

## How to Make Your Own Anti-Aging Brain Food. The Brain Food Mix

*This herbal combination boosts mental focus, mental energy and concentration.*

1/2 Teaspoon of Rosemary (can be soaked overnight in peppermint oil)  
1/4 Teaspoon of Skullcap powder (optional)  
1/4 Teaspoon of Cat's Claw (optional)  
1/4 Teaspoon of Basil  
1/4 Teaspoon Brazil Nut Powder  
1/2 of 1/4 Teaspoon Billberry Powder  
1/4 Teaspoon Mullein Powder  
1/2 Teaspoon of Dan Gui Herb (optional)  
1/4 Teaspoon of Slippery Elm  
1/4 Teaspoon of Astragalus  
1/4 Teaspoon of Bacopa (optional)  
Alpha Lipoic Acid & N Acetyl Cyeteine - 1 Capsule or 1/4 Teaspoon (optional)  
1/2 Teaspoon of Gotu Kola  
1/4 Teaspoon of Cordyceps  
1/4 Teaspoon of Jigoulan Herb or Ginseng  
1/2 Teaspoon of Papaya Enzyme (optional)  
1/4 Teaspoon of Echinacea  
1/4 Teaspoon of Ginkgo

*Take with warm water in the early morning or before strenuous mental activity.*

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## Brain Lightening Formula

For a quick burst of energy and to enliven mental thought, take this formula with hot water or warm tea.

It is similar to my brain food formula, but does not last as long. It works best for quick mental energy. The formula is:

A pinch of Cayenne Pepper  
1/2 of 1/2 of 1/4th TSP of Valerian  
1/2 of 1/2 of 1/4th TSP of SkullCap  
1/4 TSP of Gotu Kola  
1/2 TSP of Sarsaparilla  
1/4 TSP of Dandelion  
1/2 of 1/2 of 1/4th TSP of Lobelia  
1/4th TSP of Oregon Grape Root  
1/4th TSP of Mullein  
1/2 of 1/2 of 1/4th TSP St. Johns Wort  
1/2 TSP of Kola Nut

## The SOD Mix

*This is a great formula to help raise energy levels, relieve constipation and promote overall wellness. It is based on the ability to raise the body's Superoxide Dismutase levels naturally. Best taken early morning with food.*

Just under 1 tsp Bromelain  
Just under 1/2 Teaspoon of Burdock  
Just under 1 1/2 Teaspoons of Brewer's Yeast  
Just under 1/2 Teaspoon of Ashwagandha  
Just under 1/4 th Roobios Tea  
Just over 1/4 th Ginger  
Just under 1/2 Teaspoon of Cumin Seed  
Just over 1/4 th FO-TI  
Just under 1/4 th Jigoulan  
Just under 1/4 th Milk Thistle  
Little over 1/2 of 1/4 th Oolong Tea  
Just under 1/2 of 1/4 th of Hawthorne  
1/2 of 1/4 th Grapeseed  
Just under 1/4 th of Creatine  
Just over 1/4 th of Reishi  
Just over 1/4 th Basil  
Just over 1/2th of 1/4 th Cordyceps

*Take with food during mid morning or just before or after a workout*

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## Stem Cell and Immunity Boosting Formula

*An excellent formula for boosting the immune system and increasing energy levels and for developing strong and flexible bones, this formula is best taken before going to bed at night with honey.*

7 Parts Carnosine  
3 Parts Spirulina  
0.005 Parts Billberry Herb (leaf or stem)  
0.005 Parts Stevia Herb  
2,000 IU of Vitamin D3  
1000 IU of Vitamin K  
0.05 Parts of Decaffeinated Green Tea  
1.3 Parts of Brewer's Yeast  
Just Under 1 Part Tart Cherry  
1 Part Astragalus herb  
1 Part Lemon Verbana

*When we scale the formula up we get the following ratios:*

The Formula for the Superoxide Dismutase Mix is best taken the following morning after taking the Overnight RejuvenEssence formula the night before. It works best when taken with 2 Cod Liver Oil Capsules to help increase absorption of the contents in the formula.

### Overnight RejuvenEssence Formula

Just under 1/2 Teaspoon of Carnosine (Available from the Vitamin Shoppe for a good price)  
1/4th Teaspoon of Brewer's Yeast  
Just Under 1/4 Teaspoon of Tart Cherry  
Just under 1/4th Teaspoon of Spirulina  
1/2 of 1/2 of 1/4th Teaspoon of Stevia Herb (Not the Processed Powder Type)  
1/2 of 1/2 of 1/4th Teaspoon of Astragalus Herb

Small amounts of the Stevia Herb and Astragalus work best with this formula due to the synergy of the included herbs. Best results are obtained by taking 2 capsules before going to bed with 1 or 2 Vitamin D3 Gel Capsules (Not the powder), and 1 Tablespoon of Honey. Drinking Green tea 30 to 20 minutes before taking the formula can also help boost results, although it may be harder to fall asleep, so it is best to take the green tea if taking the formula in the morning. Other compatible foods include Eggplant and Spring Water.

For those of you wanting a stronger formula, I will list the following formula. However, be forewarned that those with skin sensitivity may find the Lemon Verbana a bit too strong, so the formula should be used sparingly.

Just Under 1/4 Teaspoon of Tart Cherry  
1/2 Teaspoon of Carnosine  
Just over 1/4 Teaspoon of Spirulina  
1/2 of 1/2 of 1/4th Teaspoon of Stevia Herb (Not the Processed Powder Type)  
1/2 of 1/2 of 1/4th Teaspoon of Green Tea Powder  
1/4th Teaspoon of Brewer's Yeast  
1/4th Teaspoon of Astragalus Herb

1/2 of 1/2 of 1/4th Teaspoon of Lemon Verbana Herb

This is best taken once every 3 to 4 days at a dosage of 2 capsules before going to bed with 1 Tablespoon of honey and Vitamin D3 gel caps. The reason D3 Gel Caps are recommended and not the powder, is because Vitamin D3 powder can cause a "mystery itch" upon the eyelids when used with this formula. Vitamin D3 Gel caps cannot be incorporated into this capsulized formula, so gel caps must be separately taken for best results.

*Directions: For best results take 2 capsules before bedtime, 2 to 3 days in a row with a 1 day break in-between. Results are enhanced when taken with anchovies or sardines. Other compatible foods include: honey, chicken soup, parmesan cheese and black olives. Take with a few crystals of Himalayan or Epsom Salts with Mineral Water for an added boost. Lesser compatible foods include Cottage Cheese and Plain Greek Organic Yogurt (Sweetened with Honey). Taking Vitamin E the following morning also adds to the beneficial effects.*

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### How to Increase the Prebiotics in Yogurt Safely. Yogurt Mix

*This is an excellent detox formulation that is mixed into yogurt and eaten in the late afternoon.*

1/2 Alpha Lipoic Acid & N Acetyl Cyeteine - 1 Capsule or 1/4 Teaspoon  
1/2 Teaspoon of Cumin Seed  
2 Teaspoons of Jigoulan Herb  
1 Teaspoon of Cinnamon Powder  
1/2 Teaspoon of Astragalus  
200 mg of Vitamin B6

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### How to Make the Life Restoring Chitosan Mix

*This formula works great during [condition yellow](#) periods or just before going to sleep at night. It gives the body energy the following morning.*

2 Chitosan Tablets (ground up)  
0.5 to 1/2 Part Himalayan Salt (ground up)  
0.5 Part of Lecithin Granules  
2 Parts Onion Powder  
1 Part Comfrey Powder  
2 Parts Brewer's Yeast  
1 Part Basil (ground up)  
1 Part Dried Parsley (ground up)  
1 Part Oat Powder

*Works best taken on Fridays or after a week of work. This rejuvenates the body when it is in a state of rest.*

## Superflare Metal Chelation Mix

*An excellent formulation to chelate metals from the body, reduce or eliminate allergies and to reduce or eliminate the effects of Chemtrails. I have used this formula successfully over the years to eliminate all 3 of the previously mentioned. Take with 1.5 Tablespoons of Honey, 4 to 6 Cod Liver Oil Capsules and 2 Vitamin C Capsules for best results. Works best taken in early mornings.*

A Pinch of Granulated Lecithin (Optional)  
Between 2.0 and 10mg of Vitamin B6 (Optional)  
1/2 Teaspoon of Yerba Mate Herb  
1/2 Teaspoon of Parsley Powder  
2 1/2 Teaspoons of Brewers Yeast  
1 Teaspoon of Echinacia Powder  
1/2 Teaspoon of Brazil Nut Powder  
3/4 Teaspoon of Chili Powder  
3 Bromelin Enzymes  
1 Teaspoon of Garlic Powder  
3/4 Teaspoon of Corriander  
1/2 Teaspoon of Clove Powder  
3/4 Teaspoon of Rosemary Powder  
1 Teaspoon of Basil Herb Powder

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Wherever possible I use organic herbs and many of these combinations will remain fresh for between 4 and 6 months. If you are using a raw herb, grind it up into a mortar and pestle, than add the herbs to a fine sieve and gently shake the sieve to sift the herbs into a container or bag. This makes the herb into a very fine powder which than easily fits into capsules. You can make your own capsules using a device called the Capsule Machine, which can be bought online at various reputable online merchants. The SOD mix and RejuvenEssence can be bought online from [www.mightyz.com](http://www.mightyz.com). Good luck in your herbal mixings!

Herbal Formulations Courtesy of <http://www.ez3dbiz.com>