

Kicked-Up Wellness Tonic Recipe

a Natural Cold and Flu Remedy

By Ren Hana

This recipe is my family's favorite wellness tonic, and I shared it in a blog post that includes additional information. You can read it [HERE](#).

The Kicked-up Wellness Tonic packs a powerful kick that benefits overall health and wellness and effectively fights respiratory illnesses like



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colds and flu. Tonics similar to this one have been used around the world for hundreds of years, and the recipes have been passed down from one generation to the next—because they work.

The tonic is rich in vitamins, minerals, antioxidants, polyphenols, and phytonutrients. Their combined effects can provide the following health and wellness benefits:

- Anti-viral • Anti-biotic • Anti-bacterial
- Antioxidant • Anti-fungal • Anti-parasitic
- Anti-microbial • Anti-septic • Anesthetic
- Anti-hypertensive • Anti-Inflammatory
- Decongestant • Expectorant

Daily doses of Kicked-up Wellness Tonic helps

- **SHORTENED the LENGTH of TIME** it takes to overcome many viral and bacterial infections
- **BOOST** immune system function, energy and endurance levels. Increase the antioxidant and enzyme actions within your body
- **ALLEVIATE** body aches and pains
- **DECREASE** blood pressure and elevated cholesterol levels. Reduce oxidative stress, heavy metal levels, the risks of dementia and heart disease

NOTES: Before you begin, read the entire recipe including the **Safety Bit** on the last page.

Our tonic is easy to make but is made in 3 stages over time. The Infusion Stage (part 2) takes the longest and lasts 4 weeks.

- **Stage 1: Cutting and Preparation** about 1–1½ hours
- **Stage 2: Infusion**, 4 weeks
- **Stage 3: Decanting** about 20 minutes

We highly recommend using only **ORGANIC** produce and herbs.



Slice and cut the produce into smaller pieces than a standard playing dice. By sizing the pieces this way, they will better fit into a 1-cup measure and give you a more accurate amount.



STAGE 1: Ingredients

Fresh Root Herbs & Peppers

1 cup White Onion, sliced and cut up (medium to large size)

1 cup Ginger root, sliced and cut up

1 cup Horseradish root, peeled, sliced and cut up

1 cup Garlic cloves, sliced

½ cup dried whole Cayenne Peppers crumbled or cut up

OR ½ cup of fresh Jalapeno, Serrano, Habanero, or Cayenne peppers, sliced

Fresh Citrus

Citrus Tip: Gently roll your citrus fruit around on a hard surface to soften it and make it easier to juice. But don't push too hard; very ripe or thin-skinned fruit will burst open.

1 Lemon, juiced (remove the seeds from the juice and pulp) and with the peel diced

½ Grapefruit, juiced (remove the seeds from the juice and pulp) and with the peel diced

Spices

1 Tsp whole Cloves

3 Cinnamon sticks, broken

1 Tbl Turmeric, ground

8 whole Star Anise pods or the equivalent of broken pieces

1 Tsp Black Peppercorns, whole

1 Tsp Cumin, ground

2 sprigs (6") fresh Rosemary

4 springs fresh Thyme

2 Qts Organic Apple Cider Vinegar — Unpasteurized & Unfiltered with the "mother"

STAGE 1: Equipment

- Food processor or electric blender
- Cutting board and sharp chef's knife
- 1 cup dry measure
- 1 Tablespoon (Tbl) measure
- 1 Teaspoon (Tsp) measure
- Citrus juicer
- 1 half-gallon size glass jar (canning type) with a 2-part metal lid
- Plastic wrap or parchment paper
- Waterproof tape or label and permanent marker
- Disposable food prep gloves to protect your hands from the volatile oils in the peppers

IMPORTANT:



The volatile oils in hot peppers can irritate and cause a burning sensation to mucus membranes and sensitive skin.

If you didn't use gloves...

—Do NOT touch or rub your eyes, lips, or other sensitive areas of your body after cutting and handling the peppers.

—Wash your hands & nails several times using a brush or scrubby pad and dish detergent.

STAGE 1: Cutting & Preparation Instructions

- **Sterilize the canning jar/and lid components** using boiling water and turn them upside down on a towel to drain.
- **Wash all produce** with water
- **Place the first 5 cut-up ingredients** (Onion, Ginger, Horseradish, Garlic, and Peppers) **into a food processor** and pulse to purée.
- **Place ½ the purée in the jar.** Next, add the fresh Rosemary and Thyme, then the dry spices, citrus juice, and citrus peel.





- **Add the remainder of the purée to the jar**
- **Pour Apple Cider Vinegar into the jar** until the liquid level reaches the bottom of the jar neck.
- **Place a single layer of parchment paper** or a double layer of plastic wrap over the jar's opening, Then set both lid pieces on top of it, and slowly screw on the retainer ring. *Doing so will help to inhibit the vinegar from reacting with the metal parts of the lid and stop corrosion.*
- **Label the jar** with the date you filled it and the words Kicked-up Tonic Infusion using a permanent marker.

STAGE 2: Infusion

1. **Place the jar in a dark place for 4 weeks** to infuse the vinegar with the plant nutrients
2. **EVERY DAY–Twice a day**, vigorously shake the infusion jar for 15 seconds

STAGE 3: Decanting

INGREDIENTS

- **½ cup Raw Local Honey**, which is the best to use, but any honey will work
- **¾ cup Organic Apple Cider Vinegar**
- **¼ cup Purified Water**

EQUIPMENT

- **½ gal clear pitcher** OR **½ gal jar**
- **4, 16-ounce Swing-top bottles** OR glass jars
- **¼ cup measure**
- **Funnel** that fits into storage containers
- **Very fine Sieve** OR **Super Fine Mesh Brewing bags** OR **Muslin Jelly bags**
- **Self-adhesive labels**
- **Permanent Marker**



STAGE 3: DECANTING Instructions

- At the end of the infusion stage, **strain the liquid from the purée into another jar or a clear ½ gallon pitcher**. Use a very fine mesh sieve OR place it in a super fine brewing or jelly bag. *We use a brewing bag to strain it, and then we squeeze the bag to release any residual liquid.*
- **Add ¼–½ cup Raw Local Honey or to taste**. The honey adds a bit'o sweetness to help "the medicine go down". 😊 Ideally, you should experience a slight sweetness but feel the heat and get a kick from the vinegar.
- **Cover the strained tonic with a paper towel** and let it sit for 30 minutes to allow any fine particulate to settle to the bottom.
- **Evenly divide the tonic into four 16-ounce glass swing-top bottles**. *I stop pouring just before I reach the settled particulate at the bottom of my pitcher, but do as you prefer.*
- **If your bottles are NOT full, make a diluted mixture of vinegar and water** by mixing $\frac{3}{4}$ cup of apple cider vinegar with $\frac{1}{4}$ cup of purified water

- **Top off the tonic volume in your bottles** by adding just enough of the diluted vinegar so the fluid level is about 1½” from the top rim. Then cap and shake to mix.
- **Remember to label your finished tonic bottles.** We use adhesive labels, but you could use a sturdy card-stock tag applied with ribbon, heavy twine, or rawhide. I have a very creative friend who made reusable wooden tags and labels using a wood-burning tool.

Tonic Color

The color of your tonic could range from an orangish-red to shades of gold, brown, or grey. Any of those colors are perfectly normal. The final color depends on the natural pigments of the ingredients used for the infusion.

USING the PULP: The strained pulp can be added, in small increments, to soups, stews, bone broth, or salads to your taste. You can feed it to your backyard chickens (if you have them), and they will love ❤️ you for it, or just add it to your compost pile.

Directions for Using Your Kicked-Up Wellness Tonic



→ For a Daily Health, Wellness, and Immunity Boost:

- **ADULTS and CHILDREN 12 and up:** Take 1 shot per day (1 shot = 3 Tablespoons or 1.5 ounces)
- **CHILDREN 2 to 12 years:** 2 Teaspoons of tonic per day added to a glass and diluted with enough water or juice and additional local honey to help them get it down in several swallows.

→ **At the Onset of Illness** or feeling like you are coming down with something such as the common cold, sinus infection, flu, or something like COVID:

- **ADULTS and CHILDREN 12 and up:** Take 1 shot, 4 times per day until you feel well again
- **CHILDREN 2 to 12 years:** 2 Teaspoons, 4 times per day, added to a glass and diluted with enough water or juice and additional local honey to help them get it down in several swallows.

NOTE: If the Kicked-up Wellness Tonic has too much of a KICK for you or your children, dilute it with broth, tomato juice, or purified water. It can be consumed in several sips.

Storing Your Kicked-up Wellness Tonic

Store the Kicked-up Wellness Tonic in tightly covered glass containers, out of direct sunlight, and away from heat sources. When stored this way, the shelf life is at least one year.

We recently made a major house move, and during the unpacking, we found a jar of tonic in the infusion stage. The label said it was two years old. We were delighted to discover it was perfectly usable, with no mold or spoilage. We strained it, bottled it, and the taste test results? WoW! 🤯 🍯 That was some powerful tonic, but we used it all. 😊

Safety Bit: Homemade tonics like this one (and variations of it) are safely used around the globe to combat colds and flu. But we still suggest this Best Practice before making and using the Kicked-up Wellness Tonic... **To avert an adverse reaction, check with a healthcare practitioner beforehand. Preferably one who is well-versed in natural therapies. This is especially important if you routinely take prescription medications or may also take over-the-counter medications.**