



Love Potion # 9 enhancing vitality





Love Potion # 9

enhancing vitality

INGREDIENTS

Makes 2-4 servings

16 oz green or mint tea

1 cup fresh or frozen berries

1/2 cup fresh greens such as spinach, kale, chard or arugula

1/2 cup cashews: raw or dry roasted

2 Tbs flax, hemp or chia seeds

1/4 cup unsweetened coconut flakes

2 Tbs cacao nibs

1 Tbs Maca root powder

1 tsp. cinnamon, nutmeg or grated ginger

4 pitted dates or 1/3 c. maple syrup

Juice from 1 lime or lemon

1/2 tsp. lime or lemon zest (optional)

2 droppers (40 drops) of Bauman Wellness Tonic Elixir

DIRECTIONS

Blend all ingredients in a blender

Dilute with water, coconut water, juice or tea to taste

Drink in 2-4 servings

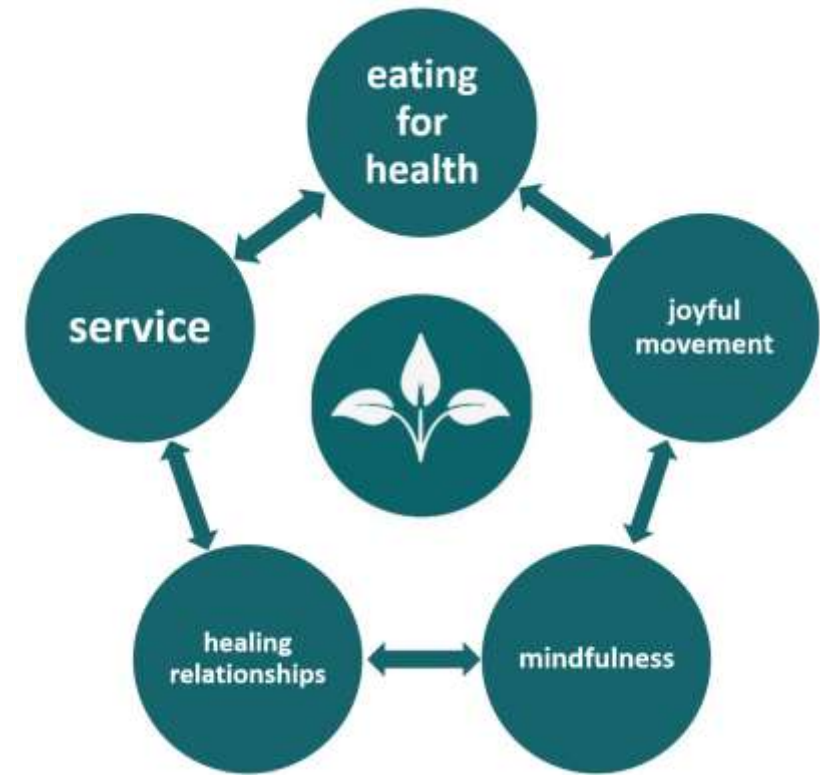
Sip slowly; chew well to bring enzymes to digest your meal

Drink mindfully, give thanks!



What Do We Want?

- Vitality
- Joy
- Security
- Love
- Inner Peace





How Do We Get There...

5 Kinds of love

- Self
- Partner
- Family
- Friends
- All Life





To Build Energy

add tonic elixir, decrease stimulants

- TONIC: An herbal formula taken to support vitality, recovery and well-being.
- ELIXIR: A preparation with synergistic potency to rejuvenate body cells and systems.



Bauman Wellness

tonic elixir ingredient properties

- Turmeric
- Ashwagandha
- Tulsi
- Ginger
- Anti-inflammatory
- Feeds Hormones
- Calms Stress
- Circulation and Digestion



Alchemy in a Love Potion

- Alchemy: Holistic synergy
- Blend intention with ingredients
- Infuse light, sound, fluid and matter
- Capture essence, aroma and taste
- Create heightened sensory awareness
- Imbibe mindfully, affirm well being



Love Potion #9 shake ingredients

- Flax
- Greens
- Berries
- Cashews
- Coconut
- Cacao nibs
- Dates
- Lime
- Maca
- Tonic Elixir
- Green tea for liquid base



Maca Root

- Peruvian turnip: *lepidium meyenii*
- Excellent for PMS, menopause, fatigue
- Improves progesterone and testosterone synthesis
- Dosages used in clinical trial of sexual response 1.4 - 14.0 grams per day





Health is the Greatest Aphrodisiac

- Health is created by our thoughts, feelings, love and daily practice
- Choose a partner who shares approach to life and love
- Put intention into your relationship, food and drink
- **Love Potion #9** works best if you sing the song while making and drinking it!



Love Potion #9 Song

Original, Clovers, 1959; lyric update 2019 EB

I took my problems down to Dr B
That groovy doctor with the remedy
He looked in my eyes and he made a magic sign
He said what I need is Love Potion #9
He bent down and turned around and mixed me a shake
With coco, berries, flax and greens, a couple of dates
It looked like turpentine, it smelled like India ink,
I held my nose, I closed my eyes, I took a drink
I didn't know if it was day or night
I started loving everyone in sight
But when I hugged my boss at a quarter to nine,
He said we need is
Love Potion #9
Love Potion #9