

## SEPTEMBER 2023 APOTHECARY BOX

- **PROTECTION ROLL-ON:** School's back and so is our need for a bit of immune protection. This blend combines essential oils and herbs that are known to work with your body to fight all kinds of bugs and crud. It smells like fall and is safe for kiddos!
  - Ingredients: fractionated coconut oil, bee balm flowers, elderberries and wild orange, clove, cinnamon bark, eucalyptus & rosemary essential oils
  - Instructions: Roll on the bottoms of your feet or any pulse point {back of neck, inner elbows, wrists, etc.} for an immediate immune boost. Apply multiple times a day when you start to feel grimy.
- **END-OF-SUMMER TEA:** It's the fall equinox month, so here's an herbal tea blend that's reminiscent of summer while hinting at the cooler weather to come. Calming, cooling, feminine and bright. Enjoy with your favorite sweetener and cream.
  - Ingredients: jasmine green tea, elderflower, rose, calendula, holy basil & hibiscus flowers
  - Instructions: Put tea bag in mug and cover with boiling water. Cover. Let steep 10 minutes. Sweeten with a bit of honey or maple syrup!
- **PUMPKIN SPICY BITTERS:** 'Tis the season! These warming, autumn flavored bitters will delight your taste buds and help you to process food better, extracting more vitamins and minerals and helping with the flow of digestion.
  - Ingredients: cinnamon, ginger, clove, genitain, holy basil, and cacao tinctures with a splash of maple and sea salt
  - Instructions: Put a few drops on your tongue before eating to kick-start the digestive process. Use after meals to aid in digestion as well. Helps with upset stomachs, constipation, indigestion, reflux and gas.
- **IMMUNE-BOOSTING BROTH KIT:** Highly nutritive and nourishing. Created to boost your immune system on a cellular level. The herbs are antiviral, antibacterial and delicious.
  - Ingredients: garlic powder, ginger powder, thyme, oregano, onions, bee balm, astragalus, lemon verbena
  - Instructions: Pour entire contents of jar into a crockpot. Add 2 pounds of pastured chicken or beef bones or 3 cups of mushrooms if you don't eat meat. Optional add-ins: chopped celery, carrots, and leftover veggie scraps. Fill pot with water and add 3 tablespoons of vinegar. Stir. Cover. Cook 12-24 hours. Strain. Drink straight for an immune boosting beverage or make soup!
- **PIZZA POPCORN SEASONING:** Formulated with fall and football season in mind! Packed with flavor and herbs that support your detoxification and immune systems.
  - Ingredients: nutritional yeast, powdered tomatoes, garlic powder, coconut milk powder, oregano, onion, coriander, celery seed, black pepper, paprika, salt, turmeric, parsley
  - Instructions: Sprinkle over your freshly popped popcorn or use as seasoning for other dishes, such as pastas, dips and spreads.