

Wellness & Self-Care Rituals

Welcome! We're thrilled that you're interested in discovering herbal products and integrating them into your daily life. Be sure to visit this page every quarter for updates on new herbs and valuable information. If you prefer hands-on learning for a more comfortable experience, don't hesitate to reach out to us to schedule a workshop.

Delve into ways to seamlessly blend herbal products and mindful practices into your everyday routine.

IRON

If you're anything like me, you're focused on maintaining your health. I've struggled with anemia for years and have been continually taking iron supplements. Yet, I found myself in a cycle of taking iron endlessly while my levels didn't improve. I felt lethargic, had low energy, and often needed multiple naps throughout the day just to get through. I couldn't quite grasp what I was doing wrong. I followed my doctor's prescription exactly, but I remained exhausted.

What I wasn't informed about is that if you have anemia or an iron deficiency, your body naturally struggles to absorb iron effectively. Simply taking iron supplements won't help if your body can't absorb them efficiently. To enhance your body's ability to absorb iron, it's beneficial to pair it with high-calcium sources like orange juice.

Calcium assists your body in absorbing iron, significantly improving your chances of raising your levels. Here's a recipe for a delicious Iron + Calcium boost.

Beetroot and Lemon Juice

Ingredients:

- 2 Medium beets-scrubbed clean and tops tripped
- 1 medium seedless cucumber-rinsed
- 1-inch length piece of fresh ginger-scrubbed clean
- 1 medium lemon

Directions:

1. Chop the beets, cucumbers and ginger into thin pieces small enough to go through the juicer easily.
2. Cut away the lemon peel from the lemon, leaving the most of the white pith and lemon flesh. Cut into small pieces and remove any seeds
3. Reserve about half the lemon
4. Turn the juicer on and push everything through, alternating between beets and the softer cucumber and lemons
5. When everything but the reserved lemon has been juiced, stir the juice and taste for tartness
6. Add the remaining lemon if you feel it can take it, or if the juice is too tart consider adding a couple scrubbed unpeeled carrots or a small cored apple.