

Prep Time: 20 minutes

Infusion Time: 4-6 weeks

Total Time: 4-6 weeks + 20 minutes

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Ingredients

- Organic Apple Cider Vinegar (with “The Mother”): 1 quart (32 oz / 946 ml). This is the base of the tonic and extracts the properties of all the ingredients.
- Fresh Horseradish Root: 1/2 cup, grated. A powerful antibacterial and decongestant.
- Fresh Ginger Root: 1/2 cup, grated. Anti-inflammatory and warming.
- Fresh Turmeric Root (optional but recommended): 1/4 cup, grated. A potent anti-inflammatory.
- Garlic: 1/2 cup, chopped. A natural antiviral and antibacterial powerhouse.

- White Onion: 1/2 cup, chopped. Contains antibacterial and antiviral properties.
 - Fresh Chili Peppers (e.g., Cayenne, Habanero): 1/4 cup, chopped (or more to taste). For heat and circulation-boosting capsaicin.
 - Fresh Lemon: 1 whole, chopped (including the peel). For vitamin C and flavor.
 - Fresh Rosemary: A few sprigs. For its antimicrobial and antioxidant properties.
 - Raw Honey: To taste (approximately 1/4 to 1/2 cup), added at the end. For sweetness, soothing properties, and its own antibacterial benefits.
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Equipment

- 1-quart (1-liter) Mason jar with a lid
- Cheesecloth or a fine-mesh strainer
- A clean bottle or jars for storage
- Grater or food processor
- Knife and cutting board

Instructions (with Time and Intensity)

Phase 1: Preparation (Time: 15-20 minutes | Intensity: Moderate)

1. Prepare the Ingredients: Wash and roughly chop all fresh ingredients. You do not need to peel the ginger, turmeric, or horseradish; just scrub them well. The skin contains valuable nutrients.
2. Grate and Chop: Grate the horseradish, ginger, and turmeric. The intensity here is key—the finer the grate, the more surface area for the vinegar to extract the beneficial compounds. Finely chop the garlic, onion, chili peppers, and lemon. Be cautious when handling hot peppers; consider wearing gloves.
3. Combine in the Jar: Place all the prepared ingredients—horseradish, ginger, turmeric, garlic, onion, chili, lemon, and rosemary—into your clean 1-quart Mason jar. Pack them down slightly, but don't overfill.

Phase 2: Infusion (Time: 4-6 weeks | Intensity: Passive)

4. Add the Vinegar: Pour the apple cider vinegar over the ingredients, ensuring everything is completely submerged. Fill the jar to about 1 inch from the top.
5. Seal and Shake: Seal the jar tightly with its lid. Shake the jar vigorously for about 30 seconds. This initial shake helps to start the extraction process.

6. Infuse and Store: Store the jar in a cool, dark place, like a pantry or cupboard. The intensity is passive, but the process is active. For the first week, shake the jar once or twice a day to ensure all ingredients are well-mixed and remain submerged.
7. Wait: Allow the tonic to infuse for a minimum of 4 weeks, and ideally for 6 weeks. During this time, the vinegar will take on the color, flavor, and properties of the herbs and roots. The liquid will turn a deep, rich color.

Phase 3: Straining and Finishing (Time: 15 minutes | Intensity: Low)

8. Strain the Tonic: After the infusion period, it's time to strain. Line a fine-mesh strainer with a few layers of cheesecloth and place it over a large bowl or pitcher. Carefully pour the contents of the jar into the strainer.
9. Press the Solids: Once most of the liquid has drained, gather the cheesecloth and squeeze the solids tightly to extract every last drop of the potent tonic. The solids can be composted.
10. Sweeten to Taste: Pour the strained liquid back into a clean jar or bottle. Add raw honey to taste, starting with 1/4 cup. Stir or shake well until the honey is completely dissolved. Honey adds soothing properties and makes the tonic more palatable, but it is optional.

Phase 4: Storage and Use (Time: Long-term | Intensity: As needed)

11. Store the Tonic: Store your finished Master Tonic in a dark glass bottle or jar with a tight-fitting lid in a cool, dark place or in the refrigerator. It will keep for up to a year.

12. Usage: This is a powerful tonic, not a beverage.

- Daily Maintenance: Take 1 tablespoon daily, especially during cold and flu season.
- At First Sign of Illness: Take 1 tablespoon, 3-4 times a day. You can take it straight, mix it with a little warm water and honey for a tea, or add it to a salad dressing.
- Shake Well: Always shake the bottle well before use, as some sediment is natural.

Nutrition Information

Serving Size: 1 tablespoon (15 ml)

Servings per Recipe: ~64

- Calories: 15-20 kcal
- Total Fat: 0g
- Sodium: 1-2mg
- Total Carbohydrates: 4-5g
 - Sugars: 3-4g (primarily from the honey)

- Protein: 0g