



1. Eat vibrant, fresh foods.
2. Eat with the seasons.
3. Have most, if not all, of the rainbow colors present at every meal.
4. Integrate tonic superherbs in between meals.
5. Create a peaceful internal environment every time you sit down to eat.

Keeping these five basic intentions intact will provide a longevity base for you to work with. Ayurveda, Tibetan medicine, and Chinese

medicine share similar constitutional theories with respect to creating a healing cosmology.

The rainbow diet takes elemental body types that occur in many different ancient healing traditions into account: Earth, Fire, and Air/Water. We will review the different body types in the next chapter. Ancient traditions hold that our basic constitutions fall into one of several general patterns within the millions of kinds of bodies on our planet, shifting in tune with seasonal rhythms and phases of life, as well as the cycles and rhythms of the planet.

## Medicines for Your Body Type

*The human body is like Mother Earth.* A perfect synergy of elements is constantly in play to keep a biochemical and homeostatic balance. Through the astute balance of these internal elementals, we achieve longevity and harmony. We must keep in mind how all the archetypes of the universe reside within our body and mind. These constitutional theories are recorded maps of human patterning that help us understand the ins and outs of the body's cycles. We all contain each body type to a certain degree; it's more of a matter of understanding where we are at a given time and how we can achieve a greater balance through diet, tonic herbs, daily practice, and emotional awakening.

I've broken down the elemental body constitutions into three main body types. Each body type is an integration of several traditions: Ayurveda, traditional Chinese medicine (TCM), Mayan, and medical astrology.

### EARTH BODY



- Energetics: Moist, wet, oily, hot, sticky
- Body Components: Stomach, intestines, digestive tract
- Chakra: Base, sacral
- Ayurveda: Kapha



## INSOMNIA'S ANTIDOTE ELIXIR

*This is a great tonic to have on hand as an extract for treating insomnia. It is strong and effective because it will provide a remedy the moment you are experiencing the insomnia. It also works well as a tea, although it does take time to make.\* I recommend having this extract handy whether you experience insomnia often or not.*

*Makes 1 elixir, depending upon amounts used.*

- 3 parts dried skullcap
- 3 parts dried passionflower
- 2 parts dried kava kava
- 1 part dried lemon balm
- 100 proof vodka or rum

1. Place the herbs in a wide-mouth jar, to fill about one-third of the jar.

2. Cover the herbs in vodka, and allow them to soak in the liquid slowly.
3. Press the herbs down with your hand or a tool. A general rule of thumb is that if you have about 1–2 inches of liquid over the herbs, then you have a great ratio! If the herbs still look dry, add a little more liquid.
4. To prevent rust, cover the jar with a fine cloth or plastic wrap, and place the lid on top.
5. Place in a cool, dry place, and allow 3–4 weeks for the herbs to macerate in the liquid. Shake the jar every other day.
6. Strain the liquid into a clean jar, and press the herbs in a fine-mesh cloth. Keep pressing until the herbs are basically dried out.
7. Store the tonic in a cool place, and prevent exposure to light.

**Recommended dosage:** For insomnia, 1–2 tablespoons. For chronic conditions, increase the dosage as needed.

\* The same proportions of herbs can be applied if you'd like to make a tea instead of an elixir. Simply simmer 2 tablespoons of the herb mixture in 2 cups of water for 20 minutes. Strain, add your sweetener of choice, and enjoy.



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*Energy Tonics:  
Euphoric & Strengthening*

Herbal energy tonics are incredible multipurpose tonics. They replenish the nervous system, ease chronically elevated cortisol levels, and balance hormones that support regulating sleep disturbance. Sustainable energizing sources boost your strength, stamina, and focus. You can energize yourself without the worry of dangerous stimulants or highly caffeinated drinks.

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## GET HIGH

*A sustainably energizing coffee alternative, green coffee bean and guayusa energize you just enough to feel awake throughout the day. Their mineralizing power regulates blood sugar, reducing stress and increasing muscle and nerve function.*

**Note:** Guayusa is traditionally used by certain tribal peoples in Peru as a night tonic, to help facilitate lucid dreaming. Shamans take it at 3 a.m. to induce a lucid state, which is said to help you stay awake in the dream.

### *Makes 1 serving*

2 tablespoons guayusa leaf  
6–8 ounces almost-boiling water  
2 tablespoons matcha  
½ teaspoon Energy Mother Tonic (see page 139)  
Stevia or honey  
Almond milk (optional, see page 74)

1. In a teapot, steep the guayusa in ½ cup hot water (almost boiling).
2. In a cup, add the matcha powder, and pour ½ cup of hot water into it. With a whisk, mix it well until it's completely dissolved.
3. Add the guayusa infusion into the matcha, and add the energy tonic.
4. Add stevia and almond milk to taste.

## GOLDEN FACIAL SERUM

*I constantly tell people to beware of oils and face cosmetics. There are way too many dirty and expensive cosmetics out there that ruin sensitive skin. If you look closely at the ingredients list of commercially prepared serums, you'll see that they are expensive combinations of chemicals that we shouldn't really put on our face. It's so easy to make your own serums that are truly good for your skin—and easy on your wallet!*

- 1 tablespoon jojoba oil
- 2 teaspoons rose hip oil
- 1 teaspoon apricot kernel oil
- 4 drops calendula essential oil
- 4 drops sandalwood oil
- 2 drops carrot seed oil

1. Combine all ingredients, and mix well.

## Skin Care Ritual

This sweet ritual results in vibrant skin. I'd recommend you do this three times per week.

1. In the morning, while you are in the shower, cover your whole body with Coffee and Raw Sugar Scrub (see page 102), then rub it into your skin with circular motions. Rinse well.
2. Nourish with Best Body Oil (see page 105) after your shower.
3. Close pores with Heart Chakra Mist (see page 106) or Queen of Hungary Water (see page 109).
4. At night, cleanse with Milky Pink Salt Bath (see page 103).
5. Follow this ritual with a light massage using Perfect Cream (see page 112).

## AVOCADO AND CLAY MASK

*This mask will soothe skin and clarify pores.*

*Makes 1 application*

- 1 teaspoon bentonite clay
- 1 teaspoon fresh avocado
- 1–2 teaspoons water (or more if needed)
- 3 drops rose geranium essential oil

1. Mix the clay with the avocado, making a thick paste.
2. Add warm water slowly, making the paste smoother and smoother.
3. Mix in the essential oil.
4. Immediately apply to face and neck in a circular motion.
5. Leave for about 10–15 minutes until it hardens.
6. Remove with a washcloth soaked in hot water (hot water helps you avoid scraping your skin too much).



## THE BEST BODY OIL

*This is a decadent and nourishing body oil with a grounding and floral scent.*

- 1 tablespoon avocado oil
- 2 teaspoons rose hip oil
- 1 teaspoon argan or apricot kernel oil
- 1 teaspoon jojoba oil
- 10 drops carrot seed oil
- 5 drops orange or grapefruit essential oil
- 3 drops sandalwood essential oil
- 3 drops rose geranium essential oil

1. Mix all ingredients together.



## GOJI AND MORINGA SMOOTHIE

*This energizing and highly mineralizing smoothie combines the sweetness of green grapes and goji berries. Costa Rican indigenous peoples drink green coffee bean tea to enhance their energy and strength. A tea is commonly taken in the morning before they cross long and difficult distances over the mountains.*

**Note:** Green coffee beans have a higher level of chlorogenic acid compared to regular roasted coffee beans. Chlorogenic acid in green coffee is thought to have health benefits for *heart disease*, *diabetes*, *weight loss*, among other things.

### *Makes 1 serving*

- 1 cup kale
- 2 frozen bananas
- ¼ cup dried goji berries
- 2 cups frozen green grapes
- 1 teaspoon moringa powder
- 1 teaspoon green coffee beans
- 1–2 cups water

1. Blend ingredients until smooth.

## SUPER IRON SMOOTHIE

*This energizing smoothie is also rich in iron.*

### *Makes 1 serving*

- Handful dinosaur (lacinato) kale (or other dark leafy green)
- Handful spinach
- 1 celery stick
- ½ medium-sized cucumber
- 1 handful herbs (parsley, cilantro, dandelion leaf)
- 1 knob ginger, chopped
- 1 teaspoon nourishing mother tonic (see recipe on page 131)
- 1 teaspoon spirulina
- 1 teaspoon chlorella
- Pinch salt
- Juice of ½ lemon or lime
- 1 cup fresh coconut water or water
- 2–3 dates, or a bit of agave
- 1 frozen banana, chopped

1. Blend all ingredients together until creamy and smooth, and enjoy!

### *Probiotic Spritzers: Mocktails & Mineralizing Juices*

The magic of spritzers and infusions is that they provide a low-calorie and refreshing approach to your tonics. They tend to be low in sugar compared to regular fruit juices and bring in a necessary daily dose of vitality to the body. Spritzers are usually composed of kombucha or other fermented drinks, infusions of leaves and flowers, and extract flavors for the added kick. No matter what method you choose or combine, the spritzer will always be delicious and cooling.







## FLU SHOT

*This shot will kick your system into shape. I call this the “antivenom” shot; it’ll help you fight the roughest colds, throat infections, and any annoying virus that may have caught you.*

### *Makes 1 shot*

- 1 teaspoon cold-pressed garlic juice
- 2 teaspoons ginger, finely grated
- 1 teaspoon fresh squeezed lemon juice
- 1 teaspoon apple cider vinegar
- ¼ teaspoon pau d’arco powder
- 1 ounce aloe water (ideally, fresh)
- Pinch cayenne
- Pinch pink salt

Optional: 10 drops of dragon blood (*sangre de drago*) extract.

**Note:** *Sangre de grado’s* red sap has a long history of indigenous use across the rainforests of Latin America. In the early 1600s, Spanish naturalist Padre Bernabé Cobo found that the curative power of the sap was widely known throughout the indigenous tribes of Mexico, Costa Rica, Peru, and Ecuador. For centuries, the sap has been painted on wounds to staunch bleeding, to accelerate healing, and to seal and protect injuries from infection. The sap dries quickly and forms a barrier, much like a “second skin.”

1. Mix all ingredients, together. Add to a juicer, and blend.





PART TWO  
*Juicing for Your Body & Mind*



## Cleansing with Herbal Tonics

*Adding tonics to your cleanse routine is easy*, yet you must take care when formulating herbs for desired outcomes. Whether you are doing a liquid diet or a particular dietary routine, add two or three tonics within your day to keep you fueled. Keep in mind not to overdo many herbs—the more you concentrate on a set of herbs, the more you should track the effects within yourself, as well as thoroughly cleansing the organs you are targeting.

Add up to four of these herbs to your cleanse schedule, from one or two categories, and use juices that go well with the category you are choosing. In the recipe section, each juice cocktail is delineated with the category in which it fits. This way you can custom-make your cleanse to fit your needs.

### FORMULAS FOR CLEANSING HEALTH

Make these formulas to add to your own cleanse to boost this particular area in your body. If you are looking to detox and mineralize your liver, follow the suggested liver herbs, or if you are seeking to shed a few pounds, add the weight-loss herbs into your cleansing regime.

**Herbs for skin and hair:** Horsetail, gotu kola, calendula, fo-ti, turmeric

**Herbs for weight loss:** Garcinia cambogia, green coffee bean, cha de bugre, turmeric, mangosteen, hibiscus, schisandra berries



#### **Herbs for liver and gall bladder:**

Artichoke leaf, chanca piedra, milk thistle seed, dandelion root and leaf, burdock root, turmeric root, nettle leaf and seed, fennel root, Oregon grape root, yellow dock, quassia bark, rue, lemon peel, spirulina

#### **Herbs for the stomach and colon:**

Slippery elm, chia, gynostemma, tulsi, marshmallow root, cat's claw

#### **Herbs for kidneys:**

Horsetail, marshmallow root, chanca piedra, parsley seed and leaf, schisandra berries, gynostemma, dandelion

#### **Herbs for anti-stress:**

Rhodiola, all medicinal mushrooms (reishi, chaga, shiitake, maaitake, etc.), gynostemma, schisandra berries, ginseng

#### **Herbs for candida:**

Pau d'arco, reishi, chaga, sangre de drago, jergón sacha





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### *Veggie Tonics: Leafy & Rootsy Juices*

Cleansing, detoxifying, and vibrant, green juices are perhaps the healthiest of them all. Thanks to abundant veggie sources and the added powers of herbs, these formulas gently remove toxins from the body while providing essential minerals and antioxidants. From savory recipes to sweet ones, you'll have a marvelous array to play with and create your own bliss.

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## **EASIEST GREEN JUICE**

*This is a great base recipe to work from. This is the best kind of simple juice, made with ingredients that you should always have on hand. Use this recipe as a basis from which to work. This is a great start-off green juice that will get your green needs fulfilled. One serving provides the essential alkalinity, antioxidants, and mineralization needed in a meal.*

### *Makes 1 serving*

6 ounces pineapple  
4 ounces celery  
4 ounces kale  
½ ounce lemon  
1 ounce ginger

**Optional:** Add 1 ounce dandelion greens and a pinch of cayenne to boost its blood-building power.

1. Add all ingredients to your juicer, and blend.

