



## Trigger-Sensitive Herbalism

### Gelatin & Turmeric Digestive Tonic

#### Ingredients

- 1 tsp unflavored gelatin
- 1/2 tsp turmeric powder
- Pinch black pepper
- 1/2 tsp fresh grated ginger (or 1/4 tsp powdered)
- Juice of 1/2 lemon (or substitution)
- 1 cup warm water
- Optional: 1 tsp raw honey

#### Directions (Full Steps)

1. Sprinkle gelatin over a small amount of cool water and allow it to bloom (1–2 minutes).
2. Add warm (not boiling) water and stir until fully dissolved.
3. Add turmeric, black pepper, and ginger.
4. Add lemon juice OR your chosen substitution.
5. Stir well and add honey if desired.
6. Drink warm, ideally before meals or in the morning.

#### Citrus-Free Substitutions

- Chamomile tea (gentle, calming)
- Dandelion root tea (digestive support)
- Marshmallow root infusion (soothing)
- Apple cider vinegar (1/2–1 tsp diluted, if tolerated)

#### GERD-Friendly Modifications

- Omit lemon entirely
- Use chamomile or marshmallow root as base
- Reduce or omit ginger if needed

#### Make-Ahead & On-the-Go Options

##### Option 1: Concentrate Method

- Mix all ingredients except gelatin and refrigerate (2–3 days)
- Warm and add gelatin when ready to drink

##### Option 2: Gel Cubes

- Prepare full recipe and pour into ice cube trays
- Refrigerate until set
- Add cube to warm liquid to reconstitute

##### Option 3: Travel Jar

- Pre-mix dry ingredients (gelatin, turmeric, powdered ginger, black pepper)
- Batch Example (8 servings):
  - 8 tsp gelatin
  - 4 tsp turmeric
  - 2 tsp powdered ginger
  - ~1/2 tsp black pepper

#### How to Use (Travel Jar):

- Use 1 teaspoon dry mix per 1 cup warm liquid
- Add a splash of cool water first (to bloom gelatin)
- Then add warm liquid and stir well
- Add lemon or substitution and optional honey

#### Pro Tip:

- Always bloom gelatin in a little cool liquid first to prevent clumping
- If on-the-go: shake dry mix with a little cool water, then add hot liquid

