures and more and you'll also gain benefits that way.

Pine pollen is another example of this although no grinding is needed. The pollen is collected from the pine trees and then it is basically ready for human consumption. (It is typically either frozen or vibrated at a high rate to break the cell wall which is said to make it more bioavailable to the human body.)



This pollen can be consumed right away

You can also have a **powder EXTRACT**. This is what most of our herbs are. The herb, in whatever form it is, is cooked in water and sometimes alcohol as well. It's boiled down. If you consumed this it would be known as a decoction, basically a very strong tea (which are called infusions). If you keep boiling until there is little liquid left, this can then be dried and what remains is a powdered extract of the herb. Many herbs need to be extracted in this manner in order to be usable by the human body. This also can make it so you have lots of power in a small amount. It is these extracts usually that are inside those capsules or pills, but not always.

Chaga is an exception in the mushroom kingdom, of which there are others, where it can be consumed raw. Reishi, as an example, cannot be used by the body in raw form. It's too woody. Although you could eat a powdered version, it would pass through your body undigested, thus rendering no benefits. That's why our Reishi is an extract that is available to your body.



This medicinal mushroom, Turkey Tail, cannot be consumed straight off the tree, but must be processed in a decoction or alcohol to get its medicinal compounds.

Right now we don't sell anything that can't be consumed as it is, when you get it. If we do in the future, we'll be sure to tell you how it must be used.

Though these are the most common forms you'll find today, there are others. A few of these will be discussed in this book.

Simple Methods of Taking Herbs

Before we get into recipes and slightly more complex ways to take herbs, let's talk about the basics.

If you have pills, take them with water or any other liquid. Doesn't get much simpler than that.

But when you take them matters as well.

Option 1 - Before meals on an empty stomach. With the digestion empty you'll get the herbs into your bloodstream faster. But without food there you're not as likely to absorb as much. It can be a quick hit without the sustaining power.

Option 2 - During meals. This is usually the most recommended way to take them. In fact, with the smoothies and cooked meals, the herb becomes a part of it. With other food you'll tend to get the most benefit from the herbs.

Option 3 - After a meal. This is going to be similar to taking it during a meal.

These same options and what occurs with them apply to capsules but also the other forms.

For tinctures, you'll take the dropper and squirt a few drops (or the whole dropper) under the tongue. You then hold it there for about 30 seconds. The alcohol can easily enter straight into your bloodstream. The reason for holding it under the tongue is that the capillary bed is right near the surface there.

This way you bypass the digestion completely. This can be very important. Like with pine pollen the phyto-androgens have a hard time surviving the digestion. But in alcohol they're drawn out and can get straight into your blood stream. Thus you can have significantly different effects between a powder and the tincture.

And this brings us to the powders. The simplest way to take these is to mix them into a glass of water or other liquid. Some mix easier than others. For those that don't dissolve well, stir it up and then drink it down quickly. It is recommended to consume right away and not let herbs sit in water (unless you're doing that purposefully like with raw herbs as an extraction method).

Another method that is a favorite of my brothers is to throw the powder in the mouth, then just wash it down with liquid. Be warned this can take some practice to do. Don't start swishing it around or chewing on the powder as it can get stuck in your teeth. And then you'll be stuck with the taste too.

If you put some water in your mouth, then a spoonful on top of that, you can swallow that all similar to how you would with pills. And water isn't the only liquid that can be used...

Teas

Typically, you will use cold or room temperature water. But by heating water you can change the energetic of it slightly. Obviously, if you'd like to warm your body then hot or warm liquid will help. While if you're looking to cool down then cool or cold water will work.



For most people, regularly taking herbs with warm water will allow for better digestion. Cold water typically acts to slow the digestion. Warm water helps the herbal action to disperse through the body. Think about it this way. With cold water your body is going to have to heat it up to body temperature. But if it is that temperature or hotter already, it's like the herbs can start doing their job right away.

For some herbs you'd want to use a cold water infusion. Just because of how the herb works this can be best. Marshmallow root is the classic example of this.

Most other herbs are done with a hot water infusion. A tea bag is a classic example of this. For other woodier herbs, you'd want to allow for a longer time, like half an hour, rather than just a couple minutes.

Remember that most of the herbs at Lost Empire Herbs are already extracted, therefore all you need to do is mix the water and the herbs and it's ready to go. The time-consuming part has already been done.



Making some mushroom tea (a decoction)

Ashwagandha Tea

I've been experimenting with a really pleasant tea combination that works really well to manage stress, give you lots of energy and keep you warm in cold weather.

Try this simple tea recipe:

- 1-2 Tablespoon(s) Ashwagandha Powder in Hot Water
- A few pinches of Cayenne Pepper

The cayenne is a warming herb and pushes blood into the extremities, diluting blood vessels as it goes for better blood flow and, hence, a warmer body. It gives a sharp bite to the tea but in cold weather gets you moving nicely.

The hot water in the tea also will keep your body temperature up and hydrate you at the same time. When one is cold, we tend to drink less water so dehydration can be more of an issue in the winter than the summer for many of us. An added benefit of drinking hot liquids is that we require less energy to keep our body warm, usually giving us more energy to get work or exercise done.

The ashwagandha works on our hypothalamic-pituitary-adrenal (HPA) axis, helping re-balance it. This system controls our reaction to stress among other important functions and is explained in our blog. Modern living tends to unbalance the HPA axis by dulling down the receptor sites and effectively turning the axis into a negative-feedback loop, leading to overreactions to stressors. Ashwagandha can thus be a vitally important herb to consume on a daily basis and totally safe to do so at the same time. Getting it in through a tea is an easy and tasty experience.



Charlotte's Pine Pollen Tea

My wife typically takes some version of this each morning.

- 1 bag Green or Gynostemma Tea
- 1 TB Pine Pollen
- 1/4 tsp Shilajit Powder

After letting the tea steep for several minutes and cooling down slightly the herbs are added. Its blended in a small Magic Bullet blender to mix it thoroughly.

Note: Pine pollen is raw and thus has enzymes and other delicate nutrients. It is best not to put this straight into boiling water or anything too hot. You can and you'll still get many benefits, but some of them may be cooked out. Therefore, let the water cool to below 120 degrees before adding this in for optimal nutrition.

Sweet Dreams Ziziphus Tea

- 2-3 TB Ziziphus
- ½ tsp raw organic honey (if local, that is always great!)
- Optional pinch of Cayenne pepper

After bringing water to a gentle boil, add Ziziphus and stir until completely mixed in. (You can also use a small Magic Bullet blender to mix it thoroughly)

Add honey and optional Cayenne pepper after the powdered herb is thoroughly mixed.
Drink 1- 1 ½ hours before bed.

Tri-Berry Energizing Tea

Many of the herbs we carry at Lost Empire Herbs offer a very bitter or salty taste. Much to the appreciation of our customers, we have a few delicious tasting berry herbs that we now carry. Here is a favorite tea that not only tastes wonderful, but is very energizing.

- 1 TB Goji Juice Powder
- 1 TB Seabuckthorn Berry Powder
- ½ tsp Schisandra

After bringing the water to a gentle boil, mix in the powdered herbs. You can again, also use a small Magic Bullet blender to thoroughly mix.

And voila! That is it. Drink in the morning for a burst of energy to get you through the day.

Shilajit Milk

Using milk to consume herbs is a classic method of use in Ayurveda. By including milk you'll augment the tonic and nutritive properties of herbs. In addition, milk is said to provide demulcent, cooling and soothing properties. It is often prescribed warm at night as a mild sedative to help with sleep.

Due to the issues with factory farming most commercial milks should be avoided completely. At the very least buy organic milk. If you can get it from cows that eat grass even better. And though it is illegal in many states raw milk would be the best.

The original decoction method is one-part herb, eight parts milk and 32 parts water, which was boiled until the water had all evaporated.

Shilajit was often recommended along with milk to further enhance its regenerative properties. In Nepal, Pakistan and Northern India it was consumed along with fermented raw milk. These Hunza and Sherpa people were renowned for their longevity.

- 1 cup Milk
- 1 gram or approximately ¼ teaspoon Shilajit Resin or 3-5 drops of Liquid Shilajit Resin

Warm the milk over a low flame with the shilajit in it until it's dissolved. Consume.

Almond Milk Shilajit Latte

Many people today have some level of allergy or intolerance to the proteins in milk and thus this would not be the best option for them. Find what works for your body.

Other forms of “milk” like nut and seed milks can be used as a substitute. This may provide some of the other benefits of milk, like a similar taste and quality, but with some unique benefits too.

- 1 gram Shilajit Resin (or substitute ½ tsp of Shilajit Powder)
- ½ tsp ground vanilla bean or vanilla extract
- ¼ tsp cinnamon
- 1 TB Coconut oil
- ¼ cup Almond or Other “Milk”
- ½ cup warm water

Pour all ingredients into blender and blend until smooth and creamy. (For best results start with warm water and shilajit resin and blend that until properly mixed, then add other ingredients.)

Coffee

Coffee is a great medicinal herb in its own right. Though much maligned, when used properly, it can be very useful. Of course it doesn't work for everyone and you'll have to experiment to find what works for you. And as with everything else the quality of the coffee is of utmost importance. Many coffee beans are heavily contaminated with a variety of toxins. For this reason, I recommend the following Bulletproof coffee. Plus it tastes great!



Here is the basic Bulletproof coffee recipe (the first three ingredients), with just a couple herbs added.

- 8oz Bulletproof coffee
- 1TB MCT oil
- 1TB Raw Grassfed Butter
- ½ tsp Shilajit Powder
- 1tsp He Shou Wu

Another option is to make a mocha. Instead of adding sugar which would be against the Bulletproof idea you can just add a quality chocolate or cacao powder. If you want the sweet taste adding stevia could serve you well.

- 12oz Upgraded coffee
- 2TB MCT oil
- 3TB Raw Grassfed Butter
- 1TB Raw Cacao Powder
- 5 drops Chocolate Flavored Stevia
- 1/3tsp Cinnamon
- 1tsp Maral Root
- 1tsp Cordyceps Extract

Many of the herbs have a flavor that goes well with the coffee. Since the coffee is warm and has caffeine it acts as a driver to better deliver the other herbs into your body. (Most of this book was written with the help of the mental stimulating properties of coffee and our herbs.)

We have found that Lion's Mane is a great mushroom to put in coffee and helps keep your mental capacity going strong all day.

- 12oz Organic Coffee
- 1 TB Lion's Mane
- 1/8tsp Cinnamon

Shakes and Smoothies

So far we've covered adding herbs to water, tea, milk and coffee. Many of these recipes use a blender and in this section we go deeper into a variety of shake and smoothie recipes you can use. Here just about any herb powder can be used. With lots of ingredients in most cases this can completely mask any herbal taste. In other cases, you can help match the herbal tastes to the other ingredients you use.

The following is a fine drink at any time of day, but especially great after a workout. It's a basic recipe with many other things that can be added to it or changed.

- 1 Cup Frozen or Fresh Blueberries
- 1 Banana
- 2 Scoops Whey Protein Powder (from grassfed cows)
- 1 TB Pine Pollen
- 1 TB Raw Honey
- Water (or use 1 Cup Ice and a Vitamix blender to make this a sorbet style treat)



Some other herbs to try along with this:

- 1/2 tsp Cordyceps
- 1/4 tsp Reishi
- 1 tsp Schisandra
- 1 tsp Eleuthero
- 1 tsp Shilajit Powder
- 1 tsp Goji Berry Juice Powder
- 1 tsp Seabuckthorn Berry Powder
- 1/4 tsp Mucuna
- And many others

High Fat/No Carbs Smoothie

With the fruit that is the base of most smoothies that people make, they have a decent amount of carbs in it, which many people choose to limit. So the following drink has almost none at all.

For anyone working to be fat fuel adapted this smoothie is great. With the high quality fat content, it's also very filling. As a breakfast shake this can often sustain people well beyond noon.

- 3 TB Coconut Oil
- 3 TB Chia Seeds
- 2 TB Cacao Powder
- 1 TB Phoenix Formula
- 2 Scoops Whey Protein Powder (from grassfed cows)
- Drops of Chocolate Stevia (flavor to taste)
- Water

(Note that depending on how much water you add, especially with this second shake, it can become more of a pudding consistency rather than liquid.)

Other herbs can be added to this as well.



Ummmm! Chocolatey and Filling!

Goji Berry Slurpee

It's been a while since I made my way into a 7-11. But I certainly use to go there as a kid. And yes was a fan of Slurpees!

Just imagining main lining that much corn syrup now gives me shivers. And who knows what food colorings, artificial flavors and other chemicals are inside of them.

So I got to thinking about these recently and thought, why can't there be a healthier version?

And I got to experimenting in the lab (in this case, my kitchen). On my first attempt I put in way too much seabuckthorn and schisandra. Too sour.

But my second attempt came out much better. And I wanted to share this recipe with you here.

- 2 cups ice
- 1 cup water
- 3 tablespoons goji berry powder
- 1 tablespoon seabuckthorn
- 1 teaspoon schisandra
- 1 tablespoon raw honey

Blend and then enjoy. Serves two to four people. This will definitely brighten your day!



Superhuman WakeMeUp Vegan Smoothie!

This recipe comes from Morgan Ashley. We've included it here along with all the original hash tags from Instagram (@morgan.a.ross).

Superfood-Super Supplement ALL OUT every damn day for better mental and physical health! Don't forget to wash your fresh fruit and greens with a citrus based vegetable wash to ride yourself of any nasty germs or pesticides even if you buy organic beware of ingesting toxins and bacteria!

I use #lostempireherbs one of the best, purest herbal and superfood supplement lines! Use #herbal #medicine to give your body what it has been asking for! Instantly feel the calming effect, mental clarity and a huge immunity boost! #Pinepollen the must-try super herb! Add it to smoothies, oats or yogurt!

Smoothie Ingredients:

- 1 tbsp #Pinepollen
- 1 tspn #Spartanformula
- 1 tspn #maca
- 1 tspn #chiaseed
- 1tbspn #Nutiva #organic #hempproteinpowder
- 1 tspn #cacaopowder
- 1 tspn #Greenvibrance #organic #greens and freeze dried #grass #juice powder by #Vibranthealth
- 1 #banana
- 1 handful of #beetgreens with stems
- 1 handful of fresh #parsley
- a few slices of fresh #mango and #pear

BLEND WITH TWO HANDFULS OF ICE! ENJOY YOUR RUSH OF MOTHER NATURE'S GOODNESS! #iggers #vegansmoothie #veganspiration #flexetarian #diet #livingfoods #fitforlife #fitfam #eatyourgreens #instamotivation #instalove #moyogapilates



Chyawanprash Shilajit Juice

This recipe comes from Ken

"Btw, your shilajit pitch rocks. I mix my dark water in with a teaspoon of Chawanprash ayurvedic "jam" and the stuff goes down nearly like fruit juice, if you can believe that. I've even mixed a bit of your Cordyceps powder into that. I have all the energy I need to start my day! At 57 I feel 27."

- Shilajit Water (strength to your taste)
- 1 tsp Chyawanprash
- ½ tsp Cordyceps

Blend or mix well with a spoon

[Chyawanprash, also spelled chyavanaprasha, chyavanaprash, chyavanaprasam and chyawanaprash, is a jam like cooked mixture of sugar, honey, Triphala, ghee, sesame oil, berries and other naturally available herbs and spices. It is prepared as per the instructions suggested in Ayurvedic methods of preventing diseases. Chyawanprash is widely sold and consumed in India as a dietary supplement. It is a good source of Vitamin C and antioxidants and is usually consumed for its health benefits.]



Pine Pollen Honey

At the store the other day I came across a pine honey, that is, the bees collected the pine pollen from pine trees to make their honey. When I saw that I had to get it, but then it triggered the idea to mix pine pollen directly in honey.

- 2 TB Pine Pollen
- 1 TB Raw Honey

Mix well into a little bowl and consume. Can also be mixed into other foods and smoothies.

With all the nutrition in quality honey and pine pollen you could probably live off of this mix for some time.



It's very tasty. Try mixing other herbs in too.

Ghee

Ghee is very popular in India and Ayurveda. As the *oil of butter* it is a refined version of butter, said to enhance its qualities. Here's one of the best parts about it. People with dairy intolerances can generally use ghee as it is only the fat without any of the proteins (whey or casein) which are typically the culprits.

Ghee can be bought in any Indian market, but is also carried in most health food stores. It can be expensive though but if you want a cheaper option you can make your own. Its quite easy to do.

Heat one pound of grass-fed butter over medium heat for 15 minutes. It will begin to boil as a foam comes to the surface. Once boiling turn the heat down to low. It will give off a popcorn like smell. You can tell its done when a drop or two of water placed on the surface make a crackling sound. Let it cool slightly then pour through a fine strainer. As ghee is a shelf stable oil it does not need to be refrigerated.

Ghee is said to enhance Ojas, the subtlest essence of all tissues. This is similar to Jing in the Chinese system. It is great for both the digestion and the nerves and mind.

To make a Medicated Ghee you have a couple options. While you are preparing the ghee add herbs so that they're extracted in the heat. These will then be strained out.

With the one pound of butter add 4 TB of ashwaghandha powder.

With any extracted herb you can mix this directly into the already prepared ghee. Any herbs taken along with ghee will work better.



Tinctures

Tinctures as a way of taking herbs were mentioned near the beginning of this book. In this section we'll show you how to make them.

What you'll need to do this includes:

- Mason Jars
- Pine Pollen (or other whole herbs)
- Alcohol (recommended high quality vodka that is at least 70 proof)
- Spoon or other instrument for stirring

Optional tools include:

- Dropper Bottle
- Funnel
- Paint Cone Strainer

The process to make pine pollen tincture is actually quite simple. Pour the pine pollen into a glass jar. Then add alcohol in sufficient quantity to cover it all. The alcohol line should be a finger or two lengths above the pollen line. After that, you let it sit for about two weeks. (Traditionally tinctures have been started on the new moon and processed and bottled on the full moon.)

The pine pollen and alcohol will separate. This is good as you just want the pure alcohol, as the pine pollen won't really have much beneficial left in it. You can use a dropper to squeeze the liquid off the top. Or you can pour it off into another jar through a strainer to separate the liquid from the powder.

Since the pine pollen tincture has the benefits of delivering the hormonal components even better, many people prefer this form.

I would recommend you start with a dropper-full and you can increase it from there. I personally can feel something stronger when I take pine pollen in tincture form, rather than in a powder. I've gone up to 6 full droppers at on time.

For those that want to avoid alcohol, vinegar can be used as a substitute.

Cooking with Herbs

Doesn't matter what your diet is you can start using more herbs in it. From a vegan diet to paleo an integral part of a human diet is herbs, though that has become less the case in our modern day times.

We need medicine to survive. It's just your choice in whether it comes from the herbs or it comes from pharmaceuticals.

Since medicinal compounds are for a large part bred out of the common food supply, adding Lost Empire Herbs back into the mix can help bring them back in.

Use your imagination here. With any food you're making you can add a pinch or two of herbs here or there and you probably won't even taste the difference. But it can make a big impact on your health. Just think about how the fulvic acid in shilajit makes anything you take it with work better in your body and you might want to consume it with all your food.

The following are a few recipes we've made in the past. Try them as they're described or just as a base making any necessary substitutions. Above all have fun with it!

Chinese Herbal Chicken Soup

- 2lbs organic chicken (tofu can be used for a vegetarian option)
- 2 cloves garlic (crushed or grated)
- 1 green onion
- 1 yellow squash (or various types depending on the season)
- 2 thin slices of fresh ginger
- 1 tsp salt
- 1 tsp soy sauce
- 1 tsp sesame oil
- 1 tsp wine (or mild vinegar)
- ¼ cup Astragalus
- Lotus Seed
- Codonopsis
- Lyceum
- Poria
- Black Fungus
- 1 TB He Shou Wu extract
- ¼ tsp Schisandra
-

To make the soup, place about 2 pounds of chicken (best with bones included) with the skin removed in a medium sized pot and add enough water to cover. Bring to a boil and remove any residue that floats to the top at that time. Add in the whole package of herbs, 2 cloves of crushed or grated garlic, 2 thin slices of fresh ginger, and a teaspoon of salt (the amount of garlic, ginger, and salt can be adjusted to your taste; these amounts are for a mild flavoring). Bring back to a slow boil, cover, and simmer for about 50-60 minutes.

Add sliced fresh vegetables, such as carrots and celery (for a more warming effect, use green onions), and various greens and squashes at this time and simmer again for an additional 5-10 minutes to soften them.

Then add 1 tablespoon of soy sauce, 1 teaspoon of sesame oil, and 1 teaspoon of wine (or mild vinegar).

Remove from heat. All the herb materials are edible except the astragalus, which is too fibrous, and this item should be removed before serving (it is the flat herb that retains a woody appearance).

The package of herbs contains about 5.5 ounces. This recipe makes enough soup for four servings (a large bowl of soup each) providing about 40 grams of dried herbs.

Others may wish to enjoy this dish about once a week for nourishing the blood and getting a great energy boost. Serve with a side dish of rice to make a complete meal.

Vegetarian Alternative: Cook the herbs together as above but without chicken; when adding the vegetables, also add one pound of tofu as a protein source. If desired; just before removing from heat, blend

Jinged Up Miso Soup

More details about what Jing is, according to Chinese medicine, and its importance for you can be found in the following two articles. The second one has a video that shows the following recipe as well.

<https://lostempireherbs.com/all-about-jing/>

<https://lostempireherbs.com/10-foods-that-nourish-jing/>

- 1 Quart Bone Broth (can substitute chicken or vegetable stock)
- 2 TB Miso
- 2 TB Black Sesame Seeds
- 1 handful Hijiki seaweed
- 1 tsp Shilajit Powder
- 1 tsp He Shou Wu Powder

Heat up soup and stir well, but avoid boiling.

Some of the other jing herbs I've experimented with in this soup are chaga and reishi.



Ari's Pulled Pork

- 5 1/5 lbs boneless or bone-in pork shoulder (also known as pork butt), twine or netting removed
- 2 bay leafs
- 4 cloves of garlic crushed
- 2 tablespoons apple cider vinegar
- 1 tablespoons Shilajit Powder
- 1 tablespoons Black Ant Extract
- 2 tablespoons honey
- 1 tablespoons salt
- 1 tablespoon organic cane sugar
- 1 teaspoon cayenne pepper
- 1 teaspoon mustard
- half an apple-sliced

Place pork in crock pot. add all of the ingredients sprinkled over the top. Cover and cook for 6 to 8 hours on high or 8 to 10 hours on low.

We use our favorite bbq sauce and add some sauerkraut and mustard.

Chili

- 2 lbs of ground pasture fed beef
- 1/2 c diced onion
- 2 diced bell peppers
- 2 zucchini squash diced
- 4 cloves of garlic minced
- 1 bay leaf
- 1 (15 oz) can tomato sauce
- 1 (15 oz) can stewed tomatoes
- 2 (15 oz) can kidney beans
- 1 (15 oz) can pinto beans
- 1 tablespoon Shilajit Powder
- 1 tablespoon Triphala
- 2 tablespoons of cumin powder
- 1 teaspoon of salt
- 3/4 teaspoon oregano
- 1/2 teaspoon of pepper
- 3 whole dried red chilis or 2 fresh jalapenos
- 3 - 4 c of chicken stock depends on how juicy you like it.

Place the beef in a skillet over medium heat, and cook until evenly brown. No need to drain. Add onion and peppers. Stir in spices and remaining ingredients. Bring to boil. Reduce heat to low, cover and simmer 20 minutes, stirring occasionally.

Serve with shredded cheese, sour cream, sauerkraut and chopped onion

Strawberry Protein Pancakes

- 1 cup organic unbleached flour
- 3 tablespoons Pine Pollen
- 2 teaspoons baking powder
- 1 egg
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 cup of milk
- 1 teaspoon salt
- 1 tablespoon oil (melted butter or coconut oil)
- 1 cup sliced strawberries

In a large bowl, mix flour, pine pollen, baking powder and salt. Make a well in the center, and pour in milk, egg, honey, vanilla extract and oil. Mix until smooth. Mix strawberries in at the end.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot with butter, coconut oil and real maple syrup.

According to accounts in China, pine pollen has often been used as part of many recipes along with flour.

Fermented Sauerkraut

Besides herbs another forgotten part of most people's diets are the fermented foods that once made a daily piece of any diet. I've been making my own sauerkraut for years and just recently began to add herbs into the mix.

- 2 Medium heads of Cabbage
- 2 TB Salt
- 1 TB Caraway Seeds
- 2 TB Chaga
- 2 TB Rhodiola

Pull one or two leaves off the cabbage and set to the side. Shred the cabbage into a big bowl. Once it is all in there add the other ingredients. Then using your hands squash the mixture until liquid is coming out and it has condensed down. Taste the mix. It should be just a little bit saltier than you'd want to by taste. (The salt is important for drawing out more liquid and keeping the fermentation safe.) The cabbage will have natural bacteria on it that will cause it to ferment.

Stuff the cabbage into a mason jar, packing it as tightly as you can. When you press down the liquid should come up and cover the top, over the cabbage. Pack to about one inch from the top of the jar. Take one of those extra leaves and roll up then place at the top of the jar.

Place on top of a plate, because it will bubble up and leak out. Place this in a cabinet or out of the way somewhere and leave for approximately two weeks. Discard the top leaf and everything else should still be submerged in water. If not there may be mold growing on top, which can be scrapped away and everything else is good to go. Taste the kraut and find if it is the right taste for you. Let it go longer for a softer kraut.

A started culture can be added to get specific strains of bacteria. This will typically speed up the process and you can check your kraut in a week or week and a half.

Please experiment with the herbs that work for you and let me know what you like!

Ginger Beer Plant

This recipe comes from Rick.

First, I cultured the ginger beer plant (GBP) as I normally would. I got mine at www.yemoos.com. I used:

- 1.5L water
- 1/2 cup white refined cane sugar
- 1tsp unsulfured black strap molasses
- 1 unsulfured organic fig
- Pinch of clean sterilized (boiled) powdered egg shell (home made).
- 60ml of GBP culture

Covered the jar loosely for 24-36hrs. I then strained it through a plastic (never metal) fine mesh strainer, poured it into a clear flip top glass soda bottle leaving an adequate air space at the top.

- Added 1 or 2 tsp evaporated cane sugar (depending on how sweet it already was)
- 1TB spoon of pine pollen.

I let that sit for a day or more until it carbonated nicely. Then it went into the fridge.

A word of warning, the bottle has to be “burped” once or twice a day so it does not over carbonate and explode. When opening this brew with the pine pollen, it wants to erupt from the bottle like a fountain due to the powdery nature of the pollen releasing the carbonation, so burp it quickly and when opening it to pour, it should be cold, opened over the sink, and allowed to pour/erupt into a glass.

The taste is very pleasant, even delicious. The same recipe should work for a sugar kefir culture (also from yemoos or try cultures for health), but I haven’t tried it yet. I would love to hear from anyone who tries it.

Peter Ragnar's Longevity Breakfast

Peter Ragnar has shared many of his secrets with us at Lost Empire Herbs, and has continued to be an adamant supporter of what we do here along with the herbs we carry.

You can hear from him on these podcast episodes:

<https://lostempireherbs.com/ep26-peter-ragnar-on-longevity/>
<https://lostempireherbs.com/ep31-peter-ragnar-on-brain-health/>
<https://lostempireherbs.com/ep36-peter-ragnar-on-titan-formula/>
<https://lostempireherbs.com/ep45-qi-gong/>

For Peter's daily routine, this is the Vegan breakfast he shared with us on the first podcast he did with us.

- ½-¾ cup hemp seed
- ¼ cup organic blueberries (other berries work too!)
- Handful of organic oats
- ¾-1 cup organic coconut milk
- Handful of ground up apricot seeds
- ½-1 tsp pine pollen

Use a small coffee grinder to grind up the apricot seeds. Sprinkle the pine pollen on top and enjoy!

Conclusion

That's it for now. We've covered specific recipes as well as lots of ways of taking herbs you probably never even thought of before now. You can always search our website for more:

<https://lostempireherbs.com/category/recipes/>

And there will be even more coming. Make sure you watch our blog and get on, if you're not already, our email newsletter, for more recipes and ideas in the future. Also this ebook will be updated and as long as you're on our customer list we'll send it to you for FREE when it is.

Be sure to send us your recipes. If we include it in a future edition, we'll send you something as our way of saying thank you.

All the herbs mentioned here, and many others, can all be found at www.LostEmpireHerbs.com