



Elixir's Tonics and Teas

Jeff Stein

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Since ancient times herbs have been prized for their health-enhancing properties, and the therapeutic benefits of herbs, from kavakava to ginseng and ginko biloba have been embraced by Americans in growing numbers.

At the zenlike oasis of Elixir, West Hollywood's hottest watering hole, licensed herbalists dispense a tempting array of refreshing smoothies, energizing tonics, and soothing teas that deliver all the benefits of tonic herbs in a most delicious way. In **Elixir's Tonics and Teas**, they share their recipes so that everyone can benefit from signature blends like Greet the Day Tea and Yin from the Cold Tonic.

Elixir's philosophy is to create a comfortable blend of Eastern and Western practices and tastes. Each efficacious blend of herbs is combined with juice and other flavorful ingredients so these smoothies, sodas, and teas, and even cocktails are delightful quaffs that can be enjoyed anytime. Boost your system before a workout with a glass of Energy Today Tonic, or rebalance the body after an illness with Taming the Dragon; prepare your mind to focus with a cup of Brainy Day Chai, or calm yourself after a difficult week with a Steady in Spirit.

Helpful guidelines from Elixir's trained staff make choosing the right tonic for nourishing mind, body, or spirit simple, and a comprehensive glossary of herbal products takes the guesswork out of using these beneficial plants.

Elixir's Tonics and Teas is an irresistible introduction to the power of herbal infusions and a toast to general well being.

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Micheal McDonough:

Have you spare time for just a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a wander, shopping, or went to the actual Mall. How about open or perhaps read a book eligible Elixir's Tonics and Teas? Maybe it is to become best activity for you. You know beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have some other opinion?

Carl Vincent:

Spent a free time to be fun activity to perform! A lot of people spent their down time with their family, or their particular friends. Usually they carrying out activity like watching television, gonna beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? Might be reading a book might be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled Elixir's Tonics and Teas can be great book to read. May be it can be best activity to you.

Mary Killgore:

The reason? Because this Elixir's Tonics and Teas is an unordinary book that the inside of the book waiting for you to snap the item but latter it will jolt you with the secret that inside. Reading this book beside it was fantastic author who have write the book in such incredible way makes the content inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of advantages than the other book have got such as help improving your expertise and your critical thinking means. So , still want to hold up having that book? If I have been you I will go to the e-book store hurriedly.

Cora Blanchette:

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