



# Healing Tonics: 101 Concoctions to Increase Energy, Boost Immunity, Enhance Memory, Ease Digestion, and Support Daily Health and Wellness

*Jeanine Pollak*

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## **Healing Tonics: 101 Concoctions to Increase Energy, Boost Immunity, Enhance Memory, Ease Digestion, and Support Daily Health and Wellness** Jeanine Pollak

Unique and nutritious ideas for creating tinctures, drinks, teas, and smoothies designed to invigorate and soothe. Easy-to-make recipes for energy tonics and disease-prevention formulas for the entire body.

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