

# Anti-Aging Longevity and Memory Enhancement Nutraceutical Herbal Combinations

*Herbal Formulations Compiled from the Anti-Aging Course of Books at <http://www.mightyz.com>*

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## The Brain Food Mix

*From the book: [Living Healthy Beyond 120, A Centurion's Plan for Longevity](#) by Scott Rauvers*

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**  
**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.

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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**

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

From the book: [Living Healthy Beyond 120, A Centurion's Plan for Longevity](#) by Scott Rauvers

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 and food.

**Just under 1 1/2 Teaspoons of Brewer's Yeast**

**Just under 1 tsp Bromelain**

**Just under 1/2 Teaspoon of Ashwagandha**

**Just over 1/4 Teaspoon of Cumin Seed**

**Just over 1/4 th FO-TI**

**Just under 1/2 of 1/4 th Milk Thistle**

**Just under 1/2 of 1/4 th of Hawthorne**

**Just under 1/4 th of Creatine**

**Just over 1/2 of 1/4 th of Reishi**

**Just over 1/2 of 1/4 th Ginger**

**Just over 1/2 of 1/2 of 1/4 th Grapeseed**

**Just over 1/4 Teaspoon of Burdock**

**Just over 1/2th of 1/4 th Cordyceps**

**Just under 1/4 th Jigoulan**

**Just over 1/4 th Basil**

**Little over 1/2 of 1/2 of 1/4 th Oolong**

**Optional: Just under 1/4 th Roobios Tea -**

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

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Stem Cell and Immunity Boosting Formula. Called: **Overnight RejuvenEssence**

From the book: [My Book of Stem Cell Longevity Formulas and Nutraceutical AntiAging Combinations.](#)  
by Scott Rauvers

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:

Just under 1/2 Teaspoon of Carnosine

1/4th Teaspoon of Brewer's Yeast

Just under 1/2 of 1/2 of 1/4th Teaspoon of Spirulina

1/2 of 1/2 of 1/4th teaspoon of Stevia Herb (Not the Processed Stevia)

1/2 of 1/2 teaspoon of 1/4th Mulberry (can use the mulberry powder from capsulated mulberry)

Best results are obtained by taking 2 capsules of the above combined with 1 Vitamin C capsule, 2 Cod Liver Oil capsules and 2 Vitamin D3 Capsules (*Not the powder because the powder can cause a "mystery itch" under the eyelids*) and 1 Tablespoon of Honey (*optional*). Drinking Roobios tea with a touch of Grapeseed

powder added boiled with eggshells 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 roobios tea if taking the formula in the morning. Other compatible foods include Parmesan Cheese, Black Olives, Eggplant and Spring Water.

Extra results can be obtained by taking 4 drops of Astragalus tincture with the above formula and than eating Greek yogurt. If you take too many overnight rejuvenessence capsules, you will know because the sides of the eyelids will feel "reddish". So you can use this as a gauge when you know you have taken too much.

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 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.

Because the body will detox after taking this formula if you take the overnight rejuvenessnce before bedtime, it is best to take the zeolite detox mix the following morning to help rapidly remove toxins from the body when you get up in the morning.

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### **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:

200mg of Lobelia or 1/2 a capsule, 1 to 2 cups of Raw Parsley (or 1/2 of 1/4th Teaspoon of Dried Parsley or the Powder), or you can soak the parsley in warm/hot water until the nutrients are extracted from the Parsley, 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 the following morning. Especially helpful during summer when fatigue and anemia are more common among vegetarians. (Anemia occurs when vegetarians don't get enough B12 in their diet.) Other important minerals for vegetarians include iron and folate.

## Yogurt Mix

From the book: [Living Healthy Beyond 120, A Centurion's Plan for Longevity](#) by Scott Rauvers

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. 1/2 Alpha Lipoic Acid & N Acetyl Cyeteine - 1 Capsule or 1/4 Teaspoon
  2. 1/2 Teaspoon of Cumin Seed
  3. 2 Teaspoons of Jigoulan Herb
  4. 1 Teaspoon of Cinnamon Powder
  5. 1/2 Teaspoon of Astragalus
  6. 200 mg of Vitamin B6
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## The Life Restoring Chitosan Mix.

From the book: [Living Healthy Beyond 120, A Centurion's Plan for Longevity](#) by Scott Rauvers

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

1. 2 Chitosan Tablets (ground up)
2. 0.5 to 1/2 Part Himalayan Salt (ground up)
3. 0.5 Part of Lecithin Granules
4. 2 Parts Onion Powder
5. 1 Part Comfrey Powder
6. 2 Parts Brewer's Yeast
7. 1 Part Basil (ground up)
8. 1 Part Dried Parsley (ground up)
9. 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.

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## Superflare Metal Chelation Mix.

By Scott Rauvers

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.

1. 1/2 Teaspoon of Yerba Mate Herb
2. 1/2 Teaspoon of Parsley Powder
3. 2 1/2 Teaspoons of Brewers Yeast
4. 1 Teaspoon of Echinacia Powder
5. 1/2 Teaspoon of Brazil Nut Powder
6. 3/4 Teaspoon of Chili Powder
7. 3 Bromelin Enzymes
8. 1 Teaspoon of Garlic Powder
9. 3/4 Teaspoon of Corriander
10. 1/2 Teaspoon of Clove Powder
11. 3/4 Teaspoon of Rosemary Powder
12. 1 Teaspoon of Basil Herb Powder

A Pinch of Granulated Lecithin (Optional)

Between 2.0 and 10mg of Vitamin B6 (Optional)

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

A good rule to follow when taking herbs for healing is take up to a maximum teaspoon of a tincture or 2 capsules up to 3 times a day for 5 days in a row, than 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 5 days in a row with a 1 to 2 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 or demanding 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.

## Improve Your Memory with a Formula that you Make Once, and Lasts for Years

### Memory Improvement Tincture

2 parts Ginkgo

2 Parts Gotu Kola

1 Part Peppermint

1/2 Part Rosemary

Soak these herbs in a glass bottle with 80-90 proof Vodka for 6 to 8 weeks., gently shaking each early afternoon so the herbs don't stick to each other.

Store jar in a cool, dry, dark cabinet. If the alcohol has evaporated a bit and the herb is not totally submerged, be sure to top off the jar with more alcohol. Allow the mixture to extract for 6-8 weeks.

Now it's time to squeeze. Drape a damp cheesecloth over a funnel. Pour contents of tincture into an amber glass bottle. Allow to drip, then squeeze and twist until you can twist no more! Once you've strained and bottled your tincture, be sure to label each bottle with as much detail as possible. Tinctures gets stronger the longer they remain in the bottle. There is no expiration date.

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, 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 Health to all!

**Scott Rauvers**

Founder of [Mightyz.com](http://Mightyz.com)