

Anti-Aging Longevity and Memory Enhancement Nutraceutical Herbal Combinations

Latest Revision September 9th, 2019



The below formulas are excerpt from my series of anti-aging books. Many of these books include the secrets alchemists used to reverse aging, as well as the most potent TCM (traditional Chinese medicine) methods that extend lifespan as well as the last 5 years of herbs cited in the best scientific journals and publications, which involve the latest anti-aging breakthroughs.

As one of America's top anti-aging researchers, with more than [5 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 5 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 future technology matures, it will result in a **dramatic reduction in cost** in anti-aging substances. 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 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, strengthen your neurocognitive abilities and enjoy life to its fullest!!!

Added September 9th, 2019.

Many of these new formulas are found in my latest anti-aging book [The Official Guide to Reversing the Aging Process. Rashnya Herbs, Alchemy & Taoist Longevity Secrets](#), and some of the formulas came after the book was written. As for the extracts, you can find out how to make your own extracts in my best seller [The Official Guidebook of How to Make Tinctures and Alchemy Spagyric Formulas](#).

Heart Coherence Formula

Time to Feel Effects -

Immediately

This formula calms the heart, enhancing overall coherence, also called HRV, which I go into more detail later on in this document.

6 drops of Cordyceps extract

7 drops of Rhodiola Rosea extract

1 to 2 handfuls of raw walnuts that have had a small amount of grapeseed extract added (*which can be found in grapeseed extract supplements. Just open the capsule, pour out the powdered extract and make an extract*).

Optional – A handful of 70% Cacao bits. These I get from Whole Foods in the baking chocolate aisle. They are small m&m sized cacao chocolate pieces. [Cacao has been shown to be good for HRV](#).

Relax and Renew Muscles

Time to Feel Effects -

Between 30 to 60 minutes after consumption.

This is a powerful formula that brings immediate relief to bursitis or other stiffness in the body. It is great for helping relax the nerves and muscles of the body. This could be why [Roobios is such a powerful natural arthritis preventative](#). Also [excess tea or coffee consumption has been linked to arthritis](#).

Using loose Roobios herb or a tea, make a tea out of the roobios.
Next add 4 drops of Roobios Extract to the tea.

Next strain the tea or remove the tea bag and add the following to the tea -

2 drops of Ormus. You can find out how to make your own ormus in my best seller [The Official Guidebook of How to Make Tinctures and Alchemy Spagyric Formulas](#).

2 drops of Resveratrol Extract. To obtain Resveratrol, get the Resveratrol supplement in powder form and then make an extract out of it. This also allows the Resveratrol supplement to last 3 to 6 times longer, as the extract form of Resveratrol is much, much stronger than the supplement and it is better absorbed into the body. Sweeten the formula with honey or stevia extract.

Optional - If you want to enhance the effects even further, perform the Emerald Tablets, or similar Qi Gong or Tai Chi exercise. You can find out how to perform the Emerald Tablets Exercise by reading my book Deciphering Tablet Number XIII The Keys of Life and Death by Thoth the Atlantean (*recently revised in July 2019*).

Mega Strength Body Formula

This is a watered down version of the sulforaphane detox formula found in my recent anti-aging book (published 2019) [The Official Guide to Reversing the Aging Process. Rashnya Herbs, Alchemy & Taoist Longevity Secrets](#). This formula is gentle enough to take up to 4 times in a row, with a 2 to 3 day break in-between, as it has an accumulative effect. It dries out the body (*removing damp*), helping keep the immune system strong, but most of all it will greatly enhance the strength of the body. The formula also enhances the body's resistance to heat. [Heat stress is known to be a contributor to the aging process and illness](#).

2 drops cinnamon extract

3 drops white willow extract

4 drops sulforaphane extract (use the powdered supplement to make the extract)

4 drops schisandra berry extract

Optional

The following morning take between 5 and 8 drops of Salacia Reticulata extract to finalize the flushing / detoxification.

Studies of the Effects of Salacia Reticulata on Humans

Another study decided to take a look at an extract of Salacia Reticulata and its effects upon humans. The study enrolled a group of healthy males aged between 50 and 60 years with mildly reduced immunity, and after giving them Salacia Reticulata, found that it induced changes in their intestinal microbiota, improved their T-cell proliferation index as well as other immunological indices which decline with age. It also elevated expression levels of their immune-relevant genes. The study came to the conclusion that Salacia Reticulata positively changes the gene expression of a person's peripheral blood cells and the proportion of intestinal microbiota, shifting it towards a younger phenotype. In simple summary, it enhanced the body's immune

system which is weekend as one ages. This makes sense because the majority of the body's immune system is located in the gut (The stomach in health and disease. R H Hunt, et al. Sept 2015).

Reference

[Improvement in Human Immune Function with Changes in Intestinal Microbiota by Salacia reticulata Extract Ingestion: A Randomized Placebo-Controlled Trial.](#) Yuriko Oda et al. Dec 2015.

Neurocognition Protector

Time to Feel Effects -

Immediately

This formula is a great formula to take immediately after performing the Emerald Tablets, Qi Gong, Tai Chi or similar exercises. The reason why is because the body better absorbs nutrients into the body after these Chi generating exercises have been completed.

1 apple sliced into 4 pieces with 1 drop of ormus on each side of the slice.

In 1/2 cup of water add the following-

A pinch of carnosine powder. (just open the supplement and remove the carnosine and sprinkle a small amount into the water. It takes 5 about 5 minutes to fully absorb into the water. Carnosine has no taste so don't worry about it tasting bitter).

5 to 7 drops of Apple Peel Powder Extract. Apple peel powder is hard to obtain, but if you can get it and make it into an extract, it lasts for years and the apple peel powder also lasts a very, very long time.

NZT. Super Neurocognition Enhancer

Time to Feel Effects -

30 to 40 minutes after consuming

This formula is so powerful, without any side effects, that the effects last up to 2 days. It is a great formula to take before a test, exam or where mental strength is needed. This formula is unique in that many substances that enhance brainpower have numerous side effects such as headaches or fatigue. The "coming down" of this formula is very gentle.

6 drops of butterfly pea extract
12 drops gotu kola extract
4 drops mucuna pruriens extract
3 drops rosemary extract
3 drops cordyceps extract

To supercharge the formula even further, before adding the above extracts, boil a pot of water with 8 finger nail sized pieces of fo ti root herb added to it and a pinch of Coptidis Rhizoma herb. Next remove from heat and add ½ a handful of goji berries and steep for 5 minutes. Next pour the tea into a cup or thermos and add 6 to 9 drops of NZT extract.

Optional

To clean out the inside intestines and flush out toxins, add between 5 and 8 drops of Black Bean Extract to the above formula, but no more or you will immediately flush your intestines out and really feel the

cleansing effect.

0.5 drop of Coptidis Rhizoma extract

Concentration Boost

Time to Feel Effects -

Immediately

If you already are performing the Emerald Tablets, or similar Qi Gong or Tai Chi exercises, take this beforehand to enhance concentration and greatly enhance the circulation of Tai Chi energy.

8 drops of carob extract (do not use carob powder or it will put you to sleep). Carob extract powerfully clears and cleanses the lungs.

1 Vitamin E capsule for mental energy.

1/2 capful of blackstrap molasses. The iron helps Chi formation as well as enhances the immune system.

Many of these formulas shown above combine a tea with the extract. For example Roobios tea is made, than a few drops of extract are added to the tea. This is because when you add the extract of the substance to the tea / herb it greatly enhances its absorption of it into the body. Ormus also greatly enhances the absorption of nutrients into the body. I have made a separate video on how Ormus synergizes with Carnosine to greatly enhance its anti-aging effects. The video can be [viewed here](#).

Also these formulas should be taken slightly more often around the 21st of each month, which Taoists recognized as the time of month the body is more receptive to reversing aging. I go into more detail about the power of the 21st day each month in my book [The Official Guide to Reversing the Aging Process. Rashnya Herbs, Alchemy & Taoist Longevity Secrets](#).

Room Temperature Probiotic

Time to Feel Effects -

Immediately

Most probiotics are susceptible to heat. This is a great formula for “*on the go*”.

2 drops Hawthorne berry extract

5 drops Salacia Reticulata

3 drops Astragalus extract

4 drops Elderberry

Exercise Recovery

Time to Feel Effects -

Immediately

Take this formula to bring fast relief to the body after intense work or exercise.

Walnuts that have been evenly sprinkled with grape seed extract powder

6 to 8 drops of Cordyceps extract

6 to 8 drops of Rhodiola Rosea extract

The following formulas have been added over the previous years I have been publishing anti-aging materials.

Regenerative / Heat Stress Protection

Time to Feel Effects -

1 to 2 hours after performing physical exercise.

This formula only seems to work well when the outside temperature is above 86 degrees F and the body is exercising. It may be that it enhances the body's natural supply of antioxidants. It works extremely well when it gets very, very hot.

I have got the very best results taking the formula before doing intensive exercise or a long bicycle ride in extreme heat. It actually regenerates the body via the moderate exercise. It 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 Vitex 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.

Bring a pot of water to boil with the following inside BEFORE the pot boils. This is because this formula contains numerous DNA herbs, that are always the hardest herbs to grind up. Hence, you can add these to the water before the pot boils to bring out more of the substances. This formula will also eliminate summer fatigue or anemia.

Add to a pot of water and bring to boil the following herbs -

1 tablespoon of Mung Beans

5 to 9 Hawthorne berries (these are always hard as rock and can be bought at a natural foods store or online)

1/2 teaspoon of roobios tea

1/4 teaspoon of cat's claw

1 fingernail sized piece of Fo Ti root bark.

Optional -

1/2 cap of lemon juice, vinegar or apple cider vinegar

After the water has boiled, remove from heat and steep. Next add the following extracts –

3 drops of reishi extract

2 drops of lovage extract (quercetin)

2 drops of hawthorne berry extract

4 drops of mung bean extract

3 drops of Ormus (optional)

Sweeten with honey.

If you have not taken vitamin E capsules lately or your diet lacks vitamin E, be sure to take a vitamin E capsule with this formula, or you can cut open the top of the capsule and pour the vitamin E into the tea. Vitamin E is tasteless so you don't have to worry about a bitter taste like many anti-aging herbs have. **Coptidis Rhizoma being one example of a powerful anti-aging herb that is extremely bitter. I have written an entire article about this titled: [Why Bitter Foods fight Lung Infection and Lengthen Lifespan](#).**

Further Reading

Rhizoma Coptidis and Berberine as a Natural Drug to Combat Aging and Aging-Related Diseases. Zhifang Xu et al. Dec 2017.

Bitter Taste Receptor Polymorphisms and Human Aging. Daniele Campa

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 borivillianum 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 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.

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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

Uses of St. Germain

Powerful Flu Resistance
Bone Strength
Immediate relief of Constipation
Removing Dampness (TCM term)
Cleansing and Strengthening the Lungs

Take the St. Germain in Tea form every 3 to 4 days to enhance sleep and reduce insomnia.

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 Anise 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 Anise

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 oothache - A Case Study. Damian Carey 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

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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 Ginkgo 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.

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Eyesight Restorer / Strengtheners #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.

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Eyesight Restorer / Strengtheners #2

- 3 Drops of Chrysanthemum Extract
- 2 Drops of Astragalus Extract
- 7 Drops of Milkvetch Seed Extract

Eyesight Restorer / Strengtheners #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 then 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 Compiled 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 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. 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 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 Jiaogulan
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

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](#). Viduranga Y. Waisundaraa,* and Lee Yian Hoonb. January 2015). However if you 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](#). 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.

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 Effect of Bifidobacterium animalis ssp. lactis HN019 on Cellular Immune Function in Healthy Elderly Subjects](#): Systematic Review and Meta-Analysis. Miller LE. Et al. Feb 2017

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.

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

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 get 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

Rhodiola Rosea with Astragalus

Cordyceps and Rhodiola 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 munitia 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 ginkgo extract
2 drops of rhodiola 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 licorice root or any other herbs to fo ti as it will over-stimulate the liver. Licorice root amplifies 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.

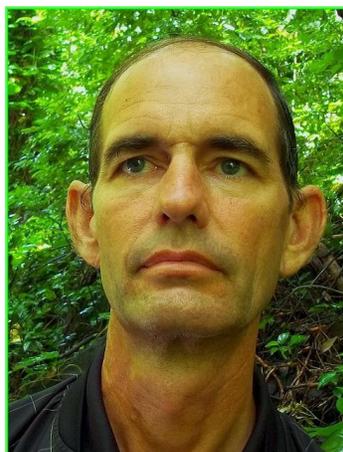
A good rule to follow when taking anti-aging herbs for a longevity routine or herbs for memory and sharpness of mind is to take 2 capsules up to 2 times a day morning and afternoon.

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.

Good Health to all!



Scott Rauvers

Founder of ez3dbiz.com & mightyz.com