

Golden Milk, An Ayurvedic Rasayana

Why

Rasayanas are a special class of Ayurvedic herbal rejuvenate teas and tonics used to nurture ojas, our reserve of life energy. Even though the herbs are considered energy tonics, they have NO stimulant or sedative qualities or effects. drinking the tonics before bed will calm and nourish your energy reserves, causing you to sleep deeply, restoratively, like a baby. You will have more energy in the morning with no groggy, sedative side effects.



When

In the first week of daily consumption is necessary to effect the restorative process. during the first week, take the rasayana nightly. Tapper off and find a comfortable dose which reflects the degree of stress and resulting energetic deficiency.

Recipe

Golden Milk

1 cup organic milk, (almond, rice, coconut or hemp milk may be used),
gently warmed on stove

Add the following to the warm milk

1 pinch each

Ginger

Cardamon

Cinnamon

1/2 teaspoon organic ghee (clarified butter)

1 tablespoon organic maple syrup or raw honey (if using honey be sure that milk has cooled enough to put your finger in it)

*optional and will improve results (I purchase mine from www.BanyonBotanicals.com)

*1 teaspoon Shatavari (women)

*1 teaspoon Ashwagandha (men)

Sources

Banyan Botanicals
letsallbehealthy.com

Insider Tip

Do not heat milk in the microwave. The steam wand on an Espresso Machine works really well, or be really good to yourself and cook it on the stove. Every ingredient in the recipe will strengthen your ojas and may also be referred to as ojas or Kidney tonics because the herbs so have the beneficial effects of restoring weakened adrenals from stress and over work. The purpose of rasayana is to slow the aging process and to revitalize the body-mind. Differing constitutions need more or less of the healing beverage. More is not always better.

Please share this with your friends, family and tribe. You don't have to go through life feeling bad and neither do they. I want you to feel better today than you did yesterday. I want you to experience a deep level of vitality. I want you to radiate with enthusiasm for your life, your body, your mind and your spirit. I remember exactly what it feels like to feel bad and I can show you how to put simple, common sense healthy lifestyle habits into your life and create your radiant health.

Drop me an email with your questions or comments at
rommy@radiantoptimalwellness.com

