

Last Revision – June 10th, 2023

Anti-Aging Longevity and Memory Enhancement Nutraceutical Herbal Combinations

Energy

Boil water then add 1 tablespoon of goji berries, 1/2 teaspoon of gotu kola, pinch of grape seed extract and rosemary, 1/2 teaspoon of coconut oil and a drop of blackstrap molasses and 3 drops of resveratrol extract. Take tea with a 1/2 teaspoon goji berries.

Immune System, Bone Health and Room Temperature Probiotic

Equal parts of coriander, Astragalus and Olive Leaf Extract powder with a pinch of cinnamon powder. Add 1/2 teaspoon of this to yogurt or keifer. For an added boost, take with 2 potassium tablets and parsley or cilantro after taking the yogurt or keifer.

Bone Strength

Capers with sprouted chickpeas and sardines or oysters sprinkled with olive oil.

The Official COVID-19 Guidebook of Published Studies,

Resources & Supplements - Revised Spring 2021. Contains the latest research studies as of March 2021.

My personal COVID19 Resistance Formula

I want to share my formula which comes from my latest book

on anti-aging Reverse Aging Naturally. Alchemy and Ayurveda Longevity Anti-aging Secrets.. While the formula has not been tested scientifically, it does contain many of the substances listed on this page that help treat or prevent COVID19. I use this formula personally before going into a populated area or when returning from a populated area, if I feel a need more resistance I will also take it. Ajowan is good for teeth and an extract has been proven to decrease DNA damage ([Carum copticum L.: A Herbal Medicine with Various Pharmacological Effects](#)[Mohammad Hossein Boskabady, et al.](#)).

Add the below extracts to 1/2 cup of water -

5 Drops of St. Germain Extract (Instructions on how to make this are shown in this paper)

10 Drops of Ajwain Extract

Drink the water with the above extracts in it with the following supplements -

1 to 1 1/2 selenium tablets

2 Cod Liver Oil Capsules (Vitamin D)

1 Vitamin D3 Capsule

Ajowan contains Thymol, which is a powerful preventer of DNA damage. It has also been found to help shield DNA from heavy metal poisoning (Giri, 1986; Dhir et al). If you ever tried Ajowan extract it tastes almost exactly like thyme. All healing begins when the DNA of the body is in healthy shape and Ajowan is one key element.

To Strengthen The Lungs

1 cup of Apple Juice with 4 to 6 drops of Rhodiola Rosea extract added.

Carob extract is also very good for the lungs.

[Click here to visit my latest page](#) on **COVID19 Resistance**
Natural Supplements



The below formulas are excerpts from my series of anti-aging books over the years. Many of these books include the secrets alchemists used to reverse aging, as well as the most potent TCM (traditional Chinese medicine) methods that extend lifespan as well as the last 5 years of herbs cited in the best scientific journals and publications, which involve the latest anti-aging breakthroughs.

As one of America's top anti-aging researchers, with more than [6 published books](#) on anti-aging, part of my daily routine is to keep an eye out for the latest discoveries and breakthroughs that involve lifespan extension using herbs, plants and nutraceuticals. A trend I have observed just only during the previous 5 years is that as technology has advanced, the ability to scan substances contained in plants has increased, with a dramatic reduction in the amount of time it takes to screen plants for anti-aging substances. As this future technology matures, it will result in a **dramatic reduction in cost** in anti-aging substances.

For example, just a few years ago resveratrol used to cost between \$20 to \$30 a bottle. Now you can pick up a bottle at wal-mart for under \$8.

Due to these new technologies, the last 3 years has seen some of the most potent anti-aging substances to date, with some **extending lifespan up to 60% or more**([View Studies](#)). Over the course of the last year or so

I have been utilizing this information to create anti-aging formulas. This latest revision to the anti-aging paper you

are reading contains the most potent formulas. I hope you find these formulas as rejuvenating as I have and use them to greatly extend your lifespan, boost your energy, strengthen your neurocognitive abilities and enjoy life to its fullest!!!

Many of these new formulas are found in my latest anti-aging book [**The Official Guide to Reversing the Aging Process. Rashnya Herbs, Alchemy & Taoist Longevity Secrets**](#), and some of the formulas came after the book was written. As for the extracts, you can find out how to make your own extracts in my best seller [**The Official Guidebook ofHow to Make Tinctures and Alchemy Spagyric Formulas**](#).

Black Cumin Exercise Recovery Formula

This formula is very powerful and should only be taken up to 4 days in a row, than a 3 day break. Use this formula if you want to experience rapid building of new muscle, tissue and strength. I also believe that black cumin seed adds balance to the immune system, helping increase one's resistance to contracting COVID19.

In 1/2 cup of water, add 1 teaspoon of Black Cumin Seed, a pinch of Ginger and allow to soak a minimum of 3 hours.

Next add 1/2 carnosine capsule to the water and stir until dissolved.

Next take the following supplements while drinking the water -

1 Vitamin C capsule

3 drops of Black Cumin Seed Extract (optional)

1 1/2 selenium tablet

For an added boost, 30 minutes before taking the above formula take -

6 drops of Cordyceps extract

7 drops of Rhodiola Rosea extract

1 to 2 handfuls of raw walnuts that have had a small amount of grape seed extract added (which can be found in grape seed extract supplements. Just open the capsule, pour out the powdered extract and make an extract).

Optional—A handful of 70% Cacao bits. These I get from a health food store in the baking chocolate aisle. They are small M&M

sized cacao chocolate pieces. Cacao has been shown to be good for HRV.

Taking Roobios Tea 30 minutes before also synergizes and provides an added boost to the Black Cumin Exercise Recovery Formula.

A combination of Rhodiola Rosea and Cordyceps sinensis was found to enhance aerobic exercise capacity during 2-weeks of high altitude training.

Reference

Rhodiola crenulata- and Cordyceps sinensis-Based Supplement Boosts Aerobic Exercise Performance after Short-Term High Altitude Training. Chung-Yu Chen et al. 2013. HIGH ALTITUDE MEDICINE & BIOLOGY. Volume 15, Number 3, 2014.

To Build Strong Knees

I used this formula to get rid of a re-occurring knee problem that almost prevented me from climbing large hills. Take this formula for 3 to 4 days in a row for best results.

To one cup of water -

Add 1/2 spoonful of spirulina powder.

Add 1/2 capsule of carnosine powder.

Drink with 1 Vitamin D3 capsule.

Eat 2 to 3 handfuls of raw almonds.

Optional - For an added boost, add between 4 and 5 drops of Rhizoma Chuanxiong extract to the drink.

Walnuts also help strengthen the knees as does the SOD Mix formula. If you take a few drops of black walnut extract with the SOD Mix you will really feel a powerful synergy.

The Discovery that Calcium Channel Blocker Extends Lifespan

I had been researching associative remote viewing for a number of years, testing it to see if I could use it to predict the stock market. During this time, I came across a research paper showing that calcium channel blockers enhance intuition. I then began taking the calcium channel blocker **Rhizoma Chuanxiong** (Advances in the Chemical Analysis and Biological Activities of Chuanxiong. Weixia Li et al. 2012), before my remote viewing sessions and found that it greatly enhanced my associative remote viewing sessions).

Vasorelaxant is a terminology used to keep the body's arteries healthy. A combination of Chuanxiong (*Ligusticum chuanxiong* Hort) and Tianma (*Gastrodia elata* Blume) have been discovered to exert vasorelaxative effects, including relief of antihypertension. The combination has been in use since the year 1172 where it was known as "Xuan Ming Lun Fang", where it was used to treat headaches, attention deficit disorders, memory problems, neck stiffness and rheumatoid arthritis.

In Traditional Chinese Medicine, Chuanxiong is used to enhance "QI" circulation in blood, dispel wind and alleviate pain. The herb Tianma is used to tranquilize wind, calm the liver, suppress excessive "Yang" and terminate convulsion (Vasorelaxant and antihypertensive effects of Tianshu Capsule on rats: An in vitro

and in vivo approach. Chang Chena et al. 2019).

A study looked at the effects of combining Chuanxiong and Tianma in the ratio of 4:1 and its effects on hypertension. The study concluded that the combination exhibited vasorelaxant effects as well as reduced high blood pressure in rats (Vasorelaxant and antihypertensive effects of Tianshu Capsule on rats: An in vitro and in vivo approach. Chang Chena et al. 2019).

Speaking from personal experience, I have found Rhizoma Chuanxiong (SK) to be of tremendous help in alleviating bursitis, which is common among professional writers. I have used an extract of it, taking between 8 drops to 12 drops with 1/2 cup of water. Another herb that helps unblock upper neck stiffness is Roobios tea, with 3 drops of reserveratrol extract added to it and sweetened with honey.

Summary

SK Channel blockers are creating relaxation in key parts of the body (most likely the body's arterial smooth muscle cells). This relaxation effect may be what allows it to enhance lifespan, as well as intuition.

The substance Formononetin, which has Vasorelaxant activity is found in the following roots of the herbs- Astragalus, liquorice root, black cohosh and Trifolium pratense. Formononetin, which exhibits dose dependant effects, has been shown to relax the region in the Abdominal aorta the most. The study also stated that a combination of two Vasorelaxant herbs may exhibit a broader spectrum of relaxation activity (Vasorelaxant and antihypertensive effects of formononetin through endothelium-

dependent and-independent mechanisms. Tao SUN et al. 2011. Acta Pharmacologica Sinica).

Substances in *Rhodiola rosea* may promote nerve regeneration

Salidroside, a phenylpropanoid glycoside, is abundant in *Rhodiola rosea*. Salidroside has been shown in many studies to exhibit neuroprotective effects, making it a promising agent for nerve recovery. For example, Sheng QS and et al. stated Salidroside achieved successful nerve regeneration in experiments on rats, evidenced by walking track analysis (Sheng, Q. S., Wang, Z. J., Zhang, J. & Zhang, Y. G. Salidroside promotes peripheral nerve regeneration following crush injury to the sciatic nerve in rats (2013). In a recent study published in 2017, in just 12 weeks nerve regeneration was witnessed in studies conducted on rats that had nerve injuries when given a combination of Salidroside and lactic-co-glycolic acid. The study concluded that Salidroside may provide re-engineered nerves for regeneration of myelinated nerve fibers (Salidroside promotes peripheral nerve regeneration based on tissue engineering strategy using Schwann cells and PLGA: in vitro and in vivo. Hui Liu et al. Jan 2017).

Further Reading

Zhang, J. K. et al. Protection by salidroside against bone loss via inhibition of oxidative stress and bone-resorbing mediators. (2013).

Relax and Renew Muscles

Time to Feel Effects - Between 30 to 60 minutes after consumption.

This is a powerful formula that brings immediate relief to bursitis or other stiffness in the body. It is great for helping relax the nerves and muscles of the body. This could be why Roobios is such a powerful natural arthritis preventative.

Using loose Roobios herb or a tea, make a tea out of the roobios. Next add between 3 and 4 drops of Roobios Extract and 2 drops of Resveratrol Extract to the tea.

To make a Resveratrol extract, get the Resveratrol supplement in powder form and then make an extract out of it. This also allows the Resveratrol supplement to last 3 to 6 times longer, as the extract form of Resveratrol is much, much stronger than the supplement and it is better absorbed into the body. Sweeten the formula with honey or stevia extract. You can find out how to make your own Extracts in my best seller *The Official Guidebook of How to Make Tinctures and Alchemy Spagyric Formulas*.

Optional - If you want to enhance the effects even further, perform the Emerald Tablets, or similar Qi Gong or Tai Chi exercise. You can find out how to perform the Emerald Tablets Exercise by reading my book *Deciphering Tablet Number XIII The Keys of Life and Death by Thoth the Atlantean* (recently revised in July 2019).

Mega Strength Body Formula

This is a watered down version of the sulforaphane detox formula found in my recent anti-aging book (published 2019) *The Official Guide to Reversing the Aging Process*. Rashnya Herbs, Alchemy & Taoist Longevity Secrets. This formula is gentle enough to take up to 4 times in a row, with a 2 to 3 day break in-between, as it has an accumulative effect. It dries out and detoxes the body (removing damp), helping keep the immune system strong, but most of all it will greatly enhance the strength of the body. The formula also enhances the body's resistance to heat. Heat stress is known to be a contributor to the aging process and illness.

Sulphorane, a substance found in broccoli, is one of nature's most powerful pollution removers. Use this formula no more than 3 days in a row.

3 Drops of Willow Bark Extract (is used to make aspirin)

2 Drops of Lovage Extract

3 Drops of Schizandra Berry Extract

2 Drops of Cinnamon Extract

2 Drops of Sulforaphane Extract

1 1/2 teaspoons of Brewer's Yeast Powder

Take the above formula with flax seeds that have been soaking in water for 20 minutes or longer and add a little bit of honey. The following morning take 8 drops of Salacia Reticulata Extract to give the body an extra boost of energy and detoxification.

Studies of the Effects of Salacia Reticulata on Humans

A study decided to take a look at an extract of Salacia Reticulata and its effects upon the body. The study enrolled a group of

healthy males aged between 50 and 60 years of age with mildly reduced immunity, and after giving them *Salacia Reticulata*, found that it induced changes in their intestinal microbiota, improved their T-cell proliferation index as well as other immunological indices which decline with age. It also elevated expression levels of their immune-relevant genes. The study came to the conclusion that *Salacia Reticulata* positively changes the gene expression of a person's peripheral blood cells and the proportion of intestinal microbiota, shifting it towards a younger phenotype. In simple summary, it enhanced the body's immune system which is weakened as one ages. This makes sense because the majority of the body's immune system is located in the stomach (The stomach in health and disease. R H Hunt, et al. Sept 2015).

Reference

Improvement in Human Immune Function with Changes in Intestinal Microbiota by *Salaciareticulata* Extract Ingestion: A Randomized Placebo-Controlled Trial. Yuriko Oda et al. Dec 2015.

Neurocognition Protector

Time to Feel Effects - Immediately

This formula is a great formula to take immediately after performing the Emerald Tablets, Qi Gong, Tai Chi or similar exercises. The reason why is because the body better absorbs nutrients into the body after these Chi generating exercises have just been performed.

1 apple sliced into 4 pieces with 1 drop of ormus on each side of the slice.

In 1/2 cup of water add the following-

A pinch of carnosine powder. Just open the supplement and remove the carnosine and sprinkle a small amount into the water. It takes 5 about 5 minutes to fully absorb into the water. (Carnosine has no taste so don't worry about it tasting bitter).

5 to 7 drops of Apple Peel Powder Extract. Apple peel powder is hard to obtain, but if you can get it and make it into an extract, it lasts for years and the apple peel powder also lasts a very, very long time.

NZT. Super Neurocognition Enhancer

Time to Feel Effects - 30 to 40 minutes after consuming

This is my favorite formula. I have used it for years to enhance my writing ability. I have called in the **NZT Formula** for short. This formula is so powerful, without any side effects, that the effects last up to 2 days after drinking it. It is a great formula to take before a test, exam or where long term mental endurance is necessary. This formula is unique in that many substances that enhance brainpower have numerous side effects such as headaches or fatigue. However, the "coming down" of this formula is very gentle. Besides enhancing mental strength, it also improves eye vision.

Bulk mix the below extracts and store in a cool dry place and add the drops to FO TI / Goji Berry Tea.

6 drops of butterfly pea extract
12 drops gotu kola extract
4 drops mucuna pruriens extract
3 drops rosemary extract
3 drops cordyceps extract

To supercharge the formula even further, before adding the above extracts, boil a pot of water with 8 finger nail sized pieces of fo ti root herb added to it and a pinch of Coptidis Rhizoma herb. Next remove from heat and add ½ a handful of goji berries and steep for 5 minutes. Next pour the tea into a cup or thermos and add 6 to 9 drops of the above NZT extract and take it with 1 Vitamin E capsule. You can either open the vitamin E capsule and pour it in or take it by mouth. THIS IS KEY AS THE VITAMIN E ACTS AS A STRONG CATALYST FOR THE FORMULA. It is also key when straining the Goji Berries that you press them firmly to extract the mini-seeds inside the Goji Berries as these tiny seeds are very potent antioxidants. If you don't have a strainer, than use a coffee filter to strain the herbs.

Optional

To strengthen the stomach, add between 5 and 8 drops of Black Bean Extract to the above formula, but no more or you will immediately flush your intestines out and really feel the cleansing effect. 0.5 drop of Coptidis Rhizoma extract.

To Help Reduce Feelings of Depression

To ½ cup of water add the following extracts -

½ Drop of Syrian Rue Extract

Between 8 and 10 Drops of Banisteriopsis cappi extract

Concentration Boost

Time to Feel Effects - Immediately

If you already are performing the Emerald Tablets, or similar Qi Gong or Tai Chi exercises, take this beforehand to enhance concentration and greatly enhance the circulation of Tai Chi energy.

8 drops of carob extract (do not use carob powder or it will put you to sleep). Carob extract powerfully clears and cleanses the lungs.

1 Vitamin E capsule for mental energy.

1/2 capful of blackstrap molasses. The iron in the molasses helps Chi formation as well as enhances the immune system.

Extract

Synergy

To enhance the formulas shown above, combine a tea with the extract. For example Roobios tea is made, than a few drops of Roobios extract are added to the tea. This is because when you add the extract of the substance to the tea / herb it greatly enhances its absorption of it into the body.

Room Temperature Probiotic

Time to Feel Effects - Immediately

Most probiotics are susceptible to heat. This is a great formula for "on the go".

2 drops Hawthorne berry extract
5 drops Salacia Reticulata
3 drops Astragalus extract
4 drops Elderberry

An Effective and Simple Exercise Recovery Formula

Time to Feel Effects - Immediately

Take this formula to bring fast relief to the body after intense work or exercise.

Walnuts that have been evenly sprinkled with grape seed extract powder

6 to 8 drops of Cordyceps extract

6 to 8 drops of Rhodiola Rosea extract

Regenerative / Heat Stress Protection

Time to Feel Effects - 1 to 2 hours after performing physical exercise.

This formula only seems to work well when the outside temperature is above 86 degrees F or more and the body is exercising. It may be that it enhances the body's natural supply of antioxidants. It works extremely well when it gets very, very hot. I have achieved the very best results taking the formula before doing intensive exercise or a long bicycle ride in extreme heat. It actually feels like it regenerates the body via the exercise. It also protects against heat stress and is very good for strengthening

the heart. This formula will also clear clouded eyes and strengthen them. This is because the high amounts of Vitex found in the formula remove heat. In TCM bad eyesight is caused by the accumulation of heat, when combined with moisture in the air results in damp heat or "steam" which rises to the upper regions of the body and clouds the eyes. This formula also appears to help reduce feelings of a lack of energy.

Bring a pot of water to boil with the following inside BEFORE the pot boils. This is because this formula contains numerous DNA herbs, that are always the hardest herbs to grind up. Hence, you can add these to the water before the pot boils to bring out more of the substances. Add to a pot of water and bring to boil the following herbs -

1 tablespoon of Mung Beans

5 to 9 Hawthorne berries (these are always hard as rock and can be bought at a natural foods store or online)

1/2 teaspoon of rooibos tea

1/4 teaspoon of cat's claw

1 fingernail sized piece of Fo Ti root bark.

Optional -

After the water has boiled, remove from heat and steep. Next add the following extracts –

3 drops of reishi extract

2 drops of lovage extract (quercetin)

2 drops of hawthorne berry extract

4 drops of mung bean extract

3 drops of Ormus (optional)
Sweeten with honey

If you have not taken vitamin E capsules lately or your diet lacks vitamin E, be sure to take a vitamin E capsule with this formula, or you can cut open the top of the capsule and pour the vitamin E into the tea. Vitamin E is tasteless so you don't have to worry about a bitter taste like many anti-aging herbs have. Vitamin E also works extremely well for reducing dry skin in extreme heat.

Further Reading

Rhizoma Coptidis and Berberine as a Natural Drug to Combat Aging and Aging-Related Diseases. Zhifang Xu et al. Dec 2017.

Major Detox Formula

Time to Feel Effects - Because it takes time for the body to detox, the effects of this formula are felt 12 to 15 hours later.

Take before bed. Works best taken on Monday evenings.

1 drop of limonene extract
1 sulforaphane capsule
1.5 Alpha Lipoic Acid tablets
6 drops of radish extract
1.5 tablespoons of flax seeds
2 drops of lovage extract (quercetin)

Synergy -

One to three squares of 70% cacao chocolate

Oatmeal Tension Relief

Time to Feel Effects - Immediately after consuming

This formula works best taken on a Friday evening. It will remove any major stress and stiffness in the upper neck and back region within just a few hours.

Place 1 teaspoon of apple peel powder in a pot of water and allow the water to come to a hearty boil. Next add oatmeal and stir in and continue to boil for a few minutes. Next remove from heat and add cinnamon powder. Next before eating the oatmeal, take 1 vitamin B6 tablet and 1 resveratrol tablet. Sweeten with honey.

The reason this formula works so well is because a powerful synergy occurs between the vitamin B6 and the polyphenols in the apple peel powder.

Reference

Poly(lactide)nanofibers loaded with vitamin B6 and polyphenols as bioactive platform for tissue engineering.

Long Term Lasting Energy

Time to Feel Effects – 4 to 12 hours after taking the formula

This tea is extremely sweet and utilizes the herb *Chlorophytum Tuberosum*, which is twice as strong as resveratrol. (Longevity effect of a polysaccharide from *Chlorophytum tuberosum* on *Caenorhabditis elegans* and *Saccharomyces cerevisiae*).

Take this formula no more than once every 3 days. It works extremely well if you are going to do a marathon or climb a large mountain as it greatly enhances the strength of the body.

Make a tea from the herb of *Chlorophytum Tuberosum*. First add the *Chlorophytum Tuberosum* along with liquorice root herb to the water before boiling as these are very tough / strong herbs and require a longer time in the water to extract their nutrients. After boiling, immediately add 3 drops of Limonene (optional) liquid and Gotu Kola herb and allow to steep for 5 minutes. The Ratio of *Chlorophytum Tuberosum* to Gotu Kola is 2 parts *Chlorophytum Tuberosum* to 1 part Gotu Kola. The reason limonene is added immediately is because its antioxidant effects are stronger at high temperature and limonene is a powerful protector against oxidative stress (JieBai et al. 2016), one of the leading causes of aging. Next add the following extracts -

- 2 drops of *Munica Puren*s
- 1/3rd capsule Grape Seed Extract
- 1 Drop of Sweet Black Museli
- A pinch of Magnolia Bark
- 3 drops of *Chlorophytum Tuberosum*
- 3 squares of 70% Cacao Chocolate

To add synergy to the above tea formula take 1 resveratrol tablet when drinking. If you want to use the above formula to enhance memory and concentration with an effect very similar to taking Berberine, add 1/2 to 1/4th teaspoon of celery seed when steeping.

The St. Germain Formula

A powerful way to thoroughly clean the colon. A clean colon sets the precedent for long-term lasting health. This formula will also immediately remove constipation and improve digestion as well as heal the eyes.

Uses of St. Germain

Powerful Flu Resistance

Enhanced Bone Strength

Immediate relief of Constipation

Removing Dampness (TCM term)

Cleansing and Strengthening the Lungs

Take the St. Germain Tea form every 3 to 4 days to enhance sleep and reduce insomnia. The St. Germain formula was developed by Count St. Germain, who reputedly had lived a very, very long time. It is interesting to note that a scientific study conducted on the St. Germain formula (Fernanda Bastos de MELLO et al. 2006 & Paulo D Picon et al. April 2010) showed it created an increase in white blood cells. (Pere-Joan Cardona. Aug 2011). And if you research this further, elderberry, which is used in the St. Germain formula, when elderberry is mixed with Astragalus (Hanne Frøkiær et al. Oct 2012) (which also boosts white blood cells) it enhances *L. acidophilus*, which is a probiotic type bacteria found in yogurt. *L. acidophilus* has also been shown to reduce cavities. This is because *Streptococcus mutans*, which causes tooth decay (W J Loesche. Dec 1986), which is found in the brands of yogurt that contain *Acidophilus* such as Chobani and Dannon, reduce the chance for one to get cavities due to the *L. acidophilus* in the yogurt (Bafna HP et al. 2018). The formula can also be made into an

extract or a tea. If making into an extract you will need to grind up the Star Anise and Fennel Seed.

Removes Damp Heat

If any of you are familiar with Traditional Chinese Medicine (**TCM**), you will know that dampness is one of the major causes of disease, especially toothache. Toothache is the result of damp heat from stomach yin deficiency. The St. Germain formula, from my experience has been found to greatly strengthen the gums, as well as offer powerful tooth protection against decay. This is because the St. Germain formula is a powerful remover of damp.

You will need –

3 Parts Senna

1.5 Parts Elderberry

1 Part Fennel Seed (after crushing into a fine powder, slightly more is added to the final formula)

0.5 Part Star Anise

You will need a lot of Senna because as it is heated and ground up, it will become greatly reduced in size, as the powder becomes extremely very fine.

In a pot with medium heat add the ground up Senna. Next using a fine mist sprayer, spray the Senna and then gently apply a light coating of Cream of Tartar Powder over the Senna and rotate / mix the Senna so the Cream of Tartar is lightly distributed. Apply more mist if needed to thoroughly saturate the Senna, but not too much. Turn the Senna over and over regularly so the Senna

does not burn. When the Senna is dry, remove and crush it into a fine powder in a mortar and pestle. It is key that the Senna is dry before doing this or it will be very hard to crush in the mortar and pestle and you will have to send it back to the pot to dry out.

Once you have the Senna powder, measure out the varying parts of the other herbs shown earlier and place in an air-tight container. Just be sure to add a little more Senna in the final mix as it becomes extremely fine after crushing.

Usage Instructions

Add between 1 and 1.5 teaspoons to 1 cup of boiling water and let steep for 5 minutes before drinking. The final taste is a liquorice type taste.

The formula will keep for years if stored away from excess heat and light. I have also used an extract that I had kept for over 3 years that was left in a bottle until I ran out of it. The St. Germain formula may have the lasting power of wine, as I have made many extracts over the years and they lose their potency or go bad over time, but the St. Germain extract is one of the rare ones that stands the test of time.

Synergy for the St. Germain Formula.

Before you boil the water add a SLIGHT PINCH of Rosemary Herb and Ginger. Rosemary, like Goji Berry has antioxidants that become stronger with heat and it helps preserve the antioxidants when the St. Germain formula is added to the water later on.

After you have strained the **St. Germain Tea** add the following for an extra boost -

4 to 6 drops of carrot powder extract
1/2 of 1/2 of 1/3rd of creatine capsule
Take 1 Vitamin D3 capsule (5,000mg)
Take 2 Cod Liver Oil Capsules (1,200mg)

St. Germain Rejuvenation Combination

Incorporate the St. Germaine formula into your anti-aging diet.

Eat yogurt. Next wait 45 minutes and make a tea out of the St. Germain. As you drink the tea, take 1 resveratrol capsule, 1,200 mg of cod liver oil and 5,000 mg of D3. Wait another 45 minutes and then take the following –

In a cup of spring water add the following extracts / amounts -

7 drops of elderberry,
2 drops of cayenne pepper,
1 Vitamin C tablet,
4 drops of Astragalus,
3 Tablespoons of honey.

4 to 8 hours later or the following morning, take 1 cup of water with Himalayan salt to restore minerals.

To Remove Summer Heat Stress

This formula will reduce the energy drain caused by the heat during summer.

In the morning take 1 cup of spring water or other alkaline water and add the following-

2 Drops of Cayenne Pepper Extract

5 Drops of Ginkgo Extract

A pinch of Himalayan Salt

1 Vitamin C Tablet

1 Vitamin E Tablet

This formula works because Vitamins C and E synergize with one another (Igarashi O et al. Aug 1991) and Vitamins C and E also remove heat stress (Sahin N 2009 et al). Cayenne pepper is high in both Vitamins C and E (USDA Nutrient Database). Ginkgo removes heat stress (Fuliang Cao et al. 2012) and Himalayan salt restores minerals lost due to excessive sweat (Yong-Mei TANG et al. 2016).

Due to all this synergy, only a small amount is needed and the effects last for up to 4 hours.

Eyesight Restorer / Strengtheners #1

Take a radish, cut up and add to boiling water to make a tea and drink. Wait 40 minutes then take 7 drops of B. Cappi extract and 1 drop of Syrian Rue Extract.

Eyesight Restorer / Strengtheners #2

3 Drops of Chrysanthemum Extract

2 Drops of Astragalus Extract

7 Drops of Milkvetch Seed Extract

Eyesight Restorer / Strengtheners #3

3 Drops of Limonene Liquid

5 Drops of Milkvetch Seed Extract

1 Drop of Spanish Moss Extract (use sparingly)

Heart Rate Variability

We are just starting to learn how to heal the body via the heart (Angela J. Grippo 2017). This is also known as 5th dimensional healing. This exercise utilizes Heart Rate Variability to help restore energy to the body via an anti-aging effect.

After taking the Long Term Lasting Energy (Chlorophytum Tuberosum) energy formula shown earlier, wait 40 minutes then practice the following exercise.

- 1 -Go into coherence, expressing feelings of appreciation via Heart Math. You can use an EM Wave Meter to help you with this.
2. Once you have achieved coherence, picture a golden radiant glowing light around your body. Visualize this light restoring your body back to perfect health and harmony.
3. Next visualize yourself smiling into your heart.
4. Next visualize yourself smiling into all the cells of your body.

5. Next visualize yourself smiling into your immediate environment, such as your room, floor bed etc.

6. Next tune back into the golden revitalizing glow that surrounds your body and visualize your body in perfect health and harmony.

Repeat the above exercise 3 times over the course of 20 minutes or so, or until your body feels 'rejuvenated' enough. For a much added boost, perform the exercise when your emotional biorhythm is peaking. This is because the exercise utilizes the energy of your heart. The heart is the generator of emotion in the body. Hence, you are using a peak period in your biorhythm cycle to tap into the energy of your heart and use it for healing /rejuvenation.

The Brain Food Mix

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

1/2 Teaspoon of Rosemary
1/4 Teaspoon of Skullcap powder
1/4 Teaspoon of Cat's Claw
1/4 Teaspoon of Basil
1/4 Teaspoon Brazil Nut Powder
1/4 Teaspoon Mullein Powder
1/4 Teaspoon of Slippery Elm
1/4 Teaspoon of Astragalus
1/2 Teaspoon of Gotu Kola

1/4 Teaspoon of Cordyceps
1/4 Teaspoon of Jigoulan Herb or Ginseng
1/4 Teaspoon of Echinacea
1/4 Teaspoon of Ginkgo
1/4 Teaspoon of Bacopa (optional)
1/2 Teaspoon of Dan Gui Herb (optional)
1/2 Teaspoon of Papaya Enzyme (optional)
Alpha Lipoic Acid & N Acetyl Cyeteine - 1 Capsule or 1/4
Teaspoon (optional)

Take with warm water or a hot tea in the early morning or before strenuous mental activity. Works best when made as a tincture / extract which you can learn how to do in my book The Official Guidebook of How to Make Tinctures and Alchemy Spagyric Formulas. It is extremely important that you keep it away from damp environments. Does not store long as an extract, but works very well as a tea.

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. John's Wort
1/2 TSP of Kola Nut or Guarana Extract (natural caffeine)

I like to make the above into a tincture, than add between 4 and 6 drops to a 2oz aroma-spray such as lavender or lemongrass. When you inhale the spritzer the brain lightening formula really sharpens mental concentration and focus.

The SOD Mix

This is a long time favorite. Use it not only for energy, but to strengthen the knees. 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 2 cod liver oil capsules 2 Vitamin C tablets and food.

Just under 1 1/2 Teaspoons of Brewer's Yeast
Just under 1 tsp Bromelain
Just under 1/2 tsp Teaspoon of Ashwagndha
Just over 1/4 tsp of Cumin Seed (not black cumin)
Just over 1/4 th tsp of FO-TI
Just under 1/2 of 1/4 tsp of Milk Thistle
Just under 1/4 th tsp of Creatine
Just over 1/2 of 1/4 tsp of Reishi
Just over 1/2 of 1/4 tsp of Ginger
Just over 1/2 of 1/2 of 1/4 tsp of Grape seed
Just over 1/4 tsp of Burdock

Just over 1/2th of 1/4 tsp of Cordyceps
Just over 1/4 th tsp of Basil
Just under 1/4 th Jiaogulan (optional)

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

Stem Cell and Immunity Boosting Formula. The Overnight Rejuven Essence Formula

From the book: My Book of Stem Cell Longevity Formulas and Nutraceutical AntiAging Combinations.

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. The following morning take the SOD mix mentioned earlier for optimal results. Combine the following and put into capsules:

On a late Friday afternoon or after an especially hard workout, take a food that is high in both niacin and melatonin. For example I use oatmeal seasoned with cinnamon. This is because oatmeal contains adequate levels of both melatonin and niacin.

After eating the meal, wait a total of 45 minutes to allow the niacin to fully be absorbed into the body.

After 45 minutes have passed, take a food that boosts the body's Superoxide Dismutase levels. I personally take a hot cup of Roobios Tea (*Aspalathuslinearis*). Physical exercise will also boost

your body's Superoxide Dismutase levels (SOD) (Free radical scavenging ability of Aspalathus linearis in two invitro models of diabetes and cancer. Viduranga Y. Waisundaraa,* and Lee Yian Hoonb. January 2015).

After another 45 minutes have passed, take the carnosine mix.

Natural Probiotic Formula

Simply put, this is a probiotic, but in an extract form. Add a few drops of this formula to plain Greek yogurt that has been mixed with cinnamon and flax seeds to give it an extra boost.

- 2 drops of Hawthorne Berry Extract
- 3 drops of Astragalus Extract
- 5 drops of Salacia Reticulata Extract
- 3 drops of Elderberry Extract
- 1 HN109 Probiotic Capsule

Optional -

- 1/2 Teaspoon of Jigoulan Powder (or 3 drops of the extract)
- 1 Alpha Lipoic Acid Capsule

The Carnosine Mix Formula

Time to Feel the Effects - The following morning or 1 to 2 hours. It is not uncommon to feel the rejuvenative effects immediately after taking it.

This formula is an excellent recovery formula and it enhances knee strength. Take on a Friday night or during a full moon for maximum results.

Take the following capsules:

1 Milk Thistle Capsule
1,000 mg of carnosine
1 to 2 Vitamin C Capsules
Between 2 and 3 Cod Liver Oil Capsules (Vitamin D)
7,000 IU of Vitamin D3
200mg of Grape seed Extract Capsules
1 teaspoon of Brewer's Yeast (B vitamins)
2 to 3 tablespoons of honey

For an added boost, the below are optional -

Add the following extracts to 1 cup of spring water (alkaline)
4 drops of Elderberry Extract - note elderberry extract contains toxins, so it should be used with caution. If you feel uncomfortable taking it, then don't take it.

7 drops of Astragalus Extract
5 drops of Milk Thistle Extract (liver stimulator)
2 drops of Cayenne Pepper Extract (catalyst)
5 drops of Ormus (enhances the absorption of all the aforementioned ingredients)

The following morning take foods or supplements that repair the body's Myelin sheaths. Myelin sheaths strengthen the brain's

neurons (Pharmacogenetic stimulation of neuronal activity increases myelination in an axon-specific manner. Stanislaw Mitew et al. Jan 2018). I personally take berberine. Because the above formula stimulates the klotho gene, the body is better able to repair the myelin sheaths, which adds a major boost to the anti-aging properties of the formula.

Results are enhanced when taken with certain proteins such as anchovies or sardines. Other compatible foods include: honey, chicken soup, Parmesan cheese and black olives. Take with a few crystals of Himalayan Salt 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.

For maximum effectiveness, rub the upper shoulder and joints of the body such as elbows and knees and ankles with olive oil that has had gotu kola herb soaked in it for 30 days and exposed to the sun. The herb gotu kola and the nutrients in the olive oil exhibit major synergy. The olive oil infused with the gotu kola creates a more concentrated form of Olive Oil, meaning only a little is needed to cover the skin. Also excess olive oil rubbed into the body weakens the lungs, so it should be used sparingly.

Zeolite Detoxification Formula

This is a great way to make your Zeolite go further. I have made a 2oz bottle of this and it is still being used 1 year later. Combine the following:

1/2 of 1/4th Teaspoon of Dried Parsley Powder
1 Vitamin C tablet (which synergizes with the Vitamin C in the Parsley). Vitamin C is also an excellent Metal Chelator.
1/2 of 1/4th Teaspoon of Lobelia (optional),
1/2 Teaspoon of Zeolite. Too much Zeolite is naturally extracted from the body and will not chelate any more metals if you take more, so it will only be wasted.
1/2 of 1/2 of 1/4 Cayenne Pepper (or just a pinch of the Cayenne Pepper is too strong), which increases circulation in the body to help flush out toxins.

Take the zeolite formula in the morning. It is especially helpful during summer when fatigue and anemia are more common.

Yogurt Mix

From the book: Living Healthy Beyond 120, A Centurion's Plan for Longevity.

This is an excellent detox formulation that is mixed into yogurt and eaten in the late afternoon. It also increases the probiotics in the yogurt, contributing to a strong immune system and healthy digestive system.

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

1 Now Foods Clinical GI Probiotic Capsule. These capsules contain the probiotic HN019, proven to enhance the immune system in older people (The Effect of Bifidobacterium animalis ssp. lactis HN019 on Cellular Immune Function in Healthy Elderly Subjects: Systematic Review and Meta-Analysis. Miller LE. Et al. Feb 2017).

The Life Restoring Chitosan Mix

From the book: Living Healthy Beyond 120, A Centurion's Plan for Longevity.

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, so you have more energy when you wake up.

Metal Chelation Mix

This formula is very good at removing all types of allergies.

An excellent formulation to chelate metals from the body. 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 and if you live in a large city metropolitan environment.

1/2 Teaspoon of Yerba Mate Herb
1/2 Teaspoon of Parsley Powder
2 1/2 Teaspoons of Brewer's 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

A Pinch of Granulated Lecithin (Optional)
Between 2.0 and 10mg of Vitamin B6 (Optional)

Simple Memory Improvement Tincture

Create an extract with the following ratios -

2 pats Ginkgo
2 Parts Gotu Kola
1 Part Peppermint
1/2 Part Rosemary

To Increase Reaction Time

Lemon Balm Tea with Valerian at a ratio of 1 part lemon balm to 2 parts valeraian. Add 1 drop of limonene.

Exercise Recovery

Rhodiola Rosea with Astragalus

Sexual Endurance

Jiaogulan, Schizandra Berry and Rhodiola Rosea

Mental Strength

Best taken in the mornings

Take the following with grapefruit drink for maximum effectiveness.

- 1 berberine capsule
- 1 potassium glutonate capsule
- 2 vitamin C tablets
- 2 cinnamon coated vitamin E tablets
- 7 to 9 drops of ormus (optional)

Another formula if you don't want to use berberine -

Time to Feel Effects - Immediately

Boil a pot of water with liquorice root in it. Remove from boil and add 3 drops of limonene, gotu kola and celery seed and steep for 5 minutes than drink. Take berberine 2 hours later

Neurocognition Enhancer

Time to Feel Effects - Immediately

Boosts energy of the brain and intuition.

- 6 drops of butterfly pea extract
- 12 drops of gotu kola extract

4 drops of muna puriens extract
3 drops of rosemary extract
3 drops of cordyceps extract
4 drops of FO TI extract.

Synergy

Take after eating eggs or walnuts

Emerald Tablets Exercise Strengthening Formula

Time to Feel Effects - Immediately after the exercise

Take this formula before practicing the Emerald Tablets QI Gong exercise to amplify the restorative effects.

1 teaspoon of carob powder (too much makes you drowsy. The extract works best)
1 teaspoon of black molasses
1 drop of limonene
1 drop of cayenne pepper extract
5 drops of ginkgo extract
2 drops of rhodiola rosea extract

How to Use Fo Ti

After using Fo Ti in various combinations over the past 7 years from powder forms to supplements to root to tea, I have found the following -

FO TI as an extract does not keep very long

FO TI as a powder is not very well absorbed into the body

FO TI works best on its own, not combined with other herbs

Excess FO TI will over-stimulate the liver

FO TI is very good for the eyes and enhances mental endurance.

The best method I have found for using FO TI is the following- Purchase the dried root foti and break off 3 to 4 half fingernail sized pieces and add them to a pot of boiling water. Boil water for 5 minutes and then drink as a tea. Do not add liquorice root or any other herbs to foti as it will over-stimulate the liver. Liquorice root will amplify the effects of herbs in general. Being a root herb, it works best taken from fall into winter.

The power of FO TI lies in its simplicity and ingestion of small amounts of it over time. This means a small amount goes a very long way. The dried root has an extremely long shelf life. The color of FO TI root and the tea is a light to dark red color. The same color as the herbs / substances used in the Vitexin heat stress relief formula shown earlier.

Seasonal Guidelines

WINTER - At the first phase of above average damp / wet conditions, take more foods that remove damp.

SPRING - At the first phase of above average strong winds, take more anti-aging and detoxification formulas.

SUMMER - At the first phase of above average heat, reduce physical stress and take the Regenerative / Heat Stress Protection formula shown in this paper.

What Schedule Should I Follow when taking Longevity or Healing Herbs?

A good rule to follow when taking herbs for healing is to take up to a maximum teaspoon of a tincture or 2 capsules up to 3 times a day for 5 days in a row, then rest for 2 days or until your health improves.

A good rule to follow when taking anti-aging herbs for a longevity routine or herbs for memory and sharpness of mind is to take 2 capsules up to 2 times a day morning and afternoon.

Take mind sharpening herbs or capsules in the morning and longevity herbs in the early afternoon. Do this for between 3 and 4 days in a row with a 1 to 3 day break in between or until your body intuitively tells you that you have had enough. More may be necessary when you are undertaking especially challenging mental or physical tasks.

It is also a good idea to stop taking longevity herbs when detoxing your system or when your immune system is undergoing a change or is weak, as the body improves itself best when no outside influences affect it, which is why fasting is one of the best ways to naturally heal a body.

Wherever possible I use organic herbs and many of these combinations will remain fresh for between 4 and 6 months, except for the brain food mix which lasts longer because it contains Rosemary, a natural preservative. If you are using a raw herb, grind it up into a mortar and pestle, then 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.

Additional tips -

Add grape seed extract powder from a grape seed capsule and sprinkle over 1 bag of walnuts to strengthen teeth and help prevent cavities.

Dip bananas into TEFF seeds for strong teeth and to get adequate manganese intake.

AGE Reduction. I discuss in my anti-aging books that AGE's are one of the main contributors to aging. Use the following to reduce AGE's in high protein foods.

Sprinkle Cocoa Powder over peanuts to enhance neurocognition and reduce AGE's.

An in-depth review of Cocoa

The chemistry thought to be responsible for Cocoa's cardiovascular health benefits is the flavanol (flavan-3-ol) antioxidants. Natural cocoas contain an abundance of flavanols. However, when cocoa is processed with alkali (also termed Dutching or Dutch processing) the flavanols become substantially reduced. Natural cocoa powders contain an extractable pH of between 5.3 and 5.8. When alkalized cocoa powders are grouped into lightly treated (with the pH between 6.50 and 7.20), medium-

treated (with the pH between 7.21 and 7.60) and heavily treated (with the pH between 7.61 and higher), the natural, nonalkalized powders exhibit the highest ORAC values, as well as polyphenols and flavanols (including the procyanidins). What is most interesting is that the chemical measurements exhibit a linear decrease as the extractable pH levels of cocoa powder increase. Also flavanol oligomers, monomers and the polymers show a linear decrease as PH increases (in the final cocoa powder). (Impact of alkalization on the antioxidant and flavanol content of commercial cocoa powders. Kenneth B Miller, William Jeffery Hurst, Mark J Payne, David A Stuart, Joan Apgar, Daniel S Sweigart, Boxin Ou).

Add Cocoa Powder to yogurt to reduce the AGE's from the protein in the yogurt.

Add cinnamon to yogurt.

Add a slice of lemon to water before heating oatmeal.

To Reduce the Effects of Protein Overload

Excess proteins contribute to aging via AGE's and other factors. I personally use this meal to get adequate protein when outdoors and reduce AGE's.

First take the SOD Mix

Dip sesame seeds in peanut butter.

Next take French Lintels that have been soaked in water a minimum of 3 hours. Wait 15 minutes after eating the French Lintels. Next take -

5 Drops of St. Germain Extract & 10 Drops of Ajowan Extract

Misc

Split Peas build strong bones.

French Lintels have almost as much protein power as Chia Seeds.

Sprinkle Cocoa Powder over almonds to increase the body's resistance against oxidative stress.

Thank you for taking the time to improve your health and well-being. Visit www.ez3dbiz.com or www.mightyz.com for the latest books, news and information on health and longevity.

Scott Rauvers

Author