



Swedish Bitters

10 Reasons to Use Bitters

Including bitter foods in the diet isn't simply a matter of reviving tradition or taste. Bitter flavored foods also have a rich history in the healing arts. From the wine infused herbal concoctions used by Ancient Egyptians to the 16th century prescriptions of famous physician Paracelsus and beyond, elixirs brewed from carefully selected bitter herbs have been treasured as cure-all remedies across the ages. Studies have confirmed that getting an adequate amount bitter flavor is important for digestive balance and linked with many related health benefits. Eating bitters regularly has been shown to:

1. Curb sugar cravings
2. Soothe gas and bloating
3. Relieve occasional heartburn
4. Encourage digestive enzymes, bile & HCL production
5. Calm upset stomach and nausea
6. Increase absorption of fat soluble vitamins A, D, E, K
7. Help maintain healthy blood sugar levels
8. Balance appetite
9. Ease constipation and regulate bowel movements
10. Support liver function and healthy skin

Where to Find Bitters

With processed foods delivering artificial, tongue-tingling flavors and spices to addicted mouths, it has become difficult to find

quality bitter foods in the marketplace. Even the fruit and vegetable varieties packed into produce departments have been intentionally hybridized and bred to minimize bitterness, selecting instead for qualities of sweetness, bright color and full shape. While these traits certainly make veggie shopping more appealing to browsing consumers, they also represent a tragic limitation of nutritional value and an overall lack of phytonutrient, anti-oxidant and flavonoid variety in our foods.

Today, true bitter flavor is enjoyed in just a few commonly munched-on items such as greens (particularly dandelion and arugula), coffee, hops, olives, and dark chocolate.

To make up for the general deficit of bitter flavors in most modern diets, many practitioners recommend the use of a supplemental herbal tonic or tincture. Common botanicals that have a natural bitter flavor include: gentian, cascarilla, cassia, orange peel and cinchona bark among others.

I personally love blending my own version.

My own personal mix. You can buy your Swedish bitter herb blend from many good organic markets, health stores or my favorite Chinese herb stockist.

I prefer to be my own alchemist and have played with different blends over the years to come up with one my liver loves.

Share your blend and cheers

Here is to happy healthy balanced lovers, after all a happy general is good for everyone!



Ingredients:

1g camphor

3G turmeric root

15g aloe

10g theriac Venezian

7g myrrh

5g zedvoary roots

4g diotoem.

3G terra sigulata.

3g wormwood

4g gentian roots

4g Angelika roots

2g carline thistle rots

1g tormentil roots

1g manna

1g senna leaves

3G larchenschwamm.

.5g saffron

1g mace

10g calmus roots

18g nutmeg bean
10g rhubarb roots
10g musktbohnen

Traditional treatment and support of:

Memory and brain fog

Pain and dizziness

Stomach cramps, colic, constipation and digestive issues

Gallbladder and liver and kidney ailments

May be supportive for cancer patients

Anaemia and blood issues

PMS reproductive and fertility issues

Hemorrhoids

Epilepsy, tremors, shakes

Restoring loss of appetite

Nausea

Fevers hot or cold

External use:

Scars, blemishes, boils, bruises, acne

Compress open wounds

Frost bite

Corns

Insect bites and stings

Preparation:

Put the ingredients above in a 2 liter wide neck mason jar

Add 1.5 liters of rye or fruit spirit I like vodka or gin best quality. You can use cane if you prefer.

Screw on metal cap and give it a good shake.

Leave it standing in the sunlight or near stove for 14 days.

Give it a loving shake daily as the herbs settle.

Strain liquid and pour into small bottles.

Seal well and store in a cool place.

Important: this Swedish bitters is not intended to diagnose, treat or cure any ailment. If you are on any chronic medication or diagnosed with a chronic condition, consult with your health care provider before taking any supplement like the lover lovers Swedish bitters.

Discontinue immediately if any adverse reactions occur.

Do not replace medication before consulting your health care practitioner.

Use as recommended or as otherwise prescribed by a healthcare

practitioner.

All attempts have been made to source the priests herbs free of pesticides, irrigation, preservatives,gluten and lactose.
Natures medicine chest lovingly sourced for you to feed your cells to your soul.

Recommended dosage: 1tsp / 5ml once daily.
As this product contains alcohol, it should not be taken by children under the age of 18 or any person recovering from alcohol addiction, pregnant or breastfeeding. Do. Consult your health care provider if frail or suffering from heart disease

It can also be used as a poltice or compress

I put the bitters into small brown dropper bottles for easy administering.
If you intend selling your bitters, come up with a catchy name and I always advise the disclaimer and a sell by date of 2 years from the time you made it especially if selling the herbs dry as they will go stale.