



The African Elder's Guide to Natural Wellness

NATURAL REMEDIES

**Traditional Remedies and Timeless Herbal Wisdom for Joint Comfort,
Healthy Digestion, Natural Energy & Everyday Vitality**

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THE STORY OF MR. SAMUEL

My name is Mr. Samuel, and for most of my life, I have been fascinated by the healing wisdom passed down through generations of African elders.

Growing up, I watched grandparents, village healers, and respected community elders turn to nature whenever someone felt unwell. When a stomach was upset, there was a tea made from roots and herbs. When joints became stiff with age, there were traditional remedies prepared with care and patience. Long before modern pharmacies became common, families relied on knowledge that had been shared from one generation to the next.

As I grew older, I realized that much of this valuable wisdom was slowly being forgotten. Younger generations were becoming disconnected from the natural remedies and healthy lifestyle practices that had supported their families for decades.

That realization inspired me to begin collecting, studying, and preserving these traditional wellness practices. I spent years learning from elders, reading historical sources, exploring herbal traditions, and comparing ancient knowledge with modern wellness research.

The result is this guide.

“The African Elder's Guide to Natural Wellness” is not just a collection of remedies—it is a tribute to the wisdom of those who came before us. Inside these pages, you will discover simple, practical traditions that have been used to support healthy digestion, promote comfort in aging joints, encourage natural energy, and help maintain everyday vitality.

My goal is simple: to help people reconnect with nature's gifts and make informed choices that support a healthier lifestyle.

While these remedies are not intended to replace professional medical care, they can serve as valuable companions on your wellness journey. I encourage you to learn, explore, and always listen carefully to your body.

The wisdom of our elders reminds us that good health is often built through simple daily habits, nourishing foods, natural remedies, and respect for the body's ability to heal and restore itself.

Thank you for allowing me to share this journey with you.

May this guide bring knowledge, inspiration, and wellness to your life.

— Mr. Samuel

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A NOTE BEFORE YOU BEGIN

This guide shares traditional West African and ancestral wellness practices passed down through generations. It is offered for educational and cultural purposes, as a companion to — not a replacement for — professional medical care.

Please keep in mind:

- These remedies reflect traditional use and personal/cultural practice. They are not clinically proven treatments for any medical condition.
- Always consult a qualified healthcare provider before starting any new remedy, especially if you are pregnant, nursing, managing a chronic condition, or taking medication.
- Never stop, skip, or adjust a prescribed medication — including blood pressure, heart, or diabetes medication — without your doctor's guidance.
- If you experience a serious or worsening symptom, seek medical attention rather than relying on home remedies alone.
- Introduce one new remedy at a time and pay attention to how your body responds.

With that in mind — welcome. Let's begin.

HOW TO USE THIS BOOK

This book is organized to be used, not just read cover to cover. Here's how to get the most out of it.

Start with what bothers you most

Use the Table of Contents or the Quick Symptom Reference at the back to jump straight to the section that matches what you're currently dealing with — whether that's poor sleep, low energy, or digestive discomfort.

Pick one or two remedies to start

Each section has 20 remedies. You don't need all of them at once. Choose one or two that use ingredients you already have or can easily find, and give them a fair trial — a week or two — before adding more.

Use the Daily Routine as a template

At the end of every section, you'll find a simple Morning / Midday / Evening routine built from that section's remedies. Treat it as a starting template, not a strict schedule — adjust it to fit your own day.

Read the Traditional Wisdom notes

Each remedy includes a short note on how it's traditionally prepared and used — these small details (freshness, timing, sourcing) often matter as much as the recipe itself.

Keep the disclaimer in mind

This book is a companion to good medical care, not a replacement for it. Revisit “A Note Before You Begin” anytime you're introducing something new, especially if you take medication or manage a chronic condition.

Use the back of the book

The Ingredient Index, Quick Symptom Reference, and 30-Day Wellness Calendar are all designed to be returned to again and again — dog-ear them, bookmark them, or keep a note of what's worked best for you.

FREQUENTLY ASKED QUESTIONS

How many remedies should I try at once?

Start with just one or two, ideally from the section that matches what you're currently dealing with. Give each one a week or two before adding more, so you can tell what's actually making a difference.

Can I substitute ingredients I don't have?

Sometimes, but traditional ratios were refined over a long time, so substitutions can change the result. Where a substitution is reasonable, it's usually noted in the Traditional Tip for that remedy.

Are these remedies safe to combine with my medication?

Not always. Several remedies in this book — especially in the Blood Pressure & Circulation and Sleep & Anxiety sections — specifically note interactions to watch for. When in doubt, ask your pharmacist or doctor before adding something new, especially if you take prescription medication.

Where can I find less common ingredients like bitter leaf, baobab, or kola nut?

West African, Caribbean, and international grocers are usually the best source, often at a better price than specialty health stores. Many are also available online.

Can children use these remedies?

Some of the gentler teas and foods in this book have traditionally been given to children, but amounts and appropriateness vary by age. Always check with a pediatrician before giving any remedy to a child, especially anything with herbs, caffeine, or concentrated ingredients.

How long before I notice a difference?

This varies widely by remedy and by person. Some, like a warming tea before bed, may feel helpful the same night. Others, like daily tonics for skin or joint comfort, are traditionally understood as slow, cumulative habits rather than quick fixes.

Can I sell or share products made from these recipes?

This book is for personal and family use. If you're interested in using these recipes as the basis for a product or business, please do your own research into local regulations for selling food, herbal, or cosmetic products.

Do I need to buy everything in the Pantry Guide before I start?

No — start with whatever remedy interests you most and build your pantry gradually. Most people find they already have several of the core staples (lemon, ginger, cinnamon, honey) in their kitchen already.

Can I use dried herbs instead of fresh, or vice versa?

Generally yes, though dried herbs are more concentrated — a common rule of thumb is to use about a third of the amount when substituting dried for fresh. Where it matters significantly, the recipe will specify.

What if a remedy doesn't seem to be working for me?

Not every remedy works the same way for every person — that's normal, even within traditional practice. If something isn't helping after a fair trial, it's fine to set it aside and try a different one from the same section.

SEASONAL WELLNESS NOTES

Traditional wellness practices have always shifted with the seasons. Here's how to think about adapting this book throughout the year.

Warm Weather Months

Lean toward the lighter, more hydrating remedies — infused waters, chilled hibiscus tea, watermelon and cucumber-based drinks. Warm weather is also a traditional time for gentler, shorter cleanses, since fresh produce is more abundant.

Cold Weather Months

Warming remedies come into their own here — ginger tea, golden turmeric milk, cinnamon-based tonics, and warm compresses for joint comfort. This is also a traditional season for building immune and energy support through consistent daily habits.

Seasonal Transitions

Many traditional practices treat the change of seasons as a natural checkpoint — a good moment to revisit the 30-Day Wellness Calendar, refresh your pantry, and reassess which remedies are still serving you.

A Year-Round Note

Regardless of season, the remedies most likely to help are the ones you'll actually keep up with. Choose based on what fits your life right now, not what seems most impressive on paper.

Keeping a Simple Wellness Journal

Many traditional households kept informal notes on what worked and what didn't — you don't need anything fancy. A simple notebook where you jot down the date, the remedy, and how you felt afterward can be surprisingly useful over a few months. Patterns tend to show up that are hard to notice otherwise, and it makes it much easier to know which remedies from this book are truly worth keeping in your regular routine versus which ones didn't make much of a difference for you personally.

A Final Thought

Wellness, in the traditional sense this book draws from, was never about finding one perfect remedy and stopping there. It was a way of paying ongoing attention to your body, adjusting as the seasons and your own life changed, and drawing on generations of accumulated household knowledge rather than starting from scratch each time something felt off. This book is meant to be a living reference in that same spirit — one you return to, mark up, and make your own over time, rather than a one-time read.

GLOSSARY OF TRADITIONAL INGREDIENTS

A quick reference for some of the less familiar ingredients used throughout this book.

Bitter Leaf (Ewuro / Onugbu)

A dark green West African leafy vegetable, traditionally steeped as a bitter tonic for digestive and liver support. Available fresh or dried at African grocers.

Baobab

The fruit of the baobab tree, native to Africa, sold as a tart, chalky-textured powder naturally rich in vitamin C and fiber.

Moringa

Known as the 'miracle tree,' moringa leaves are dried and ground into a nutrient-dense green powder used in teas, smoothies, and pastes.

Hibiscus (Zobo / Karkade)

Dried hibiscus petals, steeped into a tart, ruby-red tea enjoyed both hot and cold across West Africa and beyond.

Kola Nut

A caffeine-containing nut with deep cultural and ceremonial significance in West Africa, traditionally chewed for alertness.

Shea Butter

A rich, solid fat pressed from the nut of the shea tree, used for centuries across West Africa as a skin and hair moisturizer.

Black Seed / Nigella Oil

Oil pressed from nigella seeds, used across African and Middle Eastern households as a daily wellness tonic.

Baobab Oil

A lightweight oil pressed from baobab seeds, used topically to nourish skin.

Fenugreek

Small, bitter seeds traditionally soaked and consumed for digestive and metabolic support.

Bissap

Another name for hibiscus tea, especially common in West African French-speaking countries.

Dandelion Root

The root of the common dandelion plant, roasted and brewed as a traditional bitter, liver-supporting tea.

Slippery Elm

The inner bark of the slippery elm tree, ground into a mucilage-rich powder traditionally used to soothe the digestive lining.

Ashwagandha

A traditional Ayurvedic root, used as an adaptogen believed to help the body manage everyday stress.

Schisandra Berry

A traditional East Asian berry known for its distinctive five-flavor profile, used as a gentle adaptogen.

Sea Moss

A sea vegetable traditionally used across Caribbean and West African coastal communities, prepared as a mineral-rich gel.

BUILDING YOUR HOME REMEDY PANTRY

Before diving into the remedies, it helps to stock a few staples. Most recipes in this book draw from the same core pantry — once you have these on hand, you'll be ready for the vast majority of what follows.

Roots & Fresh Aromatics

- Fresh ginger root
- Fresh turmeric root (or good-quality powder)
- Garlic
- Fresh lemons and limes
- Fresh oranges

Dried Herbs & Flowers

- Dried hibiscus petals (zobo)
- Chamomile flowers
- Dried bitter leaf
- Peppermint and spearmint leaves
- Lavender buds (culinary grade)
- Rosemary (fresh or dried)

Spices & Seeds

- Cinnamon sticks and ground cinnamon
- Ground and whole black pepper
- Cayenne pepper
- Whole cloves
- Nutmeg
- Fennel seeds
- Cumin seeds
- Cardamom pods

Pantry Staples

- Raw honey
- Raw apple cider vinegar
- Coconut oil and coconut water
- Good-quality olive oil
- Moringa leaf powder
- Baobab fruit powder
- Black seed (nigella) oil

Fresh Produce to Keep Stocked

- Bananas
- Blueberries (fresh or frozen)
- Beetroot
- Cucumber
- Papaya (when in season)

Where to find these: West African and international grocers are often the best source for bitter leaf, baobab powder, moringa, kola nut, and dried hibiscus. Everything else is usually available at any well-stocked supermarket or health food store.



SECTION 1: GUT HEALTH & DIGESTION

In many West African households, the first response to a troubled stomach was never a pill — it was the kitchen. Roots, leaves, and seeds were steeped, chewed, or simmered to settle the gut and restore balance. This section gathers those traditions into remedies you can prepare today.

Ginger Root Tea

Ginger has been used across West Africa for generations to calm an upset stomach, ease bloating, and support healthy digestion. Its warming compounds are traditionally believed to stimulate digestive flow and reduce gas.

What You'll Need

- 1 thumb-sized piece fresh ginger root, sliced thin
- 2 cups water
- 1 tsp raw honey (optional)
- Juice of half a lemon (optional)

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How To Use It

1. Add the sliced ginger to water in a small pot.
2. Bring to a boil, then reduce heat and simmer for 10 minutes.
3. Strain into a cup and stir in honey and lemon if using.
4. Drink warm, 20–30 minutes before a meal to prepare the digestive system.

Traditional Tip: Traditional use: sip slowly after a heavy meal to ease fullness and discomfort.

Traditional Wisdom

In many households, remedies like this were prepared fresh each time rather than stored ahead — the ritual of making it was considered part of its value, not just the result. Set aside the few minutes it takes rather than rushing through it.

Bitter Leaf Infusion

Bitter leaf (known as ewuro or onugbu in West Africa) has long been steeped as a bitter tonic believed to support the gut lining and encourage regularity. Bitter plants are a cornerstone of ancestral digestive care.

What You'll Need

- A handful of fresh bitter leaf (or dried, from an African grocer)
- 3 cups water

How To Use It

5. Wash the leaves thoroughly to reduce bitterness slightly, if desired.
6. Simmer in water for 15 minutes.
7. Strain and drink a small cup (4 oz) on an empty stomach.
8. Repeat once daily for up to one week, then rest for a few days.

Traditional Tip: Start with a small amount — bitter leaf is potent. Those on medication should check with a doctor before regular use, as bitter herbs can interact with certain drugs.

Traditional Wisdom

Consistency tends to matter more than intensity with traditional remedies like this one. A small daily habit, kept up over several weeks, is generally where people notice the most difference — far more than an occasional large dose.

Fennel & Pawpaw (Papaya) Digestive Blend

Pawpaw contains papain, an enzyme traditionally credited with easing digestion, while fennel seed has long been chewed after meals across many cultures to reduce gas and bloating.

What You'll Need

- 1 cup ripe pawpaw (papaya), cubed
- 1 tsp fennel seeds
- 1 cup water or coconut water

How To Use It

9. Lightly crush the fennel seeds.
10. Blend the pawpaw, fennel seeds, and water/coconut water until smooth.
11. Drink a small glass after meals, 3–4 times per week.

Traditional Tip: This blend is a gentle daily habit rather than a one-time fix — consistency is what supports the gut lining over time.

Traditional Wisdom

Quality of ingredients matters here. Reach for the freshest, least processed version you can find, whether that means the produce aisle, a farmer's market, or a specialty grocer that carries less common items.

Apple Cider Vinegar & Cinnamon Tonic

Raw apple cider vinegar, often paired with a pinch of cinnamon, is a well-known household tonic traditionally sipped before meals to support digestion and steady blood sugar response.

What You'll Need

- 1 tbsp raw, unfiltered apple cider vinegar
- A pinch of ground cinnamon
- 1 cup warm water
- 1 tsp honey (optional)

How To Use It

12. Stir the vinegar and cinnamon into warm water.
13. Add honey if you'd like it milder.
14. Drink 15–20 minutes before a meal, using a straw to protect tooth enamel.

Traditional Tip: Always dilute vinegar before drinking — undiluted vinegar can irritate the throat and erode enamel over time.

Traditional Wisdom

This is the kind of remedy worth pairing with a consistent time of day, so it becomes a natural part of your routine rather than something you have to remember. Many traditional practices were built around daily rhythms for exactly this reason.

Peppermint & Fennel Digestive Tea

Peppermint has long been used to relax the digestive tract, while fennel is traditionally chewed or steeped to relieve trapped gas and cramping.

What You'll Need

- 1 tbsp dried peppermint leaves
- 1 tsp fennel seeds, lightly crushed
- 1.5 cups hot water

How To Use It

15. Steep peppermint and fennel together for 8 minutes, covered.
16. Strain and drink warm after meals.

Traditional Tip: This tea is naturally caffeine-free, so it's suitable any time of day, including evening.

Traditional Wisdom

Many elders would tell you to prepare only what you need for that sitting. Freshly made is considered part of the tradition itself, not just a preference for better flavor — some of the traditionally credited qualities are believed to fade with time.

Banana & Flaxseed Gut-Soothe Bowl

Ripe banana is gentle on the stomach and traditionally recommended during digestive upset, while ground flaxseed adds fiber believed to support regularity.

What You'll Need

- 1 ripe banana, sliced
- 1 tbsp ground flaxseed
- 1/2 cup plain yogurt or plant yogurt
- A drizzle of honey

How To Use It

17. Mash half the banana into the yogurt and stir in the flaxseed.
18. Top with the remaining banana slices and a drizzle of honey.
19. Eat as a light breakfast or snack.

Traditional Tip: Ground flaxseed is easier to digest than whole seeds — grind just before use for freshness.

Traditional Wisdom

As with most traditional remedies, it's worth paying attention to how your own body responds and adjusting quantities accordingly, rather than following amounts too rigidly. Traditional recipes were passed down as starting points, not strict rules.

Cumin & Coriander Seed Tea

A classic South Asian and Middle Eastern household tea, cumin and coriander seeds are traditionally simmered together to ease bloating and calm the stomach after meals.

What You'll Need

- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 2 cups water

How To Use It

20. Lightly toast the seeds in a dry pan for 1 minute.
21. Add water and simmer for 8 minutes.
22. Strain and drink warm after meals.

Traditional Tip: This tea is naturally caffeine-free and gentle enough for daily use.

Traditional Wisdom

This remedy has traveled across generations largely because it relies on ingredients that were, historically, already close at hand in most kitchens — nothing exotic or hard to source.

Aloe Vera & Lemon Water

Aloe vera inner gel is traditionally taken in small amounts to soothe the digestive lining, paired here with lemon for a refreshing daily habit.

What You'll Need

- 1 tbsp pure aloe vera inner gel (food-grade)
- 1 cup water
- Juice of half a lemon

How To Use It

23. Stir aloe gel and lemon juice into water until well combined.

24. Drink first thing in the morning on an empty stomach.

Traditional Tip: Only use food-grade aloe vera products intended for internal use — not topical gels.

Traditional Wisdom

A note on sourcing: dried herbs and spices lose potency the longer they sit on a shelf. Buying in smaller quantities more often tends to give noticeably better results than a large bag that lingers for months.

Probiotic Coconut Kefir

Fermented coconut kefir is a traditional probiotic-rich drink believed to help repopulate the gut with beneficial bacteria.

What You'll Need

- 1 cup coconut water or coconut milk
- 1 tbsp kefir grains or a probiotic starter culture

How To Use It

25. Combine coconut water and kefir grains in a clean glass jar.

26. Cover loosely and let ferment at room temperature for 24–48 hours.

27. Strain and drink 1/2 cup daily, starting slowly.

Traditional Tip: Start with a small amount and increase gradually, as fermented drinks can cause temporary bloating.

Traditional Wisdom

Traditionally, remedies like this one were shared within families rather than kept private. If it works well for you, it's worth writing down and passing along, the way it likely reached you.

Slippery Elm Bark Tea

Slippery elm bark has a long traditional history as a soothing, mucilage-rich remedy for an irritated digestive lining.

What You'll Need

- 1 tsp slippery elm bark powder
- 1 cup hot water
- Honey to taste

How To Use It

28. Whisk slippery elm powder into hot water until it thickens slightly.

29. Sweeten with honey and drink warm, between meals.

Traditional Tip: This tea has a mild, slightly thick texture — that's the mucilage doing its traditional soothing work.

Traditional Wisdom

Patience is part of the practice here. Most traditional remedies are meant to be felt gradually, built up over repeated use, rather than experienced as an instant fix the way a modern product might be marketed.

Papaya Seed Digestive Tonic

Papaya seeds are traditionally chewed or blended in small amounts in tropical households, believed to support healthy digestion alongside the fruit's flesh.

What You'll Need

- 1 tsp fresh papaya seeds
- 1 cup water
- 1 tsp honey
- Juice of half a lime

How To Use It

30. Blend papaya seeds with water until finely crushed.

31. Strain, then stir in honey and lime juice.

32. Drink a small glass once daily.

Traditional Tip: Use fresh seeds from a ripe papaya, and start with a small amount to see how your body responds.

Traditional Wisdom

If a remedy calls for something unfamiliar, a West African, Caribbean, Middle Eastern, or South Asian grocer is often a far better first stop than a mainstream supermarket, and usually at a better price too.

Okra Water

A traditional West African household remedy — okra pods are soaked overnight to release their natural mucilage, believed to coat and soothe the digestive tract.

What You'll Need

- 4–5 fresh okra pods, sliced
- 2 cups water

How To Use It

33. Place sliced okra in water and let soak overnight in the refrigerator.

34. Strain in the morning and drink on an empty stomach.

Traditional Tip: The water will look slightly slimy — that texture is the mucilage traditionally credited with the soothing effect.

Traditional Wisdom

Preparing this by hand, rather than rushing it, is itself considered part of many traditional wellness practices — a small, deliberate pause built into an otherwise busy day.

Cabbage Juice Ulcer Soother

Raw cabbage juice is a traditional folk remedy for an uneasy stomach, believed by many households to help soothe and support the stomach lining.

What You'll Need

- 2 cups chopped raw cabbage
- 1/2 cup water

How To Use It

35. Blend cabbage and water until smooth.

36. Strain if a smoother texture is preferred.

37. Drink a small glass once daily, between meals.

Traditional Tip: The flavor is strong — mixing with a small amount of apple or carrot juice can make it more palatable.

Traditional Wisdom

This pairs naturally with a specific moment in the day — morning, after a meal, or before bed. Building that association is often what makes a remedy stick as a lasting habit rather than a one-time experiment.

Marshmallow Root Tea

Marshmallow root, like slippery elm, is a mucilage-rich traditional herb used to coat and soothe an irritated digestive lining.

What You'll Need

- 1 tbsp dried marshmallow root
- 1.5 cups cold water

How To Use It

38. Steep marshmallow root in cold water for 4–8 hours (cold infusion draws out more mucilage).

39. Strain and drink at room temperature.

Traditional Tip: Unlike most teas, this one is traditionally made cold rather than hot.

Traditional Wisdom

Seasonal availability matters for some of these ingredients. Fresher, in-season produce will generally give a better result than something that has traveled a long way or sat in storage.

Caraway Seed Water

Caraway seeds are a traditional European and Middle Eastern remedy for trapped gas and stomach discomfort after eating.

What You'll Need

- 1 tsp caraway seeds
- 1.5 cups water

How To Use It

40. Simmer caraway seeds in water for 8 minutes.
41. Strain and drink warm after a meal.

Traditional Tip: Lightly crushing the seeds before steeping releases more of their flavor and traditional benefit.

Traditional Wisdom

As with any new addition to your routine, it's worth introducing this on its own for a week or two before combining it with several other remedies at once, so you can tell what's actually making a difference.

Chamomile & Fennel Tummy Tea

A gentle combination traditionally given even to fussy little stomachs, chamomile and fennel together are believed to ease cramping and settle digestion.

What You'll Need

- 1 tsp dried chamomile flowers
- 1 tsp fennel seeds
- 1.5 cups hot water

How To Use It

42. Steep chamomile and fennel together for 8 minutes, covered.
43. Strain and drink warm after meals.

Traditional Tip: This gentle tea is naturally caffeine-free and suitable any time of day.

Traditional Wisdom

This is a good one to keep simple. Resist the urge to add extra ingredients not listed here — traditional ratios like this were refined and passed down over a long period of trial and repetition.

Baking Soda & Lemon Antacid

A simple household remedy for occasional heartburn, combining baking soda's traditional acid-neutralizing effect with a touch of lemon.

What You'll Need

- 1/2 tsp baking soda
- 1 cup water
- A small squeeze of lemon (optional)

How To Use It

44. Dissolve baking soda fully in water.
45. Add a squeeze of lemon if desired.
46. Drink slowly, only as an occasional remedy.

Traditional Tip: This is for occasional use only — frequent use can affect sodium intake and stomach acid balance; check with a doctor if heartburn is a regular occurrence.

Traditional Wisdom

Many traditional preparations like this double as a small moment of stillness. The few minutes it takes to prepare it slowly, without multitasking, can be as valuable as the remedy itself.

Licorice Root Tea

Licorice root has a long traditional history for soothing an irritated stomach lining, often included in digestive tea blends.

What You'll Need

- 1 tsp dried licorice root
- 1.5 cups hot water

How To Use It

47. Simmer licorice root in water for 10 minutes.
48. Strain and drink warm, between meals.

Traditional Tip: Licorice root isn't recommended for daily long-term use or for those with high blood pressure — use for short periods and check with a doctor if you have concerns.

Traditional Wisdom

If you find the flavor strong at first, it's common practice in many households to start with half the listed amount and build up gradually over a week or two as your palate adjusts.

Yogurt & Turmeric Probiotic Bowl

Live-culture yogurt is a traditional probiotic food across many cultures, paired here with turmeric for a simple daily gut-supporting habit.

What You'll Need

- 1/2 cup plain live-culture yogurt
- 1/4 tsp turmeric powder
- A drizzle of honey

How To Use It

49. Stir turmeric into the yogurt.
50. Drizzle with honey and eat as a light breakfast or snack.

Traditional Tip: Choose a yogurt labeled with live active cultures for the traditional probiotic benefit.

Traditional Wisdom

This remedy is easy to batch. Many households prepare a larger amount every few days and store it properly, rather than starting from scratch each time it's needed.

Cinnamon & Clove Digestive Chew

Chewing on whole warming spices after a meal is a traditional South Asian household habit, believed to support digestion and freshen breath.

What You'll Need

- 1 small cinnamon stick piece
- 2 whole cloves

How To Use It

51. Chew slowly on the cinnamon and cloves after a meal.
52. Discard once the flavor fades.

Traditional Tip: Chew gently — whole cloves have a strong, concentrated flavor.

Traditional Wisdom

Storage matters: keep dried herbs and spices in a cool, dark place in a well-sealed container. Light, heat, and air are what cause them to lose their traditional potency fastest.

Your Daily Gut Health Routine

- Morning: Apple Cider Vinegar & Cinnamon Tonic on an empty stomach, 15–20 minutes before breakfast.
- Midday: Cumin & Coriander Seed Tea after lunch to ease afternoon bloating.
- Evening: Banana & Flaxseed Gut-Soothe Bowl as a light snack, 2–3 hours before bed.



SECTION 2: INFLAMMATION & PAIN

Joint stiffness and muscle soreness were long met with warming pastes, teas, and roots. This section shares traditional preparations believed to soothe inflammation from the inside and out.

Turmeric & Black Pepper Golden Tonic

Turmeric's active compound, curcumin, is one of the most studied natural anti-inflammatory ingredients. Black pepper is added because piperine is believed to help the body absorb curcumin more effectively.

What You'll Need

- 1 tsp turmeric powder (or 1 inch fresh turmeric root)
- A pinch of black pepper
- 1 cup warm milk or plant milk
- 1 tsp honey

How To Use It

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53. Warm the milk in a small pot without boiling.

54. Whisk in turmeric, black pepper, and honey.

55. Drink once daily, ideally in the evening.

Traditional Tip: Turmeric stains — use a dedicated cup and wipe spills quickly.

Traditional Wisdom

In many households, remedies like this were prepared fresh each time rather than stored ahead — the ritual of making it was considered part of its value, not just the result. Set aside the few minutes it takes rather than rushing through it.

Moringa Leaf Poultice & Tea

Moringa (the 'miracle tree') has been used across the continent both as a tea for internal support and as a crushed-leaf paste applied to sore joints and muscles.

What You'll Need

- 2 tbsp dried moringa leaf powder
- 1 cup hot water (for tea)
- 2 tbsp moringa powder + a little water (for paste)

How To Use It

56. For tea: steep moringa powder in hot water for 8 minutes, strain, and drink once daily.

57. For the paste: mix moringa powder with a small amount of water until it forms a thick paste.

58. Apply the paste directly to sore joints or muscles, cover with a warm cloth, and leave for 20 minutes before rinsing.

Traditional Tip: Do a small skin patch test before applying any new paste broadly.

Traditional Wisdom

Consistency tends to matter more than intensity with traditional remedies like this one. A small daily habit, kept up over several weeks, is generally where people notice the most difference — far more than an occasional large dose.



Clove & Cayenne Warming Rub

Ground cloves and cayenne pepper have traditionally been mixed into oils and rubbed into sore areas for a warming, circulation-boosting sensation.

What You'll Need

- 2 tbsp coconut or olive oil
- 1/2 tsp ground cloves
- 1/4 tsp cayenne pepper

How To Use It

59. Warm the oil gently (do not overheat).
60. Stir in cloves and cayenne until well combined.
61. Massage a small amount into sore joints or muscles.
62. Wash hands thoroughly after use and avoid contact with eyes.

Traditional Tip: This is for external use only. Test on a small patch of skin first — cayenne can cause a strong warming sensation.

| Traditional Wisdom

Quality of ingredients matters here. Reach for the freshest, least processed version you can find, whether that means the produce aisle, a farmer's market, or a specialty grocer that carries less common items.

Cinnamon & Honey Warming Paste

Cinnamon has traditionally been mixed with honey into a thick paste, believed to ease stiffness when applied to sore areas or taken by the spoonful as a daily habit.

What You'll Need

- 1 tsp ground cinnamon
- 2 tsp raw honey

How To Use It

63. Mix cinnamon and honey into a smooth paste.

64. Take by the spoonful once daily, or apply a thin layer to unbroken skin over a sore joint and cover with a warm cloth for 15 minutes.

Traditional Tip: Cinnamon can irritate sensitive skin — patch test before applying topically.

Traditional Wisdom

This is the kind of remedy worth pairing with a consistent time of day, so it becomes a natural part of your routine rather than something you have to remember. Many traditional practices were built around daily rhythms for exactly this reason.

Tart Cherry & Ginger Recovery Juice

Tart cherries are one of the most talked-about traditional fruits for muscle recovery and soothing soreness after activity.

What You'll Need

- 1 cup tart cherry juice (unsweetened)
- 1 thumb-sized piece fresh ginger, grated
- 1/2 cup water

How To Use It

65. Stir grated ginger into the cherry juice and water.

66. Let sit 5 minutes to infuse, then strain if desired.

67. Drink in the evening, especially after a physically demanding day.

Traditional Tip: Choose 100% tart cherry juice without added sugar for the best traditional effect.

Traditional Wisdom

Many elders would tell you to prepare only what you need for that sitting. Freshly made is considered part of the tradition itself, not just a preference for better flavor — some of the traditionally credited qualities are believed to fade with time.

Pineapple & Turmeric Bromelain Blend

Pineapple contains bromelain, an enzyme traditionally believed to work alongside turmeric to ease swelling and support the body's natural repair process.

What You'll Need

- 1 cup fresh pineapple chunks
- 1/2 tsp turmeric powder
- 1/2 cup coconut water

How To Use It

68. Blend pineapple, turmeric, and coconut water until smooth.

69. Drink one small glass, 3–4 times per week.

Traditional Tip: Use fresh (not canned) pineapple — heat processing reduces bromelain content.

Traditional Wisdom

As with most traditional remedies, it's worth paying attention to how your own body responds and adjusting quantities accordingly, rather than following amounts too rigidly. Traditional recipes were passed down as starting points, not strict rules.

Willow Bark Tea

White willow bark is traditionally known as 'nature's aspirin' — a long-standing folk remedy steeped as a bitter tea for aches and pains.

What You'll Need

- 1 tsp dried white willow bark
- 1.5 cups water
- Honey to taste

How To Use It

70. Simmer willow bark in water for 10–15 minutes.

71. Strain, sweeten with honey, and drink up to twice daily.

Traditional Tip: Those with an aspirin allergy or on blood-thinning medication should avoid willow bark and check with a doctor first.

Traditional Wisdom

This remedy has traveled across generations largely because it relies on ingredients that were, historically, already close at hand in most kitchens — nothing exotic or hard to source.

Epsom Salt & Ginger Soak

A warm Epsom salt bath with ginger is a traditional way to ease overall body aches and muscle tension after a demanding day.

What You'll Need

- 2 cups Epsom salt
- 1 tbsp grated fresh ginger
- Warm bath water

How To Use It

72. Dissolve Epsom salt in a warm bath.

73. Add grated ginger (or steep it in hot water first and add the strained liquid).

74. Soak for 15–20 minutes.

Traditional Tip: Stay hydrated before and after a warm soak, and avoid if you have low blood pressure or are pregnant without medical guidance.

Traditional Wisdom

A note on sourcing: dried herbs and spices lose potency the longer they sit on a shelf. Buying in smaller quantities more often tends to give noticeably better results than a large bag that lingers for months.

Boswellia (Frankincense) Tonic

Boswellia resin, also known as frankincense, has a centuries-long traditional use for supporting joint comfort and mobility.

What You'll Need

- 1/2 tsp boswellia powder or extract (from a health food store)
- 1 cup warm water
- 1 tsp honey

How To Use It

75. Stir boswellia powder and honey into warm water.

76. Drink once daily, consistently, for traditional joint-comfort support.

Traditional Tip: Boswellia is typically taken as an ongoing daily habit rather than an as-needed remedy — effects build gradually.

Traditional Wisdom

Traditionally, remedies like this one were shared within families rather than kept private. If it works well for you, it's worth writing down and passing along, the way it likely reached you.

Castor Oil Warm Compress

Castor oil packs are a traditional naturopathic practice, applied warm over sore areas as part of an at-home comfort routine.

What You'll Need

- 2–3 tbsp castor oil
- A soft cloth
- A warm water bottle or heating pad

How To Use It

77. Soak the cloth in castor oil and wring out excess.

78. Place over the sore area, cover with plastic wrap, and top with a warm water bottle.

79. Rest for 20–30 minutes.

Traditional Tip: Use an old cloth and towel — castor oil can stain fabric.

Traditional Wisdom

Patience is part of the practice here. Most traditional remedies are meant to be felt gradually, built up over repeated use, rather than experienced as an instant fix the way a modern product might be marketed.

Celery Seed Tea

Celery seeds have a long traditional use in folk medicine for supporting comfort in the joints, often taken as a simple daily tea.

What You'll Need

- 1 tsp celery seeds
- 1.5 cups water

How To Use It

80. Simmer celery seeds in water for 10 minutes.

81. Strain and drink once daily.

Traditional Tip: Avoid celery seed remedies if pregnant, as they are traditionally avoided during pregnancy.

Traditional Wisdom

If a remedy calls for something unfamiliar, a West African, Caribbean, Middle Eastern, or South Asian grocer is often a far better first stop than a mainstream supermarket, and usually at a better price too.

Bone Broth & Turmeric Sipper

Warm bone broth with turmeric is a traditional comfort drink, valued in many cultures for supporting joints and overall recovery.

What You'll Need

- 1 cup warm bone broth
- 1/2 tsp turmeric powder
- A pinch of black pepper

How To Use It

82. Warm the broth gently.

83. Stir in turmeric and black pepper.

84. Sip slowly, especially in the evening.

Traditional Tip: Choose a low-sodium broth if you're also watching your blood pressure.

Traditional Wisdom

Preparing this by hand, rather than rushing it, is itself considered part of many traditional wellness practices — a small, deliberate pause built into an otherwise busy day.

Arnica Gel Rub

Arnica is a traditional European herb, applied topically for generations to soothe bruised or overworked muscles.

What You'll Need

- A small amount of arnica gel or oil (from a health food store)

How To Use It

85. Massage a small amount of arnica gel into the sore area.

86. Use up to 3 times daily as needed.

Traditional Tip: For external use only — never apply arnica to broken skin or take it internally.

Traditional Wisdom

This pairs naturally with a specific moment in the day — morning, after a meal, or before bed. Building that association is often what makes a remedy stick as a lasting habit rather than a one-time experiment.

Ginger & Turmeric Poultice

A warm spice paste applied directly to the skin, combining two of the most traditionally used warming, comfort-supporting roots.

What You'll Need

- 1 tbsp fresh grated ginger
- 1 tbsp turmeric powder
- Enough warm water to form a paste

How To Use It

87. Mix ginger, turmeric, and water into a thick paste.

88. Spread onto a cloth and apply to the sore area for 15–20 minutes.

89. Rinse well afterward.

Traditional Tip: Turmeric can stain skin and fabric temporarily — use an old cloth and towel.

Traditional Wisdom

Seasonal availability matters for some of these ingredients. Fresher, in-season produce will generally give a better result than something that has traveled a long way or sat in storage.

Magnesium Oil Spray

Magnesium oil (a concentrated magnesium chloride solution) is a traditional-meets-modern topical spray, applied to muscles believed to benefit from extra magnesium.

What You'll Need

- Magnesium oil spray (store-bought or homemade from magnesium chloride flakes and water)

How To Use It

90. Spray directly onto sore muscles.

91. Massage in gently and leave for 20 minutes before rinsing if desired.

Traditional Tip: May cause a mild tingling sensation on first use — this is common and typically fades with regular use.

Traditional Wisdom

As with any new addition to your routine, it's worth introducing this on its own for a week or two before combining it with several other remedies at once, so you can tell what's actually making a difference.

Comfrey Leaf Compress

Comfrey leaf has a long traditional history as a topical compress for sore, overworked areas, though it's used externally only.

What You'll Need

- A handful of fresh or dried comfrey leaves
- Hot water
- A clean cloth

How To Use It

92. Steep comfrey leaves in hot water for 5 minutes.

93. Soak the cloth in the warm liquid, wring out excess, and apply to the sore area for 15–20 minutes.

Traditional Tip: For external use only, and only on unbroken skin — comfrey is not traditionally taken internally.

Traditional Wisdom

This is a good one to keep simple. Resist the urge to add extra ingredients not listed here — traditional ratios like this were refined and passed down over a long period of trial and repetition.

Turmeric & Ginger Bath Soak

A warming bath ritual combining two of the most traditionally used comfort spices, believed to ease overall body aches.

What You'll Need

- 2 tbsp turmeric powder
- 2 tbsp grated fresh ginger
- Warm bath water

How To Use It

94. Add turmeric and ginger to a warm bath (a muslin bag helps contain them).

95. Soak for 15–20 minutes.

Traditional Tip: Turmeric can stain light-colored tubs and towels — rinse promptly after your soak.

Traditional Wisdom

Many traditional preparations like this double as a small moment of stillness. The few minutes it takes to prepare it slowly, without multitasking, can be as valuable as the remedy itself.

Devil's Claw Tea

Devil's claw root is a traditional Southern African remedy, long used for supporting comfort in the joints.

What You'll Need

- 1 tsp dried devil's claw root
- 1.5 cups water

How To Use It

96. Simmer devil's claw root in water for 10–15 minutes.

97. Strain and drink once daily.

Traditional Tip: Those with gallstones or on blood-thinning medication should check with a doctor before using devil's claw.

Traditional Wisdom

If you find the flavor strong at first, it's common practice in many households to start with half the listed amount and build up gradually over a week or two as your palate adjusts.

Peppermint Oil Rub

Diluted peppermint oil is a traditional cooling counterpart to warming rubs, applied topically for a refreshing, tension-easing sensation.

What You'll Need

- 3–4 drops peppermint essential oil
- 1 tbsp carrier oil (coconut or olive)

How To Use It

98. Mix peppermint oil into the carrier oil.

99. Massage into tense areas like the shoulders, neck, or temples.

Traditional Tip: Always dilute peppermint oil before applying to skin, and avoid the eye area.

Traditional Wisdom

This remedy is easy to batch. Many households prepare a larger amount every few days and store it properly, rather than starting from scratch each time it's needed.

Warm Mustard Seed Poultice

Mustard seed poultices are a traditional warming remedy in many cultures, used to bring blood flow and warmth to a sore area.

What You'll Need

- 2 tbsp ground mustard seed
- Warm water to form a paste
- A clean cloth

How To Use It

100. Mix mustard seed with warm water into a paste.
101. Spread onto a cloth (not directly on skin) and apply to the sore area for 10–15 minutes.
102. Remove promptly if the area feels too hot.

Traditional Tip: Mustard can be intense on the skin — always use a cloth barrier and never leave it on too long.

Traditional Wisdom

Storage matters: keep dried herbs and spices in a cool, dark place in a well-sealed container. Light, heat, and air are what cause them to lose their traditional potency fastest.

Your Daily Comfort Routine

- Morning: Turmeric & Black Pepper Golden Tonic with breakfast.
- Midday: Celery Seed Tea after lunch as a steady daily habit.
- Evening: Epsom Salt & Ginger Soak or a Clove & Cayenne Warming Rub before bed.



SECTION 3: SLEEP & ANXIETY

Before screens and stimulants, evenings were wound down with warm infusions and quiet ritual. These remedies are meant to be part of a calming routine, not just a drink.

Hibiscus (Zobo) Calming Tea

Hibiscus, known as zobo in West Africa, is traditionally brewed as a deep red tea. Beyond its tart flavor, it's part of many evening wind-down rituals.

What You'll Need

- 1/4 cup dried hibiscus petals
- 3 cups water
- A slice of ginger
- Honey to taste

How To Use It

103. Boil water with the ginger slice.

104. Add hibiscus petals and simmer for 10 minutes.
105. Strain, sweeten with honey, and drink warm 1 hour before bed.

Traditional Tip: Hibiscus can lower blood pressure — if you take blood pressure medication, speak with your doctor before drinking it regularly.

Traditional Wisdom

In many households, remedies like this were prepared fresh each time rather than stored ahead — the ritual of making it was considered part of its value, not just the result. Set aside the few minutes it takes rather than rushing through it.

Chamomile & Lemon Balm Nightcap

Chamomile and lemon balm are gentle herbs long used to quiet a racing mind and ease the body into rest.

What You'll Need

- 1 tbsp dried chamomile flowers
- 1 tbsp dried lemon balm leaves
- 1.5 cups hot water

How To Use It

106. Steep both herbs in hot water for 8–10 minutes, covered.
107. Strain and drink slowly about 30–45 minutes before bed.
108. Dim the lights while you drink it to signal your body it's time to rest.

Traditional Tip: Pair this tea with a consistent bedtime and a screen-free wind-down — the ritual matters as much as the herbs.

Traditional Wisdom

Consistency tends to matter more than intensity with traditional remedies like this one. A small daily habit, kept up over several weeks, is generally where people notice the most difference — far more than an occasional large dose.

Nutmeg & Warm Milk

A pinch of nutmeg in warm milk is an old household remedy passed down for restless nights.

What You'll Need

- 1 cup warm milk or plant milk
- A small pinch of ground nutmeg
- 1/2 tsp honey

How To Use It

109. Warm the milk gently.
110. Stir in nutmeg and honey.
111. Drink about 30 minutes before bed.

Traditional Tip: Use nutmeg sparingly — a small pinch is enough. Large amounts are not appropriate.

Traditional Wisdom

Quality of ingredients matters here. Reach for the freshest, least processed version you can find, whether that means the produce aisle, a farmer's market, or a specialty grocer that carries less common items.

Banana & Cinnamon Sleepy-Time Tea

Banana peel tea, sweetened with cinnamon, is a gentle old household habit — the fruit itself is also a calming, magnesium-rich bedtime snack in many traditions.

What You'll Need

- 1 ripe banana (or a well-washed banana peel)
- A pinch of ground cinnamon
- 2 cups water

How To Use It

112. Slice the banana (peel included, if using) into the water.
113. Simmer for 10 minutes.
114. Strain into a cup, stir in cinnamon, and sip warm about 30 minutes before bed.

Traditional Tip: Use organic, well-washed bananas if including the peel.

Traditional Wisdom

This is the kind of remedy worth pairing with a consistent time of day, so it becomes a natural part of your routine rather than something you have to remember. Many traditional practices were built around daily rhythms for exactly this reason.

Passionflower & Lime Calming Tea

Passionflower has a long traditional history as a gentle nervine, often paired with a touch of citrus to make the flavor easier to enjoy.

What You'll Need

- 1 tbsp dried passionflower
- A squeeze of lime juice
- 1.5 cups hot water
- Honey to taste

How To Use It

115. Steep passionflower in hot water for 8 minutes, covered.
116. Strain, add lime juice and honey, and drink 30–45 minutes before bed.

Traditional Tip: Passionflower can enhance the effect of sedative medications — check with your doctor if you take any.

Traditional Wisdom

Many elders would tell you to prepare only what you need for that sitting. Freshly made is considered part of the tradition itself, not just a preference for better flavor — some of the traditionally credited qualities are believed to fade with time.

Warm Almond Milk & Cardamom

Warm spiced milk is a bedtime staple across many cultures; cardamom is added for its traditional calming, digestive-soothing aroma.

What You'll Need

- 1 cup almond milk (or other plant milk)
- A pinch of ground cardamom
- 1/2 tsp honey

How To Use It

117. Warm the milk gently without boiling.
118. Stir in cardamom and honey.
119. Drink slowly about 30 minutes before bed.

Traditional Tip: A consistent bedtime drink ritual helps signal to your body that it's time to wind down.

Traditional Wisdom

As with most traditional remedies, it's worth paying attention to how your own body responds and adjusting quantities accordingly, rather than following amounts too rigidly. Traditional recipes were passed down as starting points, not strict rules.

Lavender & Honey Tea

Lavender is one of the most widely recognized calming herbs, traditionally steeped as a gentle bedtime tea to ease a busy mind.

What You'll Need

- 1 tsp dried culinary lavender buds
- 1 cup hot water
- 1 tsp honey

How To Use It

120. Steep lavender in hot water for 5–7 minutes, covered.
121. Strain, sweeten with honey, and drink 30 minutes before bed.

Traditional Tip: Use only culinary-grade lavender intended for tea — not essential oil or decorative lavender.

Traditional Wisdom

This remedy has traveled across generations largely because it relies on ingredients that were, historically, already close at hand in most kitchens — nothing exotic or hard to source.

Valerian Root Nightcap

Valerian root has a long traditional history as a sleep-supporting herb, though its earthy smell means it's often paired with something sweet.

What You'll Need

- 1 tsp dried valerian root
- 1 cup hot water
- 1 tsp honey
- A slice of lemon

How To Use It

122. Steep valerian root in hot water for 8–10 minutes, covered.
123. Strain, add honey and lemon, and drink 45 minutes before bed.

Traditional Tip: Valerian can interact with sedative medications — check with your doctor if you take any prescription sleep aids.

Traditional Wisdom

A note on sourcing: dried herbs and spices lose potency the longer they sit on a shelf. Buying in smaller quantities more often tends to give noticeably better results than a large bag that lingers for months.

Oat Straw Tea

Oat straw (the green stalks of the oat plant) is a traditional nervine herb, gently used to support a calm nervous system over time.

What You'll Need

- 1 tbsp dried oat straw
- 1.5 cups hot water

How To Use It

124. Steep oat straw in hot water for 10 minutes, covered.
125. Strain and drink in the early evening.

Traditional Tip: Oat straw is naturally caffeine-free and gentle enough for daily use.

Traditional Wisdom

Traditionally, remedies like this one were shared within families rather than kept private. If it works well for you, it's worth writing down and passing along, the way it likely reached you.

Lettuce Leaf Tea

An old household remedy — the outer leaves of lettuce, especially romaine, are simmered into a mild, traditionally sedative tea.

What You'll Need

- 3–4 outer lettuce leaves
- 1.5 cups water
- Honey to taste

How To Use It

126. Simmer lettuce leaves in water for 10 minutes.
127. Strain, sweeten with honey, and drink warm before bed.

Traditional Tip: This is a very mild, gentle remedy best used as part of a broader wind-down routine.

Traditional Wisdom

Patience is part of the practice here. Most traditional remedies are meant to be felt gradually, built up over repeated use, rather than experienced as an instant fix the way a modern product might be marketed.

Magnesium-Rich Pumpkin Seed Milk

Pumpkin seeds are naturally rich in magnesium, a mineral traditionally associated with muscle relaxation and restful sleep.

What You'll Need

- 1/4 cup pumpkin seeds, soaked
- 1 cup water
- A pinch of cinnamon
- 1 tsp honey

How To Use It

128. Blend soaked pumpkin seeds with water until smooth.
129. Strain through a cloth if a smoother texture is preferred.
130. Stir in cinnamon and honey, and drink warm before bed.

Traditional Tip: Soaking the seeds overnight makes them easier to blend and digest.

Traditional Wisdom

If a remedy calls for something unfamiliar, a West African, Caribbean, Middle Eastern, or South Asian grocer is often a far better first stop than a mainstream supermarket, and usually at a better price too.

Rose & Chamomile Bath Soak

A fragrant, calming bath ritual combining rose petals and chamomile, traditionally used to unwind the body before sleep.

What You'll Need

- 1/4 cup dried rose petals
- 1/4 cup dried chamomile flowers
- Warm bath water

How To Use It

131. Tie the herbs in a cloth or add directly to a warm bath.
132. Soak for 15–20 minutes in the hour before bed.

Traditional Tip: Dim the lights and avoid screens during the soak to support the wind-down effect.

Traditional Wisdom

Preparing this by hand, rather than rushing it, is itself considered part of many traditional wellness practices — a small, deliberate pause built into an otherwise busy day.

Skullcap Tea

Skullcap is a traditional North American nervine herb, used for generations to help calm a busy, overactive mind before rest.

What You'll Need

- 1 tsp dried skullcap
- 1 cup hot water
- Honey to taste

How To Use It

133. Steep skullcap in hot water for 10 minutes, covered.
134. Strain, sweeten if desired, and drink 30–45 minutes before bed.

Traditional Tip: Check with your doctor before use if you take sedative medication.

Traditional Wisdom

This pairs naturally with a specific moment in the day — morning, after a meal, or before bed. Building that association is often what makes a remedy stick as a lasting habit rather than a one-time experiment.

Linden Flower Tea

Linden flower tea is a traditional European bedtime staple, valued for its gentle, calming floral quality.

What You'll Need

- 1 tbsp dried linden flowers
- 1 cup hot water

How To Use It

135. Steep linden flowers in hot water for 8 minutes, covered.
136. Strain and drink warm before bed.

Traditional Tip: Linden has a naturally sweet, mild flavor and rarely needs added sweetener.

Traditional Wisdom

Seasonal availability matters for some of these ingredients. Fresher, in-season produce will generally give a better result than something that has traveled a long way or sat in storage.

Schisandra Berry Tea

Schisandra berries are a traditional East Asian adaptogen, used in small amounts to help the body adapt to daily stress over time.

What You'll Need

- 1 tsp dried schisandra berries
- 1.5 cups water

How To Use It

137. Simmer schisandra berries in water for 10 minutes.
138. Strain and drink in the early evening.

Traditional Tip: Schisandra has a distinctive tart-sour flavor traditionally described as covering all five tastes.

Traditional Wisdom

As with any new addition to your routine, it's worth introducing this on its own for a week or two before combining it with several other remedies at once, so you can tell what's actually making a difference.

Ashwagandha Moon Milk

Ashwagandha is a traditional Ayurvedic adaptogen, stirred into warm milk as a calming bedtime ritual known as 'moon milk.'

What You'll Need

- 1/2 tsp ashwagandha powder
- 1 cup warm milk or plant milk
- A pinch of cinnamon
- 1 tsp honey

How To Use It

139. Warm the milk gently.
140. Whisk in ashwagandha, cinnamon, and honey.
141. Drink about 30 minutes before bed.

Traditional Tip: Ashwagandha is traditionally taken consistently over weeks rather than as a one-off remedy — check with a doctor if pregnant or on thyroid medication.

Traditional Wisdom

This is a good one to keep simple. Resist the urge to add extra ingredients not listed here — traditional ratios like this were refined and passed down over a long period of trial and repetition.

Tart Lettuce & Honey Tea

A gentler variation on the classic lettuce-leaf remedy, sweetened with honey for a more pleasant nightly tea.

What You'll Need

- 3–4 romaine lettuce leaves
- 1.5 cups water
- 1 tsp honey

How To Use It

142. Simmer lettuce leaves in water for 10 minutes.

143. Strain, stir in honey, and drink warm before bed.

Traditional Tip: This mild remedy pairs well with a consistent bedtime routine.

Traditional Wisdom

Many traditional preparations like this double as a small moment of stillness. The few minutes it takes to prepare it slowly, without multitasking, can be as valuable as the remedy itself.

Sage & Lemon Balm Tea

Sage and lemon balm together make a traditional calming tea, valued for easing a busy mind at the end of the day.

What You'll Need

- 1 tsp dried sage
- 1 tsp dried lemon balm
- 1.5 cups hot water

How To Use It

144. Steep sage and lemon balm together for 8 minutes, covered.
145. Strain and drink in the evening.

Traditional Tip: Sage has a strong flavor — start with a smaller amount if you're new to it.

Traditional Wisdom

If you find the flavor strong at first, it's common practice in many households to start with half the listed amount and build up gradually over a week or two as your palate adjusts.

Warm Fig & Cinnamon Milk

Dried figs simmered in milk with cinnamon is a traditional Middle Eastern bedtime comfort drink.

What You'll Need

- 2 dried figs, chopped
- 1 cup milk or plant milk
- A pinch of cinnamon

How To Use It

146. Simmer figs in milk for 10 minutes until soft.
147. Stir in cinnamon and drink warm, eating the softened figs after.

Traditional Tip: This makes a naturally sweet drink that rarely needs additional honey.

Traditional Wisdom

This remedy is easy to batch. Many households prepare a larger amount every few days and store it properly, rather than starting from scratch each time it's needed.

Cherry & Chamomile Nightcap

Tart cherry and chamomile combine two traditional sleep-supporting ingredients into one gentle bedtime drink.

What You'll Need

- 1/2 cup tart cherry juice (unsweetened)
- 1 chamomile tea bag
- 1/2 cup hot water

How To Use It

148. Steep chamomile in hot water for 5 minutes and remove the bag.
149. Stir in tart cherry juice.
150. Drink warm or chilled, 30 minutes before bed.

Traditional Tip: Choose 100% tart cherry juice without added sugar.

Traditional Wisdom

Storage matters: keep dried herbs and spices in a cool, dark place in a well-sealed container. Light, heat, and air are what cause them to lose their traditional potency fastest.

Your Daily Sleep & Calm Routine

- Morning: Oat Straw Tea in the early part of the day to gently support the nervous system.
- Afternoon: Passionflower & Lime Calming Tea if stress builds up.
- Evening: Chamomile & Lemon Balm Nightcap or Lavender & Honey Tea, 30-45 minutes before bed, alongside a screen-free wind-down.



SECTION 4: ENERGY & MENTAL CLARITY

Sustained energy, in traditional practice, came from nourishing the body steadily rather than spiking it. These remedies support steady focus without relying on caffeine alone.

Baobab Fruit Powder Morning Blend

Baobab fruit, native to Africa, is naturally rich in vitamin C and fiber and has traditionally been used to support steady energy through the day.

What You'll Need

- 1 tbsp baobab powder
- 1 cup water, plant milk, or a smoothie base
- 1/2 banana (optional, for a smoothie)

How To Use It

Contact me: info@lunaten.com

151. Stir baobab powder into water or milk, or blend into a smoothie with banana.
152. Drink first thing in the morning.

Traditional Tip: Baobab's tart flavor pairs well with citrus or berries if you prefer a smoothie.

Traditional Wisdom

In many households, remedies like this were prepared fresh each time rather than stored ahead — the ritual of making it was considered part of its value, not just the result. Set aside the few minutes it takes rather than rushing through it.

Moringa Green Boost

Moringa leaf is dense in nutrients and has traditionally been added to meals and drinks to support alertness and reduce midday fatigue.

What You'll Need

- 1 tsp moringa leaf powder
- 1 cup water or juice
- Juice of half a lemon

How To Use It

153. Stir moringa powder into water or juice.
154. Add lemon juice and mix well.
155. Drink mid-morning, before the usual energy dip.

Traditional Tip: Start with a smaller amount (1/2 tsp) and increase gradually — moringa has a strong, earthy taste.

Traditional Wisdom

Consistency tends to matter more than intensity with traditional remedies like this one. A small daily habit, kept up over several weeks, is generally where people notice the most difference — far more than an occasional large dose.

Kola Nut & Ginger Focus Chew

Kola nut has a long traditional history in West Africa as a mild stimulant, often shared in social and ceremonial settings to support alertness.

What You'll Need

- A small piece of kola nut (available at African grocers)
- A thin slice of fresh ginger

How To Use It

156. Chew a small piece of kola nut slowly alongside the ginger slice.
157. Use occasionally rather than daily, similar to how coffee is used in moderation.

Traditional Tip: Kola nut naturally contains caffeine — those sensitive to caffeine, pregnant, or with heart conditions should avoid it or consult a doctor first.

Traditional Wisdom

Quality of ingredients matters here. Reach for the freshest, least processed version you can find, whether that means the produce aisle, a farmer's market, or a specialty grocer that carries less common items.

Orange & Rosemary Clarity Water

Citrus and rosemary are a refreshing traditional pairing, often used mid-afternoon to help shake off sluggishness without reaching for another coffee.

What You'll Need

- 1 orange, sliced
- 1 sprig fresh rosemary
- 1 liter water

How To Use It

158. Add orange slices and rosemary to a jug of water.
159. Refrigerate at least 1 hour to infuse.
160. Sip throughout the afternoon.

Traditional Tip: Bruise the rosemary sprig gently before adding it to release more aroma.

Traditional Wisdom

This is the kind of remedy worth pairing with a consistent time of day, so it becomes a natural part of your routine rather than something you have to remember. Many traditional practices were built around daily rhythms for exactly this reason.

Cacao & Cinnamon Energy Bites

Raw cacao and cinnamon are traditionally combined in energy-supporting snacks, offering a steadier lift than refined sugar.

What You'll Need

- 1 cup pitted dates
- 2 tbsp raw cacao powder
- 1/2 tsp cinnamon
- 2 tbsp nut butter

How To Use It

161. Blend dates, cacao, cinnamon, and nut butter until a sticky dough forms.
162. Roll into small bites.
163. Refrigerate and enjoy one or two as a mid-morning or mid-afternoon snack.

Traditional Tip: Store in an airtight container in the fridge for up to a week.

Traditional Wisdom

Many elders would tell you to prepare only what you need for that sitting. Freshly made is considered part of the tradition itself, not just a preference for better flavor — some of the traditionally credited qualities are believed to fade with time.

Oats & Banana Sustained-Energy Bowl

A simple oat and banana breakfast is a traditional way to start the day with slow-releasing energy rather than a quick spike and crash.

What You'll Need

- 1/2 cup rolled oats
- 1 cup water or milk
- 1 banana, sliced
- A pinch of cinnamon

How To Use It

164. Cook oats in water or milk until soft.
165. Top with banana slices and a pinch of cinnamon.
166. Eat as a steady breakfast, especially before a demanding morning.

Traditional Tip: Add a spoonful of nut butter for extra staying power.

Traditional Wisdom

As with most traditional remedies, it's worth paying attention to how your own body responds and adjusting quantities accordingly, rather than following amounts too rigidly. Traditional recipes were passed down as starting points, not strict rules.

Ginseng & Honey Tonic

Ginseng root has a long traditional history across many cultures as a vitality-supporting herb, often taken as a simple daily tonic.

What You'll Need

- 1/2 tsp ginseng powder (or a few slices of dried ginseng root)
- 1 cup hot water
- 1 tsp honey

How To Use It

167. Steep ginseng in hot water for 8–10 minutes.
168. Strain, stir in honey, and drink in the morning.

Traditional Tip: Ginseng can be stimulating — avoid taking it late in the day, and check with a doctor if you take blood pressure or blood sugar medication.

Traditional Wisdom

This remedy has traveled across generations largely because it relies on ingredients that were, historically, already close at hand in most kitchens — nothing exotic or hard to source.

Peppermint & Lemon Focus Spritz

A refreshing cold-brew infusion, traditionally used as a quick pick-me-up when energy dips without reaching for caffeine.

What You'll Need

- A handful of fresh peppermint leaves
- 1 lemon, sliced
- 2 cups cold water

How To Use It

169. Combine peppermint and lemon in cold water.
170. Refrigerate for 1–2 hours.
171. Sip throughout the afternoon.

Traditional Tip: The bright, cooling aroma alone can help cut through an afternoon slump.

Traditional Wisdom

A note on sourcing: dried herbs and spices lose potency the longer they sit on a shelf. Buying in smaller quantities more often tends to give noticeably better results than a large bag that lingers for months.

Matcha & Coconut Energy Drink

Matcha green tea is traditionally valued for offering steadier, calmer energy than coffee, thanks to its natural pairing of caffeine and L-theanine.

What You'll Need

- 1/2 tsp matcha powder
- 1 cup warm coconut milk
- 1 tsp honey

How To Use It

172. Whisk matcha into a small amount of hot water until smooth.
173. Warm the coconut milk and combine with the matcha.
174. Sweeten with honey and drink in the morning.

Traditional Tip: Whisk in a zig-zag motion to avoid clumps, or use a small frother.

Traditional Wisdom

Traditionally, remedies like this one were shared within families rather than kept private. If it works well for you, it's worth writing down and passing along, the way it likely reached you.

Beet & Apple Energizer Juice

Beetroot and apple together make a naturally sweet, traditionally energizing combination valued for supporting stamina.

What You'll Need

- 1 small beetroot, peeled
- 1 apple
- 1/2 lemon, peeled
- 1/2 cup water

How To Use It

175. Blend or juice all ingredients together.
176. Drink one small glass in the late morning.

Traditional Tip: This pairs well as a pre-activity drink about 30 minutes before exercise.

Traditional Wisdom

Patience is part of the practice here. Most traditional remedies are meant to be felt gradually, built up over repeated use, rather than experienced as an instant fix the way a modern product might be marketed.

Chia Seed Energy Gel

Chia seeds swell into a gel-like texture and have traditionally been used by endurance workers for sustained energy over long periods.

What You'll Need

- 2 tbsp chia seeds
- 1/2 cup water or coconut water
- Juice of half a lemon
- 1 tsp honey

How To Use It

177. Stir chia seeds into water and let sit for 15–20 minutes until gel-like.
178. Stir in lemon juice and honey.
179. Eat by the spoonful before a demanding physical or mental task.

Traditional Tip: Make a batch ahead of time and keep it in the fridge for up to 3 days.

Traditional Wisdom

If a remedy calls for something unfamiliar, a West African, Caribbean, Middle Eastern, or South Asian grocer is often a far better first stop than a mainstream supermarket, and usually at a better price too.

Rosemary Steam Inhalation for Focus

Rosemary's aroma has a long traditional association with alertness and memory, often used as a quick sensory reset.

What You'll Need

- 2–3 fresh rosemary sprigs
- 2 cups just-boiled water

How To Use It

180. Place rosemary in a heatproof bowl and pour hot water over it.
181. Lean over the bowl (a safe distance away) and breathe deeply for 2–3 minutes.

Traditional Tip: Keep a safe distance from the hot water and steam to avoid burns.

Traditional Wisdom

Preparing this by hand, rather than rushing it, is itself considered part of many traditional wellness practices — a small, deliberate pause built into an otherwise busy day.

Yerba Mate Energizer

Yerba mate is a traditional South American infusion, valued for offering steady, focused energy as part of a daily social ritual.

What You'll Need

- 1 tbsp yerba mate leaves
- 1 cup hot (not boiling) water

How To Use It

182. Steep yerba mate in hot water for 4–5 minutes.
183. Strain and drink in the morning or early afternoon.

Traditional Tip: Yerba mate contains caffeine — avoid drinking it late in the day.

Traditional Wisdom

This pairs naturally with a specific moment in the day — morning, after a meal, or before bed. Building that association is often what makes a remedy stick as a lasting habit rather than a one-time experiment.

Spirulina Green Boost

Spirulina, a nutrient-dense blue-green algae, is a traditional-meets-modern addition used in small amounts to support steady energy.

What You'll Need

- 1/2 tsp spirulina powder
- 1 cup water or juice
- Juice of half a lemon

How To Use It

184. Stir spirulina into water or juice.
185. Add lemon juice to help balance the flavor.
186. Drink once daily.

Traditional Tip: Start with a small amount — spirulina has a strong, distinct flavor.

Traditional Wisdom

Seasonal availability matters for some of these ingredients. Fresher, in-season produce will generally give a better result than something that has traveled a long way or sat in storage.

Lemon & Mint Cold Brew

A refreshing cold-brewed green tea with lemon and mint, traditionally used as a lighter, gentler alternative to iced coffee.

What You'll Need

- 1 green tea bag
- A few fresh mint leaves
- Juice of half a lemon
- 2 cups cold water

How To Use It

187. Combine tea bag, mint, and lemon juice in cold water.
188. Refrigerate for 4–6 hours.
189. Strain and serve over ice.

Traditional Tip: Cold brewing gives a smoother, less bitter flavor than hot-brewed and cooled tea.

Traditional Wisdom

As with any new addition to your routine, it's worth introducing this on its own for a week or two before combining it with several other remedies at once, so you can tell what's actually making a difference.

Guarana & Lime Energizer

Guarana is a traditional Brazilian energy-supporting seed, valued for offering a longer, steadier lift than coffee alone.

What You'll Need

- 1/4 tsp guarana powder
- 1 cup water
- Juice of half a lime
- 1 tsp honey

How To Use It

190. Stir guarana powder, lime juice, and honey into water.
191. Drink in the morning.

Traditional Tip: Guarana is naturally high in caffeine — start with a small amount and avoid taking it late in the day.

Traditional Wisdom

This is a good one to keep simple. Resist the urge to add extra ingredients not listed here — traditional ratios like this were refined and passed down over a long period of trial and repetition.

Beet & Ginger Shot

A concentrated shot combining beetroot's traditional stamina-supporting reputation with warming ginger.

What You'll Need

- 1/2 small beetroot, peeled
- 1 tsp fresh ginger juice
- Juice of half a lemon

How To Use It

192. Juice or blend and strain the beetroot.
193. Stir in ginger juice and lemon juice.
194. Drink quickly, like a shot, before activity.

Traditional Tip: This works well about 30 minutes before exercise or a demanding task.

Traditional Wisdom

Many traditional preparations like this double as a small moment of stillness. The few minutes it takes to prepare it slowly, without multitasking, can be as valuable as the remedy itself.

Cordyceps Mushroom Tea

Cordyceps is a traditional Himalayan and East Asian mushroom, used for generations to support stamina and steady energy.

What You'll Need

- 1/2 tsp cordyceps powder or extract
- 1 cup hot water
- 1 tsp honey

How To Use It

195. Stir cordyceps into hot water.
196. Sweeten with honey and drink in the morning.

Traditional Tip: Cordyceps is typically taken as a consistent daily habit rather than an occasional remedy.

Traditional Wisdom

If you find the flavor strong at first, it's common practice in many households to start with half the listed amount and build up gradually over a week or two as your palate adjusts.

Peppermint & Rosemary Cold Brew

A caffeine-free cold infusion combining two traditionally invigorating herbs for a refreshing afternoon pick-me-up.

What You'll Need

- A handful fresh peppermint leaves
- 1 sprig fresh rosemary
- 2 cups cold water

How To Use It

197. Combine peppermint and rosemary in cold water.
198. Refrigerate 1–2 hours.
199. Sip through the afternoon.

Traditional Tip: This is fully caffeine-free, making it suitable any time of day.

Traditional Wisdom

This remedy is easy to batch. Many households prepare a larger amount every few days and store it properly, rather than starting from scratch each time it's needed.

Sweet Potato & Cinnamon Energy Bowl

Roasted sweet potato with cinnamon is a traditional slow-energy food, valued for sustaining focus through a long morning.

What You'll Need

- 1 small sweet potato, roasted
- A pinch of cinnamon
- 1 tsp honey or nut butter

How To Use It

200. Mash the roasted sweet potato.
201. Top with cinnamon and honey or nut butter.
202. Eat as a hearty breakfast or midday meal.

Traditional Tip: Roast a batch of sweet potatoes at the start of the week for a quick reheat-and-go option.

Traditional Wisdom

Storage matters: keep dried herbs and spices in a cool, dark place in a well-sealed container. Light, heat, and air are what cause them to lose their traditional potency fastest.

Your Daily Energy Routine

- Morning: Baobab Fruit Powder Morning Blend or Matcha & Coconut Energy Drink at breakfast.
- Midday: Orange & Rosemary Clarity Water sipped through the afternoon slump.
- Evening: Oats & Banana Sustained-Energy Bowl as a light dinner addition if energy is still needed for the evening.



SECTION 5: WEIGHT LOSS & METABOLISM

Traditional approaches to weight and metabolism centered on whole foods, warming spices, and hydration — not restriction. These remedies are best paired with balanced meals and regular movement.

Lemon & Cayenne Morning Tonic

Warm lemon water spiked with cayenne is a long-standing morning ritual believed to kick-start digestion and metabolism for the day.

What You'll Need

- Juice of half a lemon
- 1 cup warm water
- A pinch of cayenne pepper
- 1 tsp honey (optional)

How To Use It

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203. Stir lemon juice and cayenne into warm water.
204. Add honey if desired.
205. Drink first thing in the morning, on an empty stomach.

Traditional Tip: This is a habit-builder, not a shortcut — pair it with balanced meals for it to make a real difference.

Traditional Wisdom

In many households, remedies like this were prepared fresh each time rather than stored ahead — the ritual of making it was considered part of its value, not just the result. Set aside the few minutes it takes rather than rushing through it.

Hibiscus (Zobo) Metabolism Tea

Beyond its calming use in the evening, hibiscus tea is traditionally sipped throughout the day, unsweetened or lightly sweetened, as a lower-sugar alternative to soda and juice.

What You'll Need

- 1/4 cup dried hibiscus petals
- 4 cups water
- Fresh mint leaves
- A squeeze of lime

How To Use It

206. Boil water and steep hibiscus for 10 minutes.
207. Strain, add mint and lime, and refrigerate.
208. Drink chilled throughout the day in place of sugary drinks.

Traditional Tip: If you take blood pressure medication, check with your doctor before drinking hibiscus tea regularly, as it can affect blood pressure.

Traditional Wisdom

Consistency tends to matter more than intensity with traditional remedies like this one. A small daily habit, kept up over several weeks, is generally where people notice the most difference — far more than an occasional large dose.

Ginger & Green Tea Fat-Burning Blend

Ginger and green tea together are a common pairing in metabolism-focused traditions, valued for their warming and stimulating qualities.

What You'll Need

- 1 green tea bag or 1 tsp loose green tea
- 1 thumb-sized piece fresh ginger, sliced
- 1.5 cups hot water

How To Use It

209. Steep green tea and ginger together in hot water for 5 minutes.
210. Strain and drink one cup, 20–30 minutes before a meal.

Traditional Tip: Green tea contains caffeine — avoid drinking it late in the day if you're sensitive to it.

Traditional Wisdom

Quality of ingredients matters here. Reach for the freshest, least processed version you can find, whether that means the produce aisle, a farmer's market, or a specialty grocer that carries less common items.

Cinnamon & Apple Cider Vinegar Blood Sugar Tonic

Cinnamon and apple cider vinegar are frequently paired in traditional metabolism routines, both associated with supporting steadier blood sugar response after meals.

What You'll Need

- 1 tbsp raw apple cider vinegar
- 1/2 tsp ground cinnamon
- 1 cup warm water

How To Use It

211. Stir vinegar and cinnamon into warm water until well combined.
212. Drink shortly before a carbohydrate-heavy meal.

Traditional Tip: Those with diabetes or on blood sugar medication should talk to their doctor before making this a regular habit, as it may affect blood sugar levels.

Traditional Wisdom

This is the kind of remedy worth pairing with a consistent time of day, so it becomes a natural part of your routine rather than something you have to remember. Many traditional practices were built around daily rhythms for exactly this reason.

Blueberry & Chia Metabolism Smoothie

Blueberries are prized in traditional and modern wellness alike for their antioxidant content, while chia seeds add fiber that supports fullness and steady digestion.

What You'll Need

- 1 cup blueberries (fresh or frozen)
- 1 tbsp chia seeds
- 1 cup water or plant milk
- A squeeze of lime

How To Use It

213. Blend blueberries, chia seeds, water/milk, and lime until smooth.
214. Let sit 5 minutes to allow the chia to thicken slightly.
215. Drink as a breakfast or midday smoothie.

Traditional Tip: Frozen blueberries make this smoothie extra thick and refreshing.

Traditional Wisdom

Many elders would tell you to prepare only what you need for that sitting. Freshly made is considered part of the tradition itself, not just a preference for better flavor — some of the traditionally credited qualities are believed to fade with time.

Orange & Cucumber Refresher

A light, hydrating combination traditionally used to curb sugary cravings while supporting the body's natural fluid balance.

What You'll Need

- 1 orange, peeled and segmented
- 1/2 cucumber, sliced
- 1 cup water
- A few mint leaves

How To Use It

216. Blend orange, cucumber, water, and mint until smooth, or muddle and serve over ice.
217. Drink between meals when a craving strikes.

Traditional Tip: This works well as a make-ahead pitcher to keep in the fridge for the week.

Traditional Wisdom

As with most traditional remedies, it's worth paying attention to how your own body responds and adjusting quantities accordingly, rather than following amounts too rigidly. Traditional recipes were passed down as starting points, not strict rules.

Grapefruit & Mint Metabolism Booster

Grapefruit has a long-standing reputation in traditional weight-management routines, paired here with mint for a refreshing daily habit.

What You'll Need

- 1/2 grapefruit, segmented
- A few fresh mint leaves
- 1 cup sparkling or still water

How To Use It

218. Muddle grapefruit and mint gently.
219. Top with water and serve over ice.
220. Drink before a meal.

Traditional Tip: Grapefruit can interact with certain medications — check with your pharmacist or doctor if you take any regularly.

Traditional Wisdom

This remedy has traveled across generations largely because it relies on ingredients that were, historically, already close at hand in most kitchens — nothing exotic or hard to source.

Dandelion Root Tea

Dandelion root is a traditional bitter herb, often included in metabolism-focused routines for its role in supporting digestion of fats.

What You'll Need

- 1 tsp roasted dandelion root
- 1 cup hot water

How To Use It

221. Steep dandelion root in hot water for 8–10 minutes.
222. Strain and drink after a meal, especially a heavier one.

Traditional Tip: Roasted dandelion root has a coffee-like flavor and makes a pleasant caffeine-free alternative.

Traditional Wisdom

A note on sourcing: dried herbs and spices lose potency the longer they sit on a shelf. Buying in smaller quantities more often tends to give noticeably better results than a large bag that lingers for months.

Fenugreek Seed Water

Fenugreek seeds are traditionally soaked overnight and consumed on an empty stomach, valued in many cultures for supporting healthy blood sugar and metabolism.

What You'll Need

- 1 tsp fenugreek seeds
- 1 cup water

How To Use It

223. Soak fenugreek seeds in water overnight.
224. Strain (or drink as-is with the seeds) first thing in the morning.

Traditional Tip: The water and seeds both have a distinctly bitter, maple-like flavor — start with a small amount.

Traditional Wisdom

Traditionally, remedies like this one were shared within families rather than kept private. If it works well for you, it's worth writing down and passing along, the way it likely reached you.

Apple & Celery Green Juice

A crisp, low-sugar green juice traditionally used as a light, hydrating addition to a metabolism-conscious routine.

What You'll Need

- 1 apple
- 2 celery stalks
- 1/2 cucumber

- Juice of half a lemon

How To Use It

225. Blend or juice all ingredients together.
226. Drink one glass in the morning or as a midday refresher.

Traditional Tip: Celery is naturally high in water content, making this a hydrating, light option between meals.

Traditional Wisdom

Patience is part of the practice here. Most traditional remedies are meant to be felt gradually, built up over repeated use, rather than experienced as an instant fix the way a modern product might be marketed.

Black Coffee & Cinnamon

A simple traditional pre-activity habit in many households — black coffee with a dash of cinnamon instead of sugar.

What You'll Need

- 1 cup brewed black coffee
- A pinch of ground cinnamon

How To Use It

227. Stir cinnamon into freshly brewed coffee.
228. Drink about 30 minutes before physical activity.

Traditional Tip: Those sensitive to caffeine should keep this to earlier in the day and watch overall intake.

Traditional Wisdom

If a remedy calls for something unfamiliar, a West African, Caribbean, Middle Eastern, or South Asian grocer is often a far better first stop than a mainstream supermarket, and usually at a better price too.

Chili & Lime Metabolism Shot

A bold, traditional-style shot combining chili's warming heat with bright lime, used sparingly as a quick morning kick-start.

What You'll Need

- Juice of 1 lime
- A small pinch of chili powder or cayenne
- 2 tbsp water

How To Use It

229. Stir all ingredients together in a small glass.
230. Drink quickly, like a shot, first thing in the morning.

Traditional Tip: Start with the smallest pinch of chili and adjust to your own tolerance.

Traditional Wisdom

Preparing this by hand, rather than rushing it, is itself considered part of many traditional wellness practices — a small, deliberate pause built into an otherwise busy day.

Green Coffee Bean Tonic

Unroasted green coffee beans are a traditional-meets-modern ingredient, valued for a milder caffeine profile than roasted coffee.

What You'll Need

- 1 tsp ground green coffee beans
- 1 cup hot water

How To Use It

231. Steep green coffee in hot water for 5 minutes.
232. Strain and drink in the morning.

Traditional Tip: Green coffee has a grassier, milder flavor than roasted coffee — some prefer it lightly sweetened.

Traditional Wisdom

This pairs naturally with a specific moment in the day — morning, after a meal, or before bed. Building that association is often what makes a remedy stick as a lasting habit rather than a one-time experiment.

Psyllium Husk Fiber Drink

Psyllium husk is a traditional fiber source, taken with plenty of water to support fullness and healthy digestion as part of a metabolism routine.

What You'll Need

- 1 tsp psyllium husk
- 1 cup water
- Juice of half a lemon

How To Use It

233. Stir psyllium husk into water immediately before drinking (it thickens quickly).
234. Add lemon juice and drink right away, followed by an extra glass of water.

Traditional Tip: Always drink plenty of water with psyllium husk — it absorbs liquid and expands.

Traditional Wisdom

Seasonal availability matters for some of these ingredients. Fresher, in-season produce will generally give a better result than something that has traveled a long way or sat in storage.

Cabbage Soup Metabolism Broth

A light, traditional vegetable broth used in many household routines as a low-calorie, filling addition to a metabolism-conscious day.

What You'll Need

- 1 cup shredded cabbage
- 2 cups vegetable broth
- 1 clove garlic, minced
- A pinch of black pepper

How To Use It

235. Simmer cabbage and garlic in broth for 15 minutes.

236. Season with pepper and serve warm.

Traditional Tip: Make a larger batch and keep it in the fridge for a quick, light meal option through the week.

Traditional Wisdom

As with any new addition to your routine, it's worth introducing this on its own for a week or two before combining it with several other remedies at once, so you can tell what's actually making a difference.

Cucumber & Mint Metabolism Water

A light, hydrating infused water traditionally used to curb snacking and support the body's natural fluid balance.

What You'll Need

- 1/2 cucumber, sliced
- A few fresh mint leaves
- 1 liter water

How To Use It

237. Combine cucumber and mint in water.

238. Refrigerate for at least 1 hour.

239. Sip throughout the day.

Traditional Tip: Keep a pitcher in the fridge so it's always ready when a craving strikes.

Traditional Wisdom

This is a good one to keep simple. Resist the urge to add extra ingredients not listed here — traditional ratios like this were refined and passed down over a long period of trial and repetition.

Grapefruit & Cayenne Shot

A bold combination pairing grapefruit's traditional metabolism reputation with a warming kick of cayenne.

What You'll Need

- Juice of 1/2 grapefruit
- A small pinch of cayenne pepper

How To Use It

240. Stir cayenne into fresh grapefruit juice.
241. Drink quickly, like a shot, before a meal.

Traditional Tip: Grapefruit can interact with certain medications — check with your doctor or pharmacist first.

Traditional Wisdom

Many traditional preparations like this double as a small moment of stillness. The few minutes it takes to prepare it slowly, without multitasking, can be as valuable as the remedy itself.

Oolong Tea Metabolism Booster

Oolong tea, partially fermented between green and black tea, is a traditional East Asian metabolism-supporting daily habit.

What You'll Need

- 1 oolong tea bag or 1 tsp loose oolong
- 1.5 cups hot water

How To Use It

242. Steep oolong tea for 3–5 minutes.
243. Drink after meals, up to twice daily.

Traditional Tip: Oolong contains caffeine — enjoy earlier in the day if you're sensitive to it.

Traditional Wisdom

If you find the flavor strong at first, it's common practice in many households to start with half the listed amount and build up gradually over a week or two as your palate adjusts.

Chia & Lime Fresca

A traditional Mexican-style chia drink (agua de chia), valued for its fullness-supporting fiber and refreshing citrus flavor.

What You'll Need

- 1 tbsp chia seeds
- 2 cups water
- Juice of 1 lime
- 1 tsp honey

How To Use It

244. Stir chia seeds into water and let sit 15 minutes until gel-like.
245. Add lime juice and honey.
246. Drink chilled, between meals.

Traditional Tip: This makes a great substitute for sugary sodas throughout the day.

Traditional Wisdom

This remedy is easy to batch. Many households prepare a larger amount every few days and store it properly, rather than starting from scratch each time it's needed.

Apple & Cinnamon Metabolism Bites

A simple no-bake snack combining apple and cinnamon, two ingredients traditionally paired for supporting healthy blood sugar.

What You'll Need

- 1/2 cup dried apple, chopped
- 1/4 cup oats
- 1/2 tsp cinnamon
- 2 tbsp nut butter

How To Use It

247. Mix all ingredients into a sticky dough.
248. Roll into small bites and refrigerate.
249. Enjoy one or two as a snack.

Traditional Tip: Store in an airtight container in the fridge for up to a week.

Traditional Wisdom

Storage matters: keep dried herbs and spices in a cool, dark place in a well-sealed container. Light, heat, and air are what cause them to lose their traditional potency fastest.

Your Daily Metabolism Routine

- Morning: Lemon & Cayenne Morning Tonic or Fenugreek Seed Water on an empty stomach.
- Midday: Apple & Celery Green Juice or Hibiscus Metabolism Tea between meals.
- Evening: Orange & Cucumber Refresher instead of a sugary drink with dinner.



SECTION 6: BLOOD PRESSURE & CIRCULATION

Heart health traditions across West Africa lean on hibiscus, garlic, and root vegetables believed to support healthy circulation. These remedies work best as part of an overall heart-healthy lifestyle, alongside — not instead of — medical care. If you are on blood pressure or heart medication, talk to your doctor before adding these regularly, since some can interact with medications.

Garlic & Lemon Circulation Tonic

Raw garlic has a long traditional reputation for supporting healthy circulation and heart function.

What You'll Need

- 2 cloves garlic, crushed
- Juice of 1 lemon
- 1 cup warm water

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- 1 tsp honey

How To Use It

250. Let crushed garlic sit for 10 minutes after crushing (this activates its compounds).
251. Stir garlic, lemon juice, and honey into warm water.
252. Drink once daily, in the morning.

Traditional Tip: Garlic can thin the blood — speak with your doctor before regular use if you take blood thinners or have an upcoming surgery.

Traditional Wisdom

In many households, remedies like this were prepared fresh each time rather than stored ahead — the ritual of making it was considered part of its value, not just the result. Set aside the few minutes it takes rather than rushing through it.

Beetroot Circulation Juice

Beetroot is naturally rich in nitrates, which the body converts into compounds traditionally believed to support blood vessel flexibility and circulation.

What You'll Need

- 1 medium beetroot, peeled and chopped
- 1 apple, chopped
- 1/2 lemon, peeled
- 1 cup water

How To Use It

253. Blend all ingredients until smooth, or juice if you have a juicer.
254. Strain if you prefer a smoother texture.
255. Drink one small glass (4–6 oz), 3–4 times per week.

Traditional Tip: Beetroot can turn urine or stool reddish — this is harmless and temporary.

Traditional Wisdom

Consistency tends to matter more than intensity with traditional remedies like this one. A small daily habit, kept up over several weeks, is generally where people notice the most difference — far more than an occasional large dose.

Hibiscus & Hawthorn Heart Tea

Hibiscus is one of the most widely used traditional teas for supporting healthy blood pressure when enjoyed regularly as part of a balanced diet.

What You'll Need

- 2 tbsp dried hibiscus petals
- 1 tsp dried hawthorn berries (optional, from a health food store)
- 3 cups water

How To Use It

256. Simmer hibiscus (and hawthorn, if using) in water for 10–12 minutes.

257. Strain and drink one cup, once or twice daily.

Traditional Tip: This tea is a complementary habit, not a replacement for prescribed blood pressure medication — never stop or adjust medication without your doctor's guidance.

Traditional Wisdom

Quality of ingredients matters here. Reach for the freshest, least processed version you can find, whether that means the produce aisle, a farmer's market, or a specialty grocer that carries less common items.

Banana & Coconut Potassium Smoothie

Banana and coconut water are both naturally rich in potassium, a mineral traditionally associated with supporting healthy fluid balance and circulation.

What You'll Need

- 1 banana
- 1 cup coconut water
- A pinch of cinnamon

How To Use It

258. Blend banana, coconut water, and cinnamon until smooth.

259. Drink as a mid-morning or post-activity refresher.

Traditional Tip: If you have kidney concerns or take potassium-affecting medication, check with your doctor before increasing potassium-rich foods.

Traditional Wisdom

This is the kind of remedy worth pairing with a consistent time of day, so it becomes a natural part of your routine rather than something you have to remember. Many traditional practices were built around daily rhythms for exactly this reason.

Cinnamon & Orange Heart Tea

Cinnamon and citrus peel have long been simmered together as a warming tea, traditionally enjoyed as part of an overall heart-conscious routine.

What You'll Need

- 1 cinnamon stick
- Peel of 1 orange
- 2 cups water
- Honey to taste

How To Use It

260. Simmer cinnamon stick and orange peel in water for 10 minutes.

261. Strain, sweeten with honey if desired, and drink warm.

Traditional Tip: Use organic, well-washed orange peel if including it directly in the tea.

Traditional Wisdom

Many elders would tell you to prepare only what you need for that sitting. Freshly made is considered part of the tradition itself, not just a preference for better flavor — some of the traditionally credited qualities are believed to fade with time.

Watermelon & Lime Circulation Cooler

Watermelon contains citrulline, a compound traditionally believed to support blood vessel relaxation and healthy circulation, especially valued in warm climates.

What You'll Need

- 2 cups cubed watermelon
- Juice of 1 lime
- A few mint leaves

How To Use It

262. Blend watermelon, lime juice, and mint until smooth.
263. Serve chilled, over ice if desired.

Traditional Tip: This makes a refreshing warm-weather habit — enjoy 3–4 times per week rather than daily.

Traditional Wisdom

As with most traditional remedies, it's worth paying attention to how your own body responds and adjusting quantities accordingly, rather than following amounts too rigidly. Traditional recipes were passed down as starting points, not strict rules.

Celery Juice Tonic

Plain celery juice has become a widely discussed traditional-meets-modern morning ritual, valued for its hydration and mild natural sodium and potassium content.

What You'll Need

- 4–5 celery stalks
- 1/2 cup water (optional, for blending)

How To Use It

264. Juice the celery stalks, or blend with water and strain.
265. Drink on an empty stomach in the morning.

Traditional Tip: Drink celery juice on its own, away from other foods, for the traditional approach.

Traditional Wisdom

This remedy has traveled across generations largely because it relies on ingredients that were, historically, already close at hand in most kitchens — nothing exotic or hard to source.

Pomegranate & Ginger Juice

Pomegranate is traditionally valued for its antioxidant content, believed to support healthy blood vessels alongside warming ginger.

What You'll Need

- 1 cup pomegranate juice (100% pure)
- 1 tsp grated fresh ginger

How To Use It

266. Stir grated ginger into pomegranate juice.

267. Let sit 5 minutes to infuse, then drink.

Traditional Tip: Choose 100% pomegranate juice without added sugar.

Traditional Wisdom

A note on sourcing: dried herbs and spices lose potency the longer they sit on a shelf. Buying in smaller quantities more often tends to give noticeably better results than a large bag that lingers for months.

Dark Cocoa & Cinnamon Elixir

Unsweetened cocoa is traditionally associated with supporting healthy circulation, paired here with warming cinnamon.

What You'll Need

- 1 tbsp unsweetened cocoa powder
- 1 cup warm milk or plant milk
- A pinch of cinnamon
- 1 tsp honey

How To Use It

268. Whisk cocoa powder into warm milk until smooth.

269. Stir in cinnamon and honey.

270. Drink once daily.

Traditional Tip: Use raw or minimally processed cocoa powder for the most traditional preparation.

Traditional Wisdom

Traditionally, remedies like this one were shared within families rather than kept private. If it works well for you, it's worth writing down and passing along, the way it likely reached you.

Flaxseed & Orange Smoothie

Ground flaxseed is traditionally valued for its omega-3 content, believed to support overall heart and circulatory health.

What You'll Need

- 1 tbsp ground flaxseed
- 1 orange, peeled
- 1 cup water
- A few ice cubes

How To Use It

271. Blend flaxseed, orange, water, and ice until smooth.
272. Drink as a morning smoothie, 3–4 times per week.

Traditional Tip: Grind flaxseed fresh for the best flavor and nutrient content.

Traditional Wisdom

Patience is part of the practice here. Most traditional remedies are meant to be felt gradually, built up over repeated use, rather than experienced as an instant fix the way a modern product might be marketed.

Kiwi & Lime Refresher

Kiwi fruit is traditionally valued for its vitamin C content, paired here with lime for a light, circulation-supporting refresher.

What You'll Need

- 2 kiwi fruits, peeled
- Juice of 1 lime
- 1 cup water

How To Use It

273. Blend kiwi, lime juice, and water until smooth.
274. Drink chilled.

Traditional Tip: Leave a little pulp for texture, or strain for a smoother drink.

Traditional Wisdom

If a remedy calls for something unfamiliar, a West African, Caribbean, Middle Eastern, or South Asian grocer is often a far better first stop than a mainstream supermarket, and usually at a better price too.

Parsley & Lemon Tea

Fresh parsley is a traditional kitchen-garden remedy, steeped into a light tea believed to support healthy fluid balance and circulation.

What You'll Need

- A small handful fresh parsley
- 1 cup hot water
- Juice of half a lemon

How To Use It

275. Steep parsley in hot water for 8 minutes.
276. Strain, stir in lemon juice, and drink warm.

Traditional Tip: Use fresh, not dried, parsley for the best traditional preparation.

Traditional Wisdom

Preparing this by hand, rather than rushing it, is itself considered part of many traditional wellness practices — a small, deliberate pause built into an otherwise busy day.

Cayenne & Lemon Circulation Shot

A quick, warming shot traditionally used to give circulation a gentle daily nudge.

What You'll Need

- Juice of 1 lemon
- A small pinch of cayenne pepper
- 2 tbsp warm water

How To Use It

277. Stir all ingredients together.
278. Drink quickly, like a shot, in the morning.

Traditional Tip: Start with the smallest pinch of cayenne and adjust to taste.

Traditional Wisdom

This pairs naturally with a specific moment in the day — morning, after a meal, or before bed. Building that association is often what makes a remedy stick as a lasting habit rather than a one-time experiment.

Ginkgo Biloba Tea

Ginkgo leaf is one of the oldest traditional herbs used for supporting healthy circulation, particularly to the extremities.

What You'll Need

- 1 tsp dried ginkgo leaf
- 1 cup hot water

How To Use It

279. Steep ginkgo leaf in hot water for 8–10 minutes.
280. Strain and drink once daily.

Traditional Tip: Ginkgo can interact with blood-thinning medication — check with your doctor before regular use.

Traditional Wisdom

Seasonal availability matters for some of these ingredients. Fresher, in-season produce will generally give a better result than something that has traveled a long way or sat in storage.

Cocoa Nib Trail Mix

Raw cocoa nibs are traditionally valued for their flavanol content, believed to support healthy blood vessels, enjoyed here as a simple snack.

What You'll Need

- 2 tbsp raw cocoa nibs
- 2 tbsp almonds
- 1 tbsp dried berries

How To Use It

281. Combine all ingredients in a small bowl or bag.

282. Enjoy a small handful as an afternoon snack.

Traditional Tip: Cocoa nibs are unsweetened and slightly bitter — a nice contrast with the dried berries.

Traditional Wisdom

As with any new addition to your routine, it's worth introducing this on its own for a week or two before combining it with several other remedies at once, so you can tell what's actually making a difference.

Hawthorn Berry Syrup

Hawthorn berries have one of the longest traditional histories of any heart-supporting herb across European folk medicine.

What You'll Need

- 1/4 cup dried hawthorn berries
- 1 cup water
- 1 tbsp honey

How To Use It

283. Simmer hawthorn berries in water for 20 minutes, until reduced by half.

284. Strain, stir in honey while warm, and store in the fridge.

285. Take 1 tbsp daily.

Traditional Tip: This is a traditional complementary habit — never a substitute for prescribed heart medication.

Traditional Wisdom

This is a good one to keep simple. Resist the urge to add extra ingredients not listed here — traditional ratios like this were refined and passed down over a long period of trial and repetition.

Buckwheat & Honey Tea

Buckwheat is naturally rich in rutin, a compound traditionally associated with supporting blood vessel strength.

What You'll Need

- 1 tbsp roasted buckwheat groats
- 1 cup hot water
- 1 tsp honey

How To Use It

286. Steep roasted buckwheat in hot water for 8 minutes.

287. Strain, sweeten with honey, and drink once daily.

Traditional Tip: Roasted buckwheat (often sold as 'kasha') has a warm, nutty flavor.

Traditional Wisdom

Many traditional preparations like this double as a small moment of stillness. The few minutes it takes to prepare it slowly, without multitasking, can be as valuable as the remedy itself.

Grape & Pomegranate Antioxidant Juice

Dark grapes and pomegranate are both traditionally valued for supporting healthy blood vessels and circulation.

What You'll Need

- 1/2 cup dark grape juice (100% pure)
- 1/2 cup pomegranate juice

How To Use It

288. Combine both juices.

289. Drink one small glass, 3–4 times per week.

Traditional Tip: Choose 100% juice without added sugar for the most traditional preparation.

Traditional Wisdom

If you find the flavor strong at first, it's common practice in many households to start with half the listed amount and build up gradually over a week or two as your palate adjusts.

Cocoa & Beet Heart Smoothie

A rich smoothie combining two traditionally heart-supportive ingredients — cocoa and beetroot — into one satisfying drink.

What You'll Need

- 1 tbsp unsweetened cocoa powder
- 1/2 small beetroot, cooked
- 1 banana
- 1 cup milk or plant milk

How To Use It

290. Blend all ingredients until smooth.

291. Drink as a morning or afternoon smoothie.

Traditional Tip: Using pre-cooked or pre-roasted beetroot makes this much quicker to prepare.

Traditional Wisdom

This remedy is easy to batch. Many households prepare a larger amount every few days and store it properly, rather than starting from scratch each time it's needed.

Peanut & Date Heart Snack

A simple traditional snack combining peanuts and dates, valued in many cultures as a heart-conscious energy source.

What You'll Need

- A small handful of raw or dry-roasted peanuts
- 2 pitted dates

How To Use It

292. Enjoy peanuts and dates together as a snack.

293. Eat mindfully, especially mid-afternoon.

Traditional Tip: Choose unsalted peanuts if you're also watching your sodium intake.

Traditional Wisdom

Storage matters: keep dried herbs and spices in a cool, dark place in a well-sealed container. Light, heat, and air are what cause them to lose their traditional potency fastest.

Your Daily Circulation Routine

- Morning: Celery Juice Tonic or Beetroot Circulation Juice on an empty stomach.
- Midday: Hibiscus & Hawthorn Heart Tea after lunch.
- Evening: Cinnamon & Orange Heart Tea as a warm, calming evening habit.



SECTION 7: ANTI-AGING & LONGEVITY

Ancestral wellness placed as much emphasis on the skin and outer body as the inner. These remedies focus on nourishing skin, supporting the body's natural repair processes, and building daily habits associated with healthy aging.

Shea Butter & Baobab Oil Skin Ritual

Raw shea butter, sourced from the shea tree native to West Africa, has been used for centuries to nourish and protect the skin. Baobab oil is traditionally added for its lightweight, nourishing quality.

What You'll Need

- 2 tbsp raw, unrefined shea butter
- 1 tsp baobab oil (or vitamin E oil)
- A few drops of your favorite essential oil (optional)

How To Use It

294. Warm the shea butter gently between your palms until it softens.

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295. Mix in baobab oil and essential oil if using.

296. Massage into skin after a shower, focusing on drier areas.

Traditional Tip: A little goes a long way — shea butter is rich and long-lasting.

Traditional Wisdom

In many households, remedies like this were prepared fresh each time rather than stored ahead — the ritual of making it was considered part of its value, not just the result. Set aside the few minutes it takes rather than rushing through it.

Baobab & Berry Antioxidant Smoothie

Baobab fruit is notably rich in vitamin C, an antioxidant traditionally associated with supporting the skin's natural collagen production.

What You'll Need

- 1 tbsp baobab powder
- 1/2 cup mixed berries (fresh or frozen)
- 1 cup water or plant milk
- 1 tsp chia seeds

How To Use It

297. Blend all ingredients until smooth.

298. Drink 3–4 times per week as part of breakfast.

Traditional Tip: Chia seeds add fiber and healthy fats — let the smoothie sit 5 minutes if you'd like them to soften slightly.

Traditional Wisdom

Consistency tends to matter more than intensity with traditional remedies like this one. A small daily habit, kept up over several weeks, is generally where people notice the most difference — far more than an occasional large dose.

Black Seed (Nigella) Oil Daily Tonic

Black seed oil has a centuries-long tradition of use for overall vitality, often described as a daily wellness staple in many African and Middle Eastern households.

What You'll Need

- 1 tsp black seed oil
- 1 tsp honey
- Juice of half a lemon (optional)

How To Use It

299. Mix black seed oil with honey (and lemon juice if using).

300. Take once daily, ideally in the morning on an empty stomach.

Traditional Tip: Black seed oil has a strong, peppery taste — mixing it into honey makes it easier to take.

Traditional Wisdom

Quality of ingredients matters here. Reach for the freshest, least processed version you can find, whether that means the produce aisle, a farmer's market, or a specialty grocer that carries less common items.

Blueberry & Pomegranate Antioxidant Bowl

Deeply colored fruits like blueberries and pomegranate are traditionally valued for their antioxidant content, often associated with supporting skin vitality from within.

What You'll Need

- 1/2 cup blueberries
- 1/4 cup pomegranate seeds
- 1/2 cup plain or coconut yogurt
- A drizzle of honey

How To Use It

301. Layer yogurt, blueberries, and pomegranate seeds in a bowl.
302. Drizzle with honey and enjoy as a breakfast or afternoon snack, 3–4 times per week.

Traditional Tip: Rotate in other deeply colored fruits like blackberries or cherries for variety.

Traditional Wisdom

This is the kind of remedy worth pairing with a consistent time of day, so it becomes a natural part of your routine rather than something you have to remember. Many traditional practices were built around daily rhythms for exactly this reason.

Cinnamon & Turmeric Golden Milk

A warming golden milk blend, combining cinnamon and turmeric, is a traditional evening ritual associated with overall vitality and healthy-looking skin.

What You'll Need

- 1 cup warm milk or plant milk
- 1/2 tsp turmeric
- A pinch of cinnamon
- A pinch of black pepper
- 1 tsp honey

How To Use It

303. Warm the milk gently.
304. Whisk in turmeric, cinnamon, black pepper, and honey.
305. Drink in the evening as part of a wind-down routine.

Traditional Tip: This pairs well as a calming ritual alongside your evening skincare routine.

Traditional Wisdom

Many elders would tell you to prepare only what you need for that sitting. Freshly made is considered part of the tradition itself, not just a preference for better flavor — some of the traditionally credited qualities are believed to fade with time.

Coconut & Lime Hydration Elixir

Coconut water is traditionally prized for hydration, which supports skin elasticity, while lime adds a boost of vitamin C.

What You'll Need

- 1 cup coconut water
- Juice of half a lime
- A few mint leaves

How To Use It

306. Stir lime juice and mint into coconut water.
307. Drink chilled, especially in warm weather or after activity.

Traditional Tip: Well-hydrated skin starts from the inside — pair this with your topical routine, not in place of it.

Traditional Wisdom

As with most traditional remedies, it's worth paying attention to how your own body responds and adjusting quantities accordingly, rather than following amounts too rigidly. Traditional recipes were passed down as starting points, not strict rules.

Rosehip & Hibiscus Tea

Rosehips are naturally rich in vitamin C and are traditionally paired with hibiscus for a tart, antioxidant-focused daily tea.

What You'll Need

- 1 tbsp dried rosehips
- 1 tbsp dried hibiscus petals
- 2 cups hot water
- Honey to taste

How To Use It

308. Steep rosehips and hibiscus together for 10 minutes.
309. Strain, sweeten with honey, and drink once daily.

Traditional Tip: This tea has a naturally tart flavor similar to hibiscus — adjust honey to taste.

Traditional Wisdom

This remedy has traveled across generations largely because it relies on ingredients that were, historically, already close at hand in most kitchens — nothing exotic or hard to source.

Avocado & Honey Face Mask

A traditional at-home beauty ritual, avocado and honey are mashed together as a nourishing mask for dry or tired-looking skin.

What You'll Need

- 1/2 ripe avocado
- 1 tbsp raw honey

How To Use It

310. Mash avocado and honey together into a smooth paste.
311. Apply to clean skin and leave for 15 minutes.
312. Rinse with warm water.

Traditional Tip: Patch test on a small area first if you have sensitive skin.

Traditional Wisdom

A note on sourcing: dried herbs and spices lose potency the longer they sit on a shelf. Buying in smaller quantities more often tends to give noticeably better results than a large bag that lingers for months.

Green Tea & Pomegranate Antioxidant Sipper

Green tea and pomegranate are both traditionally valued for their antioxidant content, combined here for a daily skin-supporting habit.

What You'll Need

- 1 green tea bag
- 1/2 cup pomegranate juice
- 1 cup hot water

How To Use It

313. Steep green tea in hot water for 3–4 minutes.
314. Let cool slightly, then stir in pomegranate juice.
315. Drink once daily.

Traditional Tip: Green tea contains caffeine — enjoy earlier in the day if you're sensitive to it.

Traditional Wisdom

Traditionally, remedies like this one were shared within families rather than kept private. If it works well for you, it's worth writing down and passing along, the way it likely reached you.

Argan Oil Skin Ritual

Argan oil is a traditional North African beauty staple, used for generations to nourish skin and hair.

What You'll Need

- 1 tsp pure argan oil

How To Use It

- 316. Warm a few drops of oil between your palms.
- 317. Massage gently into face, hands, or hair ends after a shower.

Traditional Tip: A little goes a long way — start with just a few drops.

Traditional Wisdom

Patience is part of the practice here. Most traditional remedies are meant to be felt gradually, built up over repeated use, rather than experienced as an instant fix the way a modern product might be marketed.

Collagen-Boosting Bone Broth

Slow-simmered bone broth is a traditional staple believed to support the body's natural collagen and connective tissue.

What You'll Need

- 2 cups bone broth (homemade or low-sodium store-bought)
- A pinch of salt
- A squeeze of lemon

How To Use It

- 318. Warm the broth gently.
- 319. Season with salt and a squeeze of lemon.
- 320. Sip as a warm daily habit.

Traditional Tip: Homemade broth simmered 12+ hours is traditionally considered the most nourishing.

Traditional Wisdom

If a remedy calls for something unfamiliar, a West African, Caribbean, Middle Eastern, or South Asian grocer is often a far better first stop than a mainstream supermarket, and usually at a better price too.

Aloe Vera & Cucumber Hydration Tonic

Aloe vera and cucumber are both traditionally valued for hydration, believed to support plump, healthy-looking skin from within.

What You'll Need

- 1 tbsp pure aloe vera inner gel (food-grade)
- 1/2 cucumber, chopped
- 1 cup water

How To Use It

- 321. Blend aloe gel, cucumber, and water until smooth.
- 322. Strain if desired, and drink chilled.

Traditional Tip: Use only food-grade aloe vera products intended for internal use.

Traditional Wisdom

Preparing this by hand, rather than rushing it, is itself considered part of many traditional wellness practices — a small, deliberate pause built into an otherwise busy day.

Vitamin E Oil Night Serum

Vitamin E oil is a traditional nighttime skincare staple, applied to support the skin's natural overnight repair process.

What You'll Need

- 2–3 drops vitamin E oil

How To Use It

323. Warm the oil between your fingertips.

324. Gently pat onto clean skin before bed, focusing on drier areas.

Traditional Tip: A little goes a long way — a few drops is enough for the whole face.

Traditional Wisdom

This pairs naturally with a specific moment in the day — morning, after a meal, or before bed. Building that association is often what makes a remedy stick as a lasting habit rather than a one-time experiment.

Goji Berry Tea

Goji berries are a traditional East Asian longevity ingredient, steeped into a mild, slightly sweet daily tea.

What You'll Need

- 2 tbsp dried goji berries
- 1.5 cups hot water
- A slice of fresh ginger (optional)

How To Use It

325. Steep goji berries (and ginger, if using) in hot water for 10 minutes.

326. The softened berries can be eaten after drinking the tea.

Traditional Tip: Goji berries plump up as they steep — enjoy them as a bonus after finishing the tea.

Traditional Wisdom

Seasonal availability matters for some of these ingredients. Fresher, in-season produce will generally give a better result than something that has traveled a long way or sat in storage.

Rosemary & Green Tea Hair Rinse

Rosemary and green tea are both traditionally used as a final hair rinse, believed to support a healthy scalp and shine.

What You'll Need

- 2 tbsp fresh rosemary

- 1 green tea bag
- 2 cups water

How To Use It

327. Simmer rosemary and green tea in water for 10 minutes.
328. Let cool, strain, and use as a final rinse after shampooing.

Traditional Tip: No need to rinse this back out — simply towel dry as usual afterward.

Traditional Wisdom

As with any new addition to your routine, it's worth introducing this on its own for a week or two before combining it with several other remedies at once, so you can tell what's actually making a difference.

Sea Moss Gel Smoothie

Sea moss (Irish moss) is a traditional Caribbean and West African coastal ingredient, valued for its mineral content and used in a nourishing daily smoothie.

What You'll Need

- 1 tbsp prepared sea moss gel
- 1 cup plant milk
- 1/2 banana
- A pinch of cinnamon

How To Use It

329. Blend sea moss gel, plant milk, banana, and cinnamon until smooth.
330. Drink as a morning smoothie.

Traditional Tip: Prepare sea moss gel by soaking and blending raw sea moss ahead of time, or purchase it pre-made.

Traditional Wisdom

This is a good one to keep simple. Resist the urge to add extra ingredients not listed here — traditional ratios like this were refined and passed down over a long period of trial and repetition.

Camu Camu Vitamin C Blend

Camu camu berry is exceptionally rich in vitamin C and traditionally used in small amounts to support skin and overall vitality.

What You'll Need

- 1/2 tsp camu camu powder
- 1 cup water or juice
- 1 tsp honey

How To Use It

331. Stir camu camu powder and honey into water or juice.
332. Drink once daily.

Traditional Tip: Camu camu has a very tart flavor — a small amount goes a long way.

Traditional Wisdom

Many traditional preparations like this double as a small moment of stillness. The few minutes it takes to prepare it slowly, without multitasking, can be as valuable as the remedy itself.

Bamboo Silica Tea

Bamboo leaf, naturally rich in silica, is a traditional East Asian ingredient believed to support healthy hair, skin, and nails.

What You'll Need

- 1 tsp dried bamboo leaf (or bamboo silica extract)
- 1 cup hot water

How To Use It

333. Steep bamboo leaf in hot water for 8 minutes.
334. Strain and drink once daily.

Traditional Tip: This is typically taken consistently over months for traditionally reported hair and nail benefits.

Traditional Wisdom

If you find the flavor strong at first, it's common practice in many households to start with half the listed amount and build up gradually over a week or two as your palate adjusts.

Pomegranate & Rosehip Elixir

Two traditionally antioxidant-rich ingredients combined into one deep red, tart daily tonic.

What You'll Need

- 1/2 cup pomegranate juice
- 1 tbsp dried rosehips
- 1/2 cup hot water

How To Use It

335. Steep rosehips in hot water for 8 minutes and strain.
336. Combine with pomegranate juice.
337. Drink once daily.

Traditional Tip: Serve chilled in warm weather or warm in cooler months.

Traditional Wisdom

This remedy is easy to batch. Many households prepare a larger amount every few days and store it properly, rather than starting from scratch each time it's needed.

Warm Lemon & Collagen Water

A simple morning ritual pairing lemon with collagen peptides, popular in many modern routines inspired by traditional bone-broth practices.

What You'll Need

- 1 cup warm water
- Juice of half a lemon
- 1 scoop unflavored collagen peptides

How To Use It

338. Stir lemon juice and collagen into warm water until dissolved.
339. Drink first thing in the morning.

Traditional Tip: Choose a collagen source you're comfortable with, or substitute bone broth for a fully traditional version.

Traditional Wisdom

Storage matters: keep dried herbs and spices in a cool, dark place in a well-sealed container. Light, heat, and air are what cause them to lose their traditional potency fastest.

Your Daily Longevity Routine

- Morning: Baobab & Berry Antioxidant Smoothie or Rosehip & Hibiscus Tea with breakfast.
- Midday: Aloe Vera & Cucumber Hydration Tonic for a hydration boost.
- Evening: Shea Butter & Baobab Oil Skin Ritual or Cinnamon & Turmeric Golden Milk as part of your wind-down.



SECTION 8: DETOX & CLEANSING

Seasonal cleansing rituals — using bitter herbs, roots, and citrus — have long been part of ancestral wellness practice, traditionally used for a few days at a time rather than continuously.

Lemon & Cucumber Cleansing Water

A simple infused water, traditionally sipped throughout the day to support hydration and the body's natural elimination processes.

What You'll Need

- 1 lemon, sliced
- 1/2 cucumber, sliced
- A few mint leaves
- 1 liter water

How To Use It

340. Combine all ingredients in a large jug.

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341. Refrigerate for at least 2 hours to let the flavors infuse.

342. Sip throughout the day for 3–5 days as a gentle reset.

Traditional Tip: Refill the same fruit once with fresh water for a second, lighter batch before discarding.

Traditional Wisdom

In many households, remedies like this were prepared fresh each time rather than stored ahead — the ritual of making it was considered part of its value, not just the result. Set aside the few minutes it takes rather than rushing through it.

Bitter Leaf & Dandelion Cleansing Tea

Bitter leaf and dandelion root are both traditionally used in short cleansing periods, valued for their bitter compounds believed to support liver function.

What You'll Need

- A small handful fresh or dried bitter leaf
- 1 tsp dried dandelion root
- 3 cups water

How To Use It

343. Simmer both ingredients in water for 15 minutes.

344. Strain and drink one small cup daily for up to 5 days.

345. Take a break of at least a week before repeating.

Traditional Tip: This is a short-term traditional practice, not a daily habit — and isn't recommended for pregnant or nursing individuals without medical guidance.

Traditional Wisdom

Consistency tends to matter more than intensity with traditional remedies like this one. A small daily habit, kept up over several weeks, is generally where people notice the most difference — far more than an occasional large dose.

Activated Clay & Lemon Body Cleanse

Food-grade clay (such as kaolin) has a long history of traditional use, taken in very small, diluted amounts as part of seasonal cleansing rituals.

What You'll Need

- 1/4 tsp food-grade bentonite or kaolin clay
- 1 cup water
- Juice of half a lemon

How To Use It

346. Stir the clay into water until fully dissolved (use a non-metal spoon).

347. Add lemon juice and drink immediately.

348. Use no more than once daily, for a maximum of 3–5 days at a time.

Traditional Tip: Take clay at least 1–2 hours apart from any medication or supplements, as it can bind to them and reduce their effectiveness.

Traditional Wisdom

Quality of ingredients matters here. Reach for the freshest, least processed version you can find, whether that means the produce aisle, a farmer's market, or a specialty grocer that carries less common items.

Orange & Ginger Cleanse Juice

A bright, warming juice traditionally used to start a gentle cleansing morning, pairing citrus with digestion-supporting ginger.

What You'll Need

- 2 oranges, peeled
- 1 thumb-sized piece fresh ginger
- 1/2 cup water

How To Use It

349. Blend oranges, ginger, and water until smooth, or juice if you have a juicer.
350. Drink first thing in the morning during a cleanse period.

Traditional Tip: Best enjoyed fresh — vitamin C content declines the longer juice sits.

Traditional Wisdom

This is the kind of remedy worth pairing with a consistent time of day, so it becomes a natural part of your routine rather than something you have to remember. Many traditional practices were built around daily rhythms for exactly this reason.

Blueberry & Beet Liver-Support Smoothie

Blueberries and beetroot are both traditionally associated with supporting the body's natural detoxification processes, particularly liver function.

What You'll Need

- 1/2 cup blueberries
- 1/2 small beetroot, peeled and chopped
- 1 cup water or coconut water
- Juice of half a lemon

How To Use It

351. Blend all ingredients until smooth.
352. Drink one small glass, 3–4 times during a cleanse week.

Traditional Tip: Beetroot can turn urine or stool reddish — this is harmless and temporary.

Traditional Wisdom

Many elders would tell you to prepare only what you need for that sitting. Freshly made is considered part of the tradition itself, not just a preference for better flavor — some of the traditionally credited qualities are believed to fade with time.

Cucumber & Lime Cooling Cleanse

A light, hydrating cleanse-day staple, valued for its simplicity and gentle flavor between more intensive remedies.

What You'll Need

- 1 cucumber, sliced
- Juice of 1 lime
- A few basil or mint leaves
- 1 liter water

How To Use It

353. Combine cucumber, lime juice, and herbs in a jug of water.
354. Refrigerate at least 1 hour.
355. Sip throughout the day in place of other beverages.

Traditional Tip: This is gentle enough to drink daily, unlike some of the more potent short-term cleanses in this section.

Traditional Wisdom

As with most traditional remedies, it's worth paying attention to how your own body responds and adjusting quantities accordingly, rather than following amounts too rigidly. Traditional recipes were passed down as starting points, not strict rules.

Milk Thistle Tea

Milk thistle seed has a long traditional history as a liver-supporting herb, often taken during a seasonal cleanse period.

What You'll Need

- 1 tsp crushed milk thistle seeds
- 1.5 cups hot water

How To Use It

356. Simmer milk thistle seeds in water for 10–15 minutes.
357. Strain and drink once daily during a cleanse week.

Traditional Tip: Milk thistle tea has a mild, slightly nutty flavor and is generally well tolerated.

Traditional Wisdom

This remedy has traveled across generations largely because it relies on ingredients that were, historically, already close at hand in most kitchens — nothing exotic or hard to source.

Parsley & Lemon Detox Water

Fresh parsley steeped in water is a traditional light diuretic habit, believed to support the body's natural fluid clearance.

What You'll Need

- A small handful fresh parsley
- 1 lemon, sliced
- 1 liter water

How To Use It

358. Combine parsley and lemon in water.
359. Refrigerate for 1–2 hours.
360. Sip throughout the day.

Traditional Tip: Best used for a few days at a time rather than as a continuous daily habit.

Traditional Wisdom

A note on sourcing: dried herbs and spices lose potency the longer they sit on a shelf. Buying in smaller quantities more often tends to give noticeably better results than a large bag that lingers for months.

Ginger & Turmeric Shot

A concentrated traditional-style shot combining two of the most widely used cleansing spices, taken quickly first thing in the morning.

What You'll Need

- 1 tsp fresh ginger juice
- 1/2 tsp fresh turmeric juice (or 1/4 tsp powder)
- Juice of half a lemon
- A pinch of black pepper

How To Use It

361. Stir all ingredients together in a small glass.
362. Drink quickly, like a shot, on an empty stomach.

Traditional Tip: This shot is potent and spicy — start with a smaller amount if you're new to it.

Traditional Wisdom

Traditionally, remedies like this one were shared within families rather than kept private. If it works well for you, it's worth writing down and passing along, the way it likely reached you.

Celery & Cucumber Green Juice

A simple, hydrating green juice traditionally used as a gentle daily addition during a cleansing period.

What You'll Need

- 3 celery stalks
- 1/2 cucumber
- 1/2 lemon, peeled
- 1/2 cup water

How To Use It

363. Blend or juice all ingredients together.
364. Drink one glass in the morning.

Traditional Tip: Drink fresh — this juice is best enjoyed within a few hours of making it.

Traditional Wisdom

Patience is part of the practice here. Most traditional remedies are meant to be felt gradually, built up over repeated use, rather than experienced as an instant fix the way a modern product might be marketed.

Charcoal Lemonade

Activated charcoal lemonade became a popular traditional-meets-modern cleanse drink, used occasionally rather than as a daily habit.

What You'll Need

- 1/4 tsp food-grade activated charcoal
- 1 cup water
- Juice of half a lemon
- 1 tsp honey

How To Use It

365. Stir charcoal into water until dissolved.
366. Add lemon juice and honey.
367. Drink once, away from any medications.

Traditional Tip: Activated charcoal can bind to medications and nutrients — take it at least 2 hours apart from anything else, and don't use it daily.

Traditional Wisdom

If a remedy calls for something unfamiliar, a West African, Caribbean, Middle Eastern, or South Asian grocer is often a far better first stop than a mainstream supermarket, and usually at a better price too.

Apple Cider Vinegar & Ginger Detox Tonic

A warming variation on the classic ACV tonic, combined with ginger for an extra layer of traditional digestive support during a cleanse.

What You'll Need

- 1 tbsp raw apple cider vinegar
- 1/2 tsp grated fresh ginger
- 1 cup warm water
- 1 tsp honey

How To Use It

368. Stir vinegar, ginger, and honey into warm water.
369. Drink once daily during a cleanse period, before a meal.

Traditional Tip: Always dilute vinegar before drinking to protect your teeth and throat.

Traditional Wisdom

Preparing this by hand, rather than rushing it, is itself considered part of many traditional wellness practices — a small, deliberate pause built into an otherwise busy day.

Fennel & Ginger Digestive Cleanse Tea

A gentle warming tea combining two traditional digestive spices, used during a cleanse to keep digestion moving comfortably.

What You'll Need

- 1 tsp fennel seeds
- 1 thumb-sized piece fresh ginger, sliced
- 2 cups water

How To Use It

370. Simmer fennel seeds and ginger in water for 10 minutes.

371. Strain and drink warm after meals during a cleanse period.

Traditional Tip: This tea is gentle enough to enjoy daily, even outside a formal cleanse.

Traditional Wisdom

This pairs naturally with a specific moment in the day — morning, after a meal, or before bed. Building that association is often what makes a remedy stick as a lasting habit rather than a one-time experiment.

Beet & Carrot Liver Juice

Beet and carrot together are a traditional pairing believed to support the body's natural liver function during a cleanse.

What You'll Need

- 1 small beetroot
- 2 carrots
- 1/2 lemon, peeled
- 1/2 cup water

How To Use It

372. Blend or juice all ingredients together.

373. Drink one small glass, 3–4 times during a cleanse week.

Traditional Tip: Beetroot can turn urine or stool reddish — this is harmless and temporary.

Traditional Wisdom

Seasonal availability matters for some of these ingredients. Fresher, in-season produce will generally give a better result than something that has traveled a long way or sat in storage.

Chlorella Green Detox Shot

Chlorella, a nutrient-dense green algae, is a traditional-meets-modern addition used in small amounts as part of a cleansing routine.

What You'll Need

- 1/2 tsp chlorella powder
- 1/2 cup water
- Juice of half a lemon

How To Use It

374. Stir chlorella into water.

375. Add lemon juice and drink quickly, like a shot.

Traditional Tip: Start with a very small amount, as chlorella can be intense in flavor and effect for those new to it.

Traditional Wisdom

As with any new addition to your routine, it's worth introducing this on its own for a week or two before combining it with several other remedies at once, so you can tell what's actually making a difference.

Wheatgrass Shot

Fresh wheatgrass juice is a traditional-meets-modern cleanse staple, valued for its concentrated chlorophyll content.

What You'll Need

- 1 oz fresh wheatgrass juice
- A squeeze of lemon

How To Use It

376. Stir a squeeze of lemon into freshly juiced wheatgrass.

377. Drink quickly, like a shot, on an empty stomach.

Traditional Tip: Wheatgrass has an intense, grassy flavor — many find it easier taken as a quick shot rather than sipped.

Traditional Wisdom

This is a good one to keep simple. Resist the urge to add extra ingredients not listed here — traditional ratios like this were refined and passed down over a long period of trial and repetition.

Burdock Root Tea

Burdock root is a traditional blood-purifying herb across many folk medicine traditions, often included in seasonal cleanse routines.

What You'll Need

- 1 tsp dried burdock root
- 1.5 cups water

How To Use It

378. Simmer burdock root in water for 15 minutes.

379. Strain and drink once daily during a cleanse week.

Traditional Tip: Burdock root tea has an earthy, slightly sweet flavor.

Traditional Wisdom

Many traditional preparations like this double as a small moment of stillness. The few minutes it takes to prepare it slowly, without multitasking, can be as valuable as the remedy itself.

Cranberry & Water Flush

Unsweetened cranberry juice diluted with water is a traditional light cleanse drink, valued for supporting the body's natural fluid clearance.

What You'll Need

- 1/4 cup 100% unsweetened cranberry juice
- 3/4 cup water

How To Use It

380. Stir cranberry juice into water.

381. Drink once or twice daily during a cleanse period.

Traditional Tip: Make sure to choose 100% unsweetened cranberry juice, not cranberry cocktail, which is high in added sugar.

Traditional Wisdom

If you find the flavor strong at first, it's common practice in many households to start with half the listed amount and build up gradually over a week or two as your palate adjusts.

Fennel & Lemon Digestive Cleanse Water

Fennel and lemon infused water is a light, traditional daily habit to support digestion during a cleanse period.

What You'll Need

- 1 tsp fennel seeds, lightly crushed
- 1 lemon, sliced
- 1 liter water

How To Use It

382. Combine fennel seeds and lemon in water.

383. Refrigerate for at least 2 hours.

384. Sip throughout the day.

Traditional Tip: This is gentle enough to enjoy daily, cleanse or not.

Traditional Wisdom

This remedy is easy to batch. Many households prepare a larger amount every few days and store it properly, rather than starting from scratch each time it's needed.

Spirulina & Lime Cleanse Shot

Spirulina and lime combine for a concentrated, nutrient-dense addition to a cleansing routine.

What You'll Need

- 1/2 tsp spirulina powder
- 2 tbsp water
- Juice of half a lime

How To Use It

385. Stir spirulina and lime juice into water.

386. Drink quickly, like a shot.

Traditional Tip: Spirulina has a strong flavor — following it immediately with a sip of plain water can help.

Traditional Wisdom

Storage matters: keep dried herbs and spices in a cool, dark place in a well-sealed container. Light, heat, and air are what cause them to lose their traditional potency fastest.

Your Daily Cleanse Routine

- Morning: Ginger & Turmeric Shot or Lemon & Cucumber Cleansing Water on an empty stomach.
- Midday: Celery & Cucumber Green Juice or Orange & Ginger Cleanse Juice before lunch.
- Evening: Bitter Leaf & Dandelion Cleansing Tea or Milk Thistle Tea in the early evening.

CLOSING WORD

These remedies carry the wisdom of elders who understood the body long before modern medicine had a name for it. Used thoughtfully, alongside good medical care, they can become a meaningful part of how you care for yourself and your family.

Return to this guide often. Wellness, in the traditional sense, was never a single fix — it was a way of living.

— **Mr. Samuel**

INGREDIENT INDEX

Looking for a remedy built around an ingredient you already have on hand? Here's where each key ingredient appears throughout the book.

Ginger

Ginger Root Tea, Fennel & Pawpaw Blend, Turmeric & Black Pepper Golden Tonic, Ginger & Turmeric Poultice, Tart Cherry & Ginger Recovery Juice, Ginger & Green Tea Fat-Burning Blend, Kola Nut & Ginger Focus Chew, Cinnamon & ACV Blood Sugar Tonic, Orange & Ginger Cleanse Juice, Ginger & Turmeric Shot, ACV & Ginger Detox Tonic, Fennel & Ginger Digestive Cleanse Tea

Turmeric

Turmeric & Black Pepper Golden Tonic, Pineapple & Turmeric Bromelain Blend, Ginger & Turmeric Poultice, Bone Broth & Turmeric Sipper, Cinnamon & Turmeric Golden Milk, Ginger & Turmeric Shot

Lemon

Ginger Root Tea, Apple Cider Vinegar & Cinnamon Tonic, Lemon & Cayenne Morning Tonic, Garlic & Lemon Circulation Tonic, Lemon & Cucumber Cleansing Water, Activated Clay & Lemon Body Cleanse, Aloe Vera & Lemon Water, Cayenne & Lemon Circulation Shot, Parsley & Lemon Tea/Detox Water, Charcoal Lemonade, and many more as a finishing touch

Hibiscus (Zobo)

Hibiscus Calming Tea, Hibiscus Metabolism Tea, Hibiscus & Hawthorn Heart Tea, Rosehip & Hibiscus Tea

Cinnamon

Apple Cider Vinegar & Cinnamon Tonic, Cinnamon & Honey Warming Paste, Banana & Cinnamon Sleepy-Time Tea, Cacao & Cinnamon Energy Bites, Cinnamon & ACV Blood Sugar Tonic, Cinnamon & Orange Heart Tea, Cinnamon & Turmeric Golden Milk, Black Coffee & Cinnamon

Garlic

Garlic & Lemon Circulation Tonic, Cabbage Soup Metabolism Broth

Beetroot

Beetroot Circulation Juice, Blueberry & Beet Liver-Support Smoothie, Beet & Apple Energizer Juice, Beet & Carrot Liver Juice

Banana

Banana & Flaxseed Gut-Soothe Bowl, Banana & Cinnamon Sleepy-Time Tea, Oats & Banana Sustained-Energy Bowl, Banana & Coconut Potassium Smoothie

Blueberry

Blueberry & Chia Metabolism Smoothie, Blueberry & Pomegranate Antioxidant Bowl, Blueberry & Beet Liver-Support Smoothie

Orange

Orange & Rosemary Clarity Water, Orange & Cucumber Refresher, Cinnamon & Orange Heart Tea, Orange & Ginger Cleanse Juice

Moringa

Moringa Leaf Poultice & Tea, Moringa Green Boost

Baobab

Baobab Fruit Powder Morning Blend, Baobab & Berry Antioxidant Smoothie, Shea Butter & Baobab Oil Skin Ritual

Cucumber

Lemon & Cucumber Cleansing Water, Orange & Cucumber Refresher, Cucumber & Lime Cooling Cleanse, Celery & Cucumber Green Juice, Aloe Vera & Cucumber Hydration Tonic

Apple Cider Vinegar

Apple Cider Vinegar & Cinnamon Tonic, Cinnamon & Apple Cider Vinegar Blood Sugar Tonic, Apple Cider Vinegar & Ginger Detox Tonic

QUICK SYMPTOM REFERENCE

Not sure where to start? Match what you're feeling to a remedy below.

Bloating or gas after meals — Try *Ginger Root Tea* (Section 1).

Ongoing digestive discomfort — Try *Bitter Leaf Infusion* (Section 1).

Slow, sluggish digestion — Try *Cumin & Coriander Seed Tea* (Section 1).

Joint stiffness or muscle soreness — Try *Turmeric & Black Pepper Golden Tonic* (Section 2).

Soreness after activity — Try *Tart Cherry & Ginger Recovery Juice* (Section 2).

Localized aches and pains — Try *Clove & Cayenne Warming Rub* (Section 2).

Trouble falling asleep — Try *Chamomile & Lemon Balm Nightcap* (Section 3).

A racing, anxious mind at bedtime — Try *Passionflower & Lime Calming Tea* (Section 3).

Restless, light sleep — Try *Hibiscus (Zobo) Calming Tea* (Section 3).

Brain fog or trouble focusing — Try *Moringa Green Boost* (Section 4).

Afternoon energy crash — Try *Orange & Rosemary Clarity Water* (Section 4).

Low morning energy — Try *Baobab Fruit Powder Morning Blend* (Section 4).

Slow metabolism / stubborn weight — Try *Cinnamon & Apple Cider Vinegar Blood Sugar Tonic* (Section 5).

Sugar cravings — Try *Orange & Cucumber Refresher* (Section 5).

Water retention / feeling puffy — Try *Hibiscus (Zobo) Metabolism Tea* (Section 5).

Wanting to support healthy circulation — Try *Beetroot Circulation Juice* (Section 6 — companion to medical care, not a replacement).

Cold hands and feet — Try *Ginkgo Biloba Tea* (Section 6).

General heart-health support — Try *Hibiscus & Hawthorn Heart Tea* (Section 6 — never a substitute for prescribed medication).

Dull or tired-looking skin — Try *Baobab & Berry Antioxidant Smoothie* (Section 7).

Dry skin — Try *Shea Butter & Baobab Oil Skin Ritual* (Section 7).

Wanting an overall vitality boost — Try *Black Seed (Nigella) Oil Daily Tonic* (Section 7).

Feeling like you need a reset — Try *Lemon & Cucumber Cleansing Water* (Section 8).

Sluggish, heavy feeling after rich meals — Try *Ginger & Turmeric Shot* (Section 8).

Wanting gentle, ongoing liver support — Try Milk Thistle Tea (Section 8).

As always: this reference is a starting point for exploring traditional remedies, not a diagnosis or medical guidance. When in doubt, or if a symptom persists or worsens, talk to a healthcare provider.

YOUR 30-DAY WELLNESS CALENDAR

A simple month-long path through this book — a few weeks focused on one area at a time, so you can build habits gradually instead of trying everything at once. Feel free to repeat any week that resonates, or mix and match as your body responds.

Days 1-4 — Foundations: Gut Health & Digestion

- Day 1: Morning — Apple Cider Vinegar & Cinnamon Tonic. Evening — Banana & Flaxseed Gut-Soothe Bowl.
- Day 2: Morning — Ginger Root Tea. Evening — Marshmallow Root Tea.
- Day 3: Morning — Bitter Leaf Infusion. Evening — Caraway Seed Water.
- Day 4: Morning — Aloe Vera & Lemon Water. Evening — Fennel & Pawpaw Digestive Blend.

Days 5-8 — Comfort: Inflammation & Pain

- Day 5: Morning — Turmeric & Black Pepper Golden Tonic. Evening — Clove & Cayenne Warming Rub.
- Day 6: Morning — Cinnamon & Honey Warming Paste. Evening — Bone Broth & Turmeric Sipper.
- Day 7: Morning — Tart Cherry & Ginger Recovery Juice. Evening — Epsom Salt & Ginger Soak.
- Day 8: Morning — Pineapple & Turmeric Bromelain Blend. Evening — Ginger & Turmeric Poultice.

Days 9-11 — Rest: Sleep & Anxiety

- Day 9: Evening — Chamomile & Lemon Balm Nightcap, with a screen-free wind-down.
- Day 10: Evening — Hibiscus (Zobo) Calming Tea.
- Day 11: Evening — Passionflower & Lime Calming Tea.

Days 12-15 — Vitality: Energy & Mental Clarity

- Day 12: Morning — Baobab Fruit Powder Morning Blend. Midday — Orange & Rosemary Clarity Water.
- Day 13: Morning — Moringa Green Boost. Midday — Yerba Mate Energizer.
- Day 14: Morning — Oats & Banana Sustained-Energy Bowl. Midday — Rosemary Steam Inhalation.
- Day 15: Morning — Cacao & Cinnamon Energy Bites. Midday — Spirulina Green Boost.

Days 16-19 — Balance: Weight Loss & Metabolism

- Day 16: Morning — Lemon & Cayenne Morning Tonic.
- Day 17: Morning — Cinnamon & Apple Cider Vinegar Blood Sugar Tonic.
- Day 18: Morning — Ginger & Green Tea Fat-Burning Blend.
- Day 19: Morning — Blueberry & Chia Metabolism Smoothie.

Days 20-23 — Circulation: Blood Pressure & Circulation

- Day 20: Morning — Garlic & Lemon Circulation Tonic.
- Day 21: Morning — Beetroot Circulation Juice.
- Day 22: Morning — Celery Juice Tonic.
- Day 23: Evening — Cinnamon & Orange Heart Tea.

Days 24-27 — Renewal: Anti-Aging & Longevity

- Day 24: Morning — Baobab & Berry Antioxidant Smoothie. Evening — Shea Butter & Baobab Oil Skin Ritual.
- Day 25: Morning — Black Seed (Nigella) Oil Daily Tonic.
- Day 26: Evening — Cinnamon & Turmeric Golden Milk.
- Day 27: Morning — Rosehip & Hibiscus Tea.

Days 28-30 — Reset: Detox & Cleansing

- Day 28: Morning — Ginger & Turmeric Shot. All day — Lemon & Cucumber Cleansing Water.
- Day 29: Morning — Orange & Ginger Cleanse Juice.
- Day 30: Evening — Bitter Leaf & Dandelion Cleansing Tea. Take a moment to note how you feel compared to Day 1.

After Day 30: revisit the sections that felt most useful, and consider keeping their Daily Routine as an ongoing habit.