The below formulas are an excerpt from my upcoming book The Official Guidebook to Reversing Aging due to be published in February 2019. This book will include the secrets alchemists used, as well as the most potent TCM (traditional Chinese medicine) methods that extend lifespan as well as the last 3 years of herbs cited in scientific publications that have resulted in the latest anti-aging breakthroughs.

As one of America's top anti-aging researchers, with more than 4 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 3 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 technology future matures it will result in a dramatic reduction in cost in anti-aging substances in the very near future. 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 will 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 and strengthen your immune system.

**Regenerative / Heat Stress Protection**

Take this formula before doing intensive exercise or a long bicycle ride. Actually regenerates the body via the moderate exercise. 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 Vitexn 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.

Add to a pot of water and bring to boil

1 teaspoon of Mung Beans  
1/2 teaspoon of Hawthorne berries  
1/2 teaspoon of roobios tea  
1/4 teaspoon of cat's claw  
1/2 cap of lemon juice, vinegar or apple cider vinegar  
A pinch of FO TI root

After boiling for 5 minutes, remove and add the following extracts

3 drops of reishi extract  
2 drops of lovage extract (quercetin)  
2 drops of hawthorne berry extarct  
4 drops of mung bean extract  
3 drops of Ormus (optional)
You can also add 3 mustard sized grain sized pieces of dried fo ti root to the water before boiling for added synergy.

Time to Feel Effects -
1 to 4 hours after performing the exercise.

**Major Detox Formula**

Take before bed. Works best taken on Monday evenings.

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

**Synergy** -
One square piece of 70% cacao chocolate

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.

**Oatmeal Tension Relief**

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.

Time to Feel Effects -
Immediately after consuming

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. You can read more at the scientific paper below:

**Reference**
*Polylactide nanofibers loaded with vitamin B6 and polyphenols as bioactive platform for tissue engineering*
Long Term Lasting Energy
This formula utilizes the herb Chlorophytum Tuberosum, which is twice as strong as resveratrol. This tea is extremely sweet.

Reference
Longevity effect of a polysaccharide from Chlorophytum borivilianum on Caenorhabditis elegans and Saccharomyces cerevisiae.

For Long Lasting Energy. 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 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 liquid and Gotu Kola herb and 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 (Jie Bai et al. 2016), one of the leading causes of aging.

1 drop Limonene
2 drops of Munica Purens
1/3rd capsule Grape Seed Extract
Swet Black Museli
A pinch of Magnolia Bark
3 drops of Chlorophytum Tuberosum
3 squares of 70% Cacao Chocolate

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

To add synergy to the above tea formula, add 3 drops of Munica Puriens Extract and 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. You can find a scientific study done on the St. Germain formula at the following link below:
http://www.ez3dbiz.com/count_st_germain.html

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 the above 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. What is most interesting is probiotics have been shown to extend lifespan (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 be made into an extract or a tea. If making into an extract you will need to grind up the Star Ansie and Fennel Seed.

**Removes Damp Heat**

If any of you are familiar with Traditional Chinese Medicine, 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  
0.5 Part Star Ansie

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 Senna. Next using a fine mist sprayer, spray the Senna and then gently apply a light coating of Cream of Tarter Powder over the Senna and rotate / mix the Senna so the Cream of Tarter is lightly distributed. Apply more mist if need 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 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.

**To use:**

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 is one of the rare ones that stands the test of time.

**Synergy for the St. Germain Formula.**

Before boiling the water, add just under 1/2 tablespoon of rosemary. When steeping, add a touch of ginger powder and 2 drops of Lovage Extract (for quercetin).

Add 4 to 6 drops of carrot powder extract  
1/2 of 1/2 of 1/3rd of creatine capsule  
Pinch of ginger before boiling

**Time to Feel Effects**

2 to 6 hours
Further Reading

Toothache - A Case Study of Toothache. Damian Carey

Acupuncture in Dentistry: Its Possible Role and Application. Li Beng Wong

Diagnosis in Chinese Medicine E-Book: A Comprehensive Guide By Giovanni Maciocia

St. Germain Rejuvenation Combination

Eat yogurt. Next wait 45 minutes and make a tea out of the St. Germain. As you drink the tea, take 1 resveratrol capsule, 1,200mg of cod liver oil, 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 mineral contents.

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 Gingko 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 heat (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 when exposed to a high heat environment.

Eyesight Restorer / Strengthener #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 / Strengthener #2**
3 Drops of Chrysanthemum Extract
2 Drops of Astragalus Extract
7 Drops of Milkvetch Seed Extract

**Eyesight Restorer / Strengthener #3**
3 Drops of Limonene Liquid
5 Drops of Milkvetch Seed Extract
1 Drop of Spanish Moss Extract

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**Heart Rate Variability**

We are just starting to learn how to heal the body via the heart (Angela J. Grippo 2017). 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 at the start of this document, wait 40 minutes than 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 following are Herbal Formulations Complied from the Anti-Aging Course of Books at http://www.ez3dbiz.com/library.html

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 Astralaglus
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*.

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 or Guarana Extract (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

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 Ashwagndha
Just over 1/4 Teaspoon of Cumin Seed
Just over 1/4 th FO-TI
Just under ½ 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 ½ of 1/4 th of Reishi
Just over ½ of 1/4 th Ginger
Just over ½ of ½ 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 Jiaogulan
Just over 1/4 th Basil
Little over ½ of ½ 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:

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 (*Aspalathus linearis*). Physical exercise will also boost your body's Superoxide Dismutase levels (SOD) ([Free radical scavenging ability of Aspalathus linearis in two in vitro models of diabetes and cancer](https://pubmed.ncbi.nlm.nih.gov/25471003/). Viduranga Y. Waisundaraa,∗ and Lee Yian Hoonb. January 2015). However if you are are more common among vegetarians. (Anemia occurs when vegetarians don't get enough B12 in their diet.)

After another 45 minutes have passed, take the carnosine mix. The formula is made up of the following ingredients.

**The Carnosine Mix Formula**

Add the following extracts to 1 cup of spring water (alkaline)
7 drops of Elderberry Extract (annoycians)
1 teaspoon of Brewer's Yeast (B vitamins)
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)
1 drop of limonene

As you drink the water, take the following capsules:
1,000 mg of carnosine
1 to 2 Vitamin C Capsules
4 Cod Liver Oil Capsules (Vitamin D)
7,000 IU of Vitamin D3
200mg of Grapeseed Extract Capsules
2 to 3 tablespoons of honey

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](https://www.nature.com/articles/s41598-018-22042-4)). 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.

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

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.

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:

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. 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 Astralagalus
6. 200 mg of Vitamin B6
7. 1 Now Foods Clinical GI Probiotic Capsule (these capsules contain the probiotic **HN019** proven to enhance the immune system in older people).

Reference


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*

Good removing allergies. 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)

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

Memory Improvement Tincture

2 pats 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.
To Increase Reaction Time

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

Exercise Recovery

Rhodioa Rosea with Astragalus

Cordyceps and Rhodioa Rosea at a 2:1 ratio

Sexual Endurance

Jiaogulan, Schizandra Berry and Rhodiola Rosea

Mental Strength

Best taken in the mornings
Take 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 -
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.

Time to Feel Effects -
Immediately

Take berberine 2 hours later

Neurocognition Enhancer

Boosts energy of the brain and intuition.

6 drops of butterfly pea extract
12 drops of gotu kola extract
4 drops of munica 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

Time to Feel Effects -
Immediately
Emerald Tablets Exercise Strengthening Formula

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)
1 teaspoon of black molasses
1 drop of limonene
1 drop of cayenne pepper extract
5 drops of gingko extract
2 drops of rhodio rosea extract

Time to Feel Effects -
Immediately after the exercise

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 strength.

The best method I have found for using FO TI is the following -
Purchase the dried root fo ti and break off 3 to 4 mustard seed sized pieces and add 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 fo ti as it will over-stimulate the liver. Liquorice root 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. This means a small amount goes a very long way, exerts powerful effects and 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.

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.

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 [ez3dbiz.com](http://ez3dbiz.com) & [mightyz.com](http://mightyz.com)*