



Herbalista Medicine Chest

Use with Powder Blend Worksheet, available in the Toolkit

SUGA' FIX Powder

This powder blend combines several herbs that help balance blood sugar levels and make us feel good! This powder blend is meant to be taken on a daily basis and is composed of extremely safe (and tasty) herbs! You will recognize most from your spice cabinet.

RECIPE

Cinnamon	3 parts	Tulsi Basil	1 ½ parts
Fenugreek	3 parts	Turmeric	1 ½ parts
Amla Berry	3 parts		

DOSAGE: Take ½ - 1 teaspoon each day, mixed into a little water, yogurt, smoothie, or applesauce.

MEDICINE MAKING NOTE: Compliance is increased when this is finely ground and sifted. It will mix better into other things well and goes down easier!