



Ghee has been on our radar forever and is a total staple when it comes to elevated cooking, baking and sautéing. Because of its healing nature, it is widely known as a form of Ayurvedic tradition and is responsible for housing and transporting supplements, allowing smooth movement along the body's tissues and intestinal tract.

Our personal favorite is **Flora Ex Machina's Royal Ghee**, created and perfected by holistic nutritionist, Allie Weil. What makes this ghee so unique is its carefully balanced pairing of honey and butter, as well as its powerful blend of algae, adaptogenic herbs and alkalizing greens.

### ***Sounds delish! What are the key ingredients?***

**Raw Honey** -- We're talking unfiltered, unpasteurized and unprocessed raw California wildflower honey. With its preserved nutritional value our bodies can break it down easily as a natural energy source.

**Algae and Greens** -- Algae is much more than just pond scum -- it's actually widely recognized as a superfood. It's rich in iodine with a high potency of chlorophyll, vitamins, minerals and antioxidants that the body uses to cleanse and heal its organs. Barley, wheat grass, spirulina and spinach are greens also rich in chlorophyll that serve as a natural detoxification function.

**Adaptogenic Herbs** -- These herbs include extracts of reishi, maitake, shiitake, chaga and turkey tail. They are used to harmonize the body's overall homeostasis and help to adapt and stabilize your body's hormonal response to stress.