**Bitters with Summer Bock: Part 2**

Magdalena: Video two, we're going to be showing you how to make a tincture. If you haven't seen video one, my friend Summer Bock and I are talking about the benefits about tinctures, but also the history of tinctures. And we went through the different herbs that she's going to be using. So, in this video it's just going to be she's showing you how to do this. Now if you have the patience to do this for 30 days, I think it's a very fun project.

Summer: Oh, I love it.

Magdalena: You can really mix and match your own herbs and put the quantities that you want. It really allows for a lot of creativity and personalization. The other option is, in case you don't want to do tinctures, and you don't have the 30 days to wait, I don't think it's one or the other, it could be both, right?

Summer: It could be both.

Magdalena: If you want to try it right away, then what I love to use, and that's what saved me in Italy, is the tincture that you make from Guts & Glory. Beautiful, beautiful formulation, that comes with an awesome spray. Would you spray that under your tongue, or just into your mouth?

Summer: I recommend just spraying into your mouth, and you can spray it three times, one time, ten times, it doesn't really matter. The point is to just get that flavor going, and I have them in my purse, I have them in my car, everywhere.

Magdalena: It's a great formula for a purse, as well, right? Like whenever you're going for dinner. Awesome. So, let's get started. Show us how to do this.

Summer: So, first off, let's make this strong digestive fire stimulating tincture, okay? So, a tincture is a way to extract the herbs from the actual herb material. So we can just have a easy to take liquid form that you can bring with you anywhere, and it's going to last preserved for a really long time. Let's just start with the orange peel. So, when we make a tincture, we do simply a one to five ratio, ounces to ounces. We'll make it really simple for you.

 So, I have a scale here, and we're going to weigh out. We're going to do one and a half ounces of the herbal material, all right? So multiple that times five, and that's how many ounces of the vodka that we're going to use. We've got some sweet Polish vodka. I can't wait.

Magdalena: Yeah. Well, that's a top shelf Polish vodka.

Summer: Heck yeah, this is going to be fun. All right, let's measure it out

Magdalena: Do you need a spoon for this, or no?

Summer: I'm just going to measure out a half an ounce for each of these. I'm just going to do a split.

Magdalena: Nice.

Summer: I got a little too much.

Magdalena: Damn, you're a perfectionist. I'll be like, just extra. I would love some extra orange actually, because I love the orange, it adds that sweetness to it. It really balances out the bitterness.

Summer: And so I'll put the orange in, and then let's put the dandelion root.

Magdalena: Also half an ounce?

Summer: Half an ounce.

Magdalena: Okay. So while you are doing this can I ask you questions?

Summer: Please do.

Magdalena: So we're using vodka, right? What about if somebody's a former alcoholic or just doesn't want to do alcohol or is doing the candida protocol at this point? What do you recommend then? What is the alternative?

Summer: Well I will say this. It's a very small amount of alcohol. If you're sensitive and you don't want to take it for any reason, I totally understand. I actually make some lozenges as well that don't have any alcohol. And you could use glycerin or you could use apple cider vinegar as an alternative solvent. But they're just not as strong.

Magdalena: Okay. So you're saying that they would not extract the same amount of nutrients and the polysaccharides out of an herb as the alcohol would?

Summer: They aren't going to extract the same alkaloids and they're not going to extract the same amount. They'll get some of them in there, but they're not going to get all of them. The one difference with apple cider vinegar and alcohol though is that the apple cider vinegar is going to absorb way more minerals from the plant material, so you're going to get more minerals through that kind of tincture.

Magdalena: Okay. But not alkaloids.

Summer: Not as many alkaloids. So the bitter flavor won't be as strong.

Magdalena: Okay. That makes sense. And now we're using ginseng?

Summer: This is the ginseng and we're going to do half an ounce again, so we have one and a half ounces total of the plant material.

Magdalena: I'm excited I'm getting new tinctures. I just have to be patient and wait for thirty days.

Summer: You can.

Magdalena: Well I have this.

Summer: You have that in the meantime.

Magdalena: I still have this, yeah.

Summer: Alright. So then what is one and a half times five? Because we want to have ounces and we're going to do times five of the liquid. So-

Summer: Seven and a half, right? I think it's seven and a half. Doing math in my head

Summer: You know what, I'm going to just kind of round up to eight

Magdalena: So wait, what about our fennel?

Summer: We're going to put that in a different one.

Magdalena: Oh, I see. Okay. We're making a couple of different tinctures today.

Summer: We're going to do two different tinctures.

Magdalena: Oh, I forgot about that. Okay, great.

Summer: So I just rounded this up to eight ounces. Yes. I love it.

Magdalena: Okay, so next follow-up question. Do you keep this is in the sun, do you keep it in a dark place?

Summer: You don't spill it all over you, that's for sure.

Magdalena: What the best recommendation?

Summer: My recommendation is to keep it actually in a pantry.

Magdalena: In a pantry?

Summer: Yeah, I think you should keep it in a dark place. Absolutely. And, you know you want to kind of treat this like your little pet that you're taking care of over the next month. Go in there and shake it up, look at it. Get to know what's happening here. Watch the colors change as the alcohol starts extracting the plant material. It's beautiful.

 So this is the final one that's going to sit there for a month until it's done.

Magdalena: Perfect. Shall we make ... what do you want to do? Strain next? Or you want to make the next one?

Summer: Let's make the other one. It's a similar process but I do want to say one more thing, you mentioned the glycerin and you mentioned apple cider vinegar. Alcohol lasts the longest, too. So in terms of preserving things, if you're going to use apple cider vinegar, you want to make sure it's with something that you're taking every day, like a tonic. It's an everyday herb so that you're getting to use through it. You don't want to be sitting there at three years later, it's not going to taste good. It's not going to be the same product.

 Alright, so we have these little guys done. Let's scoot them out of the way. Now let's do our peppermint fennel. The nice thing about this tincture is that it's just going to taste good. It's going to be very gentle. This is something that's more geared towards children. This is something that you can also take before bedtime or in between meals. Because the strong digestive bitter, it's great right before a meal. But in between meals, say you want to kind of soothe your belly a little bit. Or you're just kind of like, alright, I like this, this is fun. If you do that with the strong bitters, it'll make your stomach start growling. All those digestive juices are flowing and now you're hungry in between meals. We don't really want that.

 So let's see. I think we're going to do this one ... we'll do this about the same. We'll do point seven five ounces of the fennel seeds and we'll do point seven five ounces of the peppermint, and then I'll add eight ounces of the alcohol. We'll mix it together and let it sit.

Magdalena: So it's basically one to five is the ratio.

Summer: One to five ratio.

Magdalena: So if it's one ounce of herbs, then you're doing five ounces of alcohol to that.

Summer: And I like to measure things. I like measure things because some people do what's called the herbal folk method where you can actually just put the herbs in and then just cover them with the alcohol. And that is one method. I just am really into being able to replicate flavors. I want it to taste the same way every time. I want to know what I'm getting. So I always measure, even when I'm experimenting I measure so I can see how to ... like what if I came across the best tasting thing ever? I've learned the hard way. Let's just put it that way. Some flavors have been made and they will never be made again because we don't know what was in them.

 I'm going to have to do a couple of these. Peppermint is a little bit lightweight. It takes just a little bit more here.

Magdalena: When would you use this one versus ... so you said like in between meals, it's not going to be as strong on the digestive as the other one.

Summer: It's just more gentle. It's like the people that may have gastritis or an ulcer. This is going to be the one that you want to take. For somebody who may just be overstimulated by that strong, bitter flavor. Some people's constitutions, it's not as good for them. I always have two different kinds of bitters on hand for that.

 Let's go with our eight ounces again. If you have fresh peppermint, you can also use fresh peppermint. It's really good. Alcohol's funny. It doesn't pour like water. It's the viscosity's different, so it's very easy to spill it everywhere.

Summer: Shake it up.

Magdalena: And again, this is going to be thirty days, do you recommend?

Summer: Thirty days for both of them. Date them. You will forget.

Magdalena: And that's exactly what you did today, right? Bitters, and the date on it. I'll probably want to like, you know, we were just doing that for the video, but we also want to put exactly what went into make these bitters because that's what's going to help you really remember. So this is a bitter that's been in my cabinet for the past month. Didn't mark it very well. Should have, but that's how it's been. I followed your recipe anyway, so that's really what it is. What do we do with that? One month later, color changes you can see. This is just freshly made. And this one is a month later. So significantly darker. A lot of the nutrients came in here. What do we do with that?

Summer: We're going to strain this off. It's been sitting in here for a while, so, look at how dark it is. It's changed the color, pulled all the alkaloids out. We're going to use this handy dandy strainer. I mean how cool ... it's a strainer and funnel in one. That's exciting. You can also use muslin cloth. You can use cheese cloth. You can get a sieve and put that in there with a piece of cloth lining it if you want. You really can use a hand towel or a napkin, but I really prefer something like muslin cloth just because of the ability to strain out any additional plant material.

 This is pretty simple. We're just going to try not to make a giant mess, which I'm prone to. Remember it's alcohol. It doesn't pour like water.

Magdalena: You might want to do faster. That's, yeah. There we go.

Summer: Sometimes it depends on the container you're using. Faster, slower.

Magdalena: Perfect.

Summer: So there's all of the excess plant material. These are all roots, so squeezing it out isn't going to make a massive difference. When you get to squeezing out the one with peppermint though, you really probably do want to get a little piece of cloth or something so you can squeeze is out. Now let's pour it into the tincture bottle.

Magdalena: Does it have to be dark? Does it have to be amber?

Summer: I prefer it.

Magdalena: Longer lasting?

Summer: I think it lasts longer. It's going to prevent oxidation so the sun isn't going to destroy or break down any of the components that are in this tincture. This is the cutest, I love ... like herbalists, we're obsessed with little funnels and little jars. It's the best. This is the cutest funnel ever.

Magdalena: I'm so happy I had one at home that pleases you.

Summer: It does. Little tiny funnels, they really do it for me. A lot of people think they're supposed to fill it all the way to the top. My big recommendation is that you fill it to the shoulder. The shoulder is right where the edge starts to curve, and the importance of that is it keeps it from spilling over when you put the lid in.

Magdalena: You're using a spray, right? Nozzle. I personally actually prefer a droplet.

Summer: You do?

Magdalena: Right, yeah. It just goes under my tongue or into my mouth and I feel like I'm getting a bigger dose. This is really just pick up whatever you want. You can get these things obviously on Amazon. You can pick it up in your local herbal shops. Many of them do carry that, you know, that's what people do. DIY everything.

Summer: Exactly. Well that's how I started. I will say the reason I prefer the spray bottle is because when I'm at a restaurant and I'm wanting to take my bitters, I like kind of being discreet.

Magdalena: I have to show off!

Summer: You do? This is the difference, is it? You're like, everybody asks me what I'm taking.

Magdalena: But they do, they do. And then people go like, why do you do that? And I'm like, well, let me tell you

Summer: That's awesome. And then you pass it around.

Magdalena: Yeah. But you know what, really like just on the final note of the benefits that we didn't talk about that earlier, and I just remembered. Is that the amazing thing about that is that when your juices are stimulated, there are so much more material to break down the food with. You're extracting a lot more nutrients from the food that you're eating.

When you're going for a really nice dinner that is a little bit heavier. It really helps you with digestion so much better. You're extracting so many more nutrients. Needless to say, full hormonal balance is just so important. All your hormones, all your glands need nutrients to produce these hormones and obviously we all need to function. We rely so much on supplements. Where to get the most out of the food you're eating, this is one way to really amplify that process.

Summer: Take that one step further, which I find fascinating, is that in order to balance your hormones, many of your hormones have to go ... be detoxified through the liver, conjugated in some way. And then you actually poop them out. Taking a bitters before a meal is actually going to help with that because you are preventing things from recirculating. One of the reasons that estrogen recirculates in the body ... am I getting too nerdy, is this okay?

Magdalena: No, no, that's what I talk about to my audience all the time, so this is good.

Summer: One of the reasons that estrogen recirculates in the body is it recirculates through the liver because of something called beta glucuronidase, which is produced by certain bacteria in the microbiome. You have all these bacteria living in there and they're impeding your ability to break down estrogen all the way. But if you're helping to move things through and balance the microbiome through using bitters daily, you're actually going to be pooping out your estrogen more easily and preventing estrogen dominance and balancing out your hormones in general. I mean, I think that's beautiful.

Magdalena: Take this step even further-

Summer: Yeah, girl, let's do it.

Magdalena: Is this is a really great way in getting bowel movement going. The more digestible the food it, or the more digested the food is, the easier it is for the bowels to move. Bitters are just a fantastic way. Anyone who is always saying that a constipated person does not experience good hormonal balance, period. It's just impossible. Not only is it toxic everything reenters, but like you said estrogen, but also testosterone, everything reenters the body one more time. There's so many incredible benefits. Again, either try this and or do this for a month. Just give yourself a month to create a tincture. I think such a fun project to do. In the meantime, if you want to get something right away, here's my recommendation. This is what's in my purse. Guts & Glory from Summer Bock. A wonderful bitter that's saved me many times before and after dinner. So thank you for that. Thank you for being here in my beautiful house. You were here for an event, and we just decided to get together and make this video on a Monday morning.

Summer: It's my pleasure. This was so fun to do. I love hanging out with people and playing herbs.