

Evan's Tonic: Super-immunity Elixir

Evan's proven tonic for instant immunity, food poisoning, flu, coughs & lethargy. Detox, re-energise & rebalance your health naturally. This cult recipe has been shared with thousands to the delight of his closest friends & family. He developed the tonic over 10 years ago when he was suffering from an extended period of food poisoning. He took matters in to his own hands & instinctively combined the ingredients he knew to have powerful, synergistic immune boosting effects to create a super tonic full of natural antibacterials, antivirals, anti-inflammatories, vitamins & minerals. Cheers to health!

Ingredients (per serve)

2 tbs Raw, unfiltered Apple Cider Vinegar (with mother).
½ tsp Turmeric powder
½ tsp Cloves & or Cardamom (whole or powder).
1/2 Cinnamon stick / 2 tsp cinnamon powder
1 pinch Ground Black Pepper
1/3 teaspoon Sea Salt
3cm Nob Ginger (Sliced & pricked with a knife end).
¼ Lemon Organic (Segmented & squeezed, skin on).
¼ Orange Organic (Segmented & squeezed, skin on).
1 tsp Honey (Manuka ideal).
1 Cup Boiling water (Filtered, Spring or Reverse Osmosis).

Original version – Boiling Pot

1. Bring a pot of water to boil. Multiply the per serve ingredients above depending on how much you want to make. I like making a large pot by multiplying the above by 4.
2. Thoroughly wash the fresh ingredients as they are going in whole.
2. Slice the ginger & puncture it evenly by pricking it with a knife. Allows quicker steeping.
3. Cut the orange & lemon in to segments.
4. Once the water has boiled, place all ingredients in & boil for 1 minute. Squeeze the oranges & lemons & place them in whole.
5. Taste the tonic & add more of the ingredients above that you feel is needed.
6. Lower the heat & simmer for 10-15 minutes.
7. Enjoy in a mug. Drink throughout the day, hot or cold.

Quick version – Cup

Place all ingredients in a large cup & pour boiling water, cover & let it steep for at least 3 minutes.

Tips

1. Adjust the ratios according to your taste - This taps your body's intuitive intelligence as to what it needs. If you are lacking Vitamin C you may feel the need for more orange or lemon. If you need more probiotics you might feel the need for more ACV. More cinnamon? You may need its antifungal & antibacterial properties. Personalise & adjust the tonic to your body's needs.
2. Use organic fruit, scrub & wash thoroughly since it is all going in the pot. Non organic has harmful fungicides, pesticides & artificial waxes sprayed to prolong shelf life. Keep them refrigerated.
2. Drink 2-3 times per day when ill. You can refill with more boiling water & a top up of ingredients.
3. Enjoy hot or cold - Can be chilled & kept in the fridge, handy if making a large pot.
4. Accelerate healing - Practice intermittent fasting, cut dairy, eat mainly plant based, get a deep tissue massage, immerse in nature, exercise, ground barefoot daily, filter water, get sunlight, unplug from technology, attend a sound bath or listen to one online.
5. Boost your energy - You don't need to be sick to enjoy this, drink monthly for an energetic detox.
6. Polarising - Be aware it does have a strong smell & taste which can be polarising.
7. Clean cookware - Minimise the use of plastic & never heat it. Avoid products containing BPA, PFOA & phthalates as they disrupt normal hormone function, the immune system and neurological development. Use ceramic, stainless steel, clay pot or cast iron cookware & glass, wood, bamboo or stainless steel cutlery, crockery, plating, bottles, containers, chopping boards etc.

Feel free to share this recipe. Questions? Email evanjkwok@gmail.com or IG [@EvanJKwok](https://www.instagram.com/EvanJKwok)