

goDésana Herbal Formulas

CHEROKEE BITTERS KIT

Availability: 2 ounces

Organic Ingredients: *North American Ginseng, Burdock Root, Spikenard, Queen of the Meadow, Black Cohosh, Goldenseal Root, Sarsaparilla, Wild Cherry Bark, May Apple Root, Solomon's Seal Root, Lobelia, Peppermint, Pipsissewa, Red Clover, Slippery Elm Bark, Triphala, Yarrow Flowers, Yellow Dock Root*

How To Make

Bring 32 ounces of Distilled Water to a boil in a glass or enamel pan (do not use metal). Add 2-ounce package of dry Cherokee Bitters and stir into the water. Reduce heat, simmer 20 minutes covered, then remove from heat. Strain when cool. Pour mixture back into the cooking pot and simmer uncovered until reduced to ½ the amount. Return to a boil, then carefully pour into a preheated and sterilized 16-ounce dark glass bottle and cap tightly. Place the bottle on a towel and allow to cool; check lid carefully as it may loosen during cooling. Store refrigerated; should last 2 to 3 months in the refrigerator. If mold appears in your bottle during storage, discard any unused portion. You will need to keep your utensils and bottles sterile to prevent mold.

Dosage

To help support your body when symptomatic, take 1 teaspoon three times per day, or up to 2 tablespoons three times a day. This bitters recipe is not meant to be used over a long period of time; use when feeling in need of a deep cleansing. Not recommended for small children or pregnant or lactating women. If you experience nausea, headache, or other detox effects, reduce dosage or discontinue use.

Disclaimer

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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ELDERBERRY SYRUP KIT

Availability: 5 ounces

Organic Ingredients: *Elderberry, Cinnamon, Ginger, Clove*

How To Make

Place elderberries and spices into a glass or enamel pot (do not use metal) with a lid and pour 2 cups of Distilled Water over the top; cover and bring to a boil. Reduce heat and simmer uncovered till decocted to ½ the original amount you started with, approximately 20 to 30 minutes.

Strain and press the liquid out of the berries into a clean bowl or another glass container. Pour back into the pot. To the strained juice, add your cup of honey and stir until well blended. Remove from heat. When cooled, bottle into serving size (8 or 16 ounces) dark glass bottle. Store refrigerated; should last 2 to 3 months in the refrigerator. If mold appears in your bottle during storage, discard any unused portion. You will need to keep your utensils and bottles sterile to prevent mold.

Dosage

To assist with and help support your body with the prevention of cold and flu-like symptoms, adults take 1 tablespoon per day, children take 1 teaspoon per day, and infants (1 year and older) take ½ teaspoon per day.

If symptomatic, adults take 1 tablespoon every hour until feeling better (usually 3 to 5 times). Children take 1 teaspoon per hour, and infants take ½ teaspoon up to 4 times a day.

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LIFEx⁵ HERBAL BLEND

Availability: 2.5 ounces

Organic Ingredients: *Ashwagandha Powder, Astragalus Powder, Maqui Berry Powder, Schizandra Berry Powder, Rhodiola Powder*

LIFEx⁵ is a powerful herbal blend formulated with the top tonic, adaptogen, and system protecting herbs researched and known to assist with and help support your body with nourishing, toning, and protection, leading to enhanced health and wellbeing.

How To Use

½ teaspoon of the dry herbal blend (brewing is not necessary) in preferred carrier method two times a day before breakfast and before lunch. Not to be taken in the evening as it may disturb sleep.

Preferred Carrier Methods

Herbal powders are very easy to use, and can be taken in the following ways:

- **The Shot:** Add ½ teaspoon mixed with 1 to 2 ounces of water, fruit juice, or almond or coconut milk and make into an herbal shot.
- **In a Smoothie:** Add ½ teaspoon to a superfood Smooth Vitality or Green Vitality smoothie.
- **Encapsulated:** Pack into a “00” veggie capsule and take 1 capsule 2 to 3 times per day.
- **The Tea:** Place ½ teaspoon into a cup, add boiling water, and steep for 7–10 minutes.
- **Overnight Steeping:** For best results, steep your daily dose of LIFEx⁵ Herbal Tea by mixing 1 to 1½ teaspoon of the dry herbal blend with up to 3 cups of boiling water in a quart jar and allow to steep overnight. In the morning, strain and have your first cup, keep the remainder in the refrigerator to use throughout the day.

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HEART BERRY PROTECT HERBAL BLEND

Availability: 2.5 ounces

Organic Ingredients: *Hawthorn Berry, Dong Quai, Ginko Biloba, North American Rhodiola, Bilberry Extract*

Formulated with herbs known to assist with and help support your body in strengthening and toning of the cardiovascular system, and nourishing and improving circulation. May also support the body in balancing all functions of the circulatory system.

How To Use

½ teaspoon of the dry herbal blend (brewing is not necessary) in preferred carrier method two times per day with food.

Preferred Carrier Methods

Herbal powders are very easy to use, and can be taken in the following ways:

- **The Shot:** Add ½ teaspoon mixed with 1 to 2 ounces of water, fruit juice, or almond or coconut milk and make into an herbal shot.
- **In a Smoothie:** Add ½ teaspoon to a superfood Smooth Vitality or Green Vitality smoothie.
- **Encapsulated:** Pack into a 00 veggie capsule and take 1 capsule 2 to 3 times per day.
- **The Tea:** Place ½ teaspoon into a cup, add boiling water, and steep for 7–10 minutes.
- **Overnight Steeping:** For best results, steep your daily dose of Red Vitality Herbal Tea by mixing 1 to 1½ teaspoon of the dry herbal blend with up to 3 cups of boiling water in a quart jar and allow to steep overnight. In the morning, strain and have your first cup, keep the remainder in the refrigerator to use throughout the day.

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SOOTHE THE SOUL HERBAL BLEND

Availability: 2.5 ounces

Organic Ingredients: *Rooibos Red Tea, North American Rhodiola, Passionflower, Gotu Kola, Lemon Balm, Licorice Root, Skull Cap*

Soothe the Soul Tea is perfect for the stressed-out person. We all experience stress, some more than others, but it is a fact of our modern lifestyle and is not likely to go away. Stress has been proven to contribute to heart disease, premature aging, and many other conditions. Stress can lead to insomnia and can cause our bodies to “burnout”.

How To Use

Place 1 teaspoon of herbal blend into 8 ounces of boiling water and steep for 7–10 minutes. Strain, and drink 30 to 60 minutes before bed. Allow 2 hours after dinner before consuming tea. This is an adult blend and is not recommended for children.

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WISE WOMAN HERBAL BLEND

Availability: 2.5 ounces

Organic Ingredients: *Black Cohosh, Vitex (Chaste) Berry, Shatavari, Maqui Berry, Bilberry Extract*

Formulated with herbs known to assist with and help support the body with the symptoms of menopause; supports healthy hormone balance and nourishes a woman's body for gentle aging.

How To Use

½ teaspoon of the dry herbal blend (brewing is not necessary) in preferred carrier method two times per day with food.

Preferred Carrier Methods

Herbal powders are very easy to use, and can be taken in the following ways:

- **The Shot:** Add ½ teaspoon mixed with 1 to 2 ounces of water, fruit juice, or almond or coconut milk and make into an herbal shot.
- **In a Smoothie:** Add ½ teaspoon to a superfood Smooth Vitality or Green Vitality smoothie.
- **Encapsulated:** Pack into a 00 veggie capsule and take 1 capsule 2 to 3 times per day.
- **The Tea:** Place ½ teaspoon into a cup, add boiling water, and steep for 7–10 minutes.
- **Overnight Steeping:** For best results, steep your daily dose of Wise Woman Herbal Tea by mixing 1 to 1½ teaspoon of the dry herbal blend with up to 3 cups of boiling water in a quart jar and allow to steep overnight. In the morning, strain and have your first cup, keep the remainder in the refrigerator to use throughout the day.

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