**Bitters with Summer Bock & Magdalena: Part 1 of 2**

Magdalena: I'm here today with my good friend Summer Bock, who is an amazing herbalist. I have a story. I told you this story. We decided we're going to do these bitters because they really saved me in Italy. When I was in Tuscany, for those of you who have been to Tuscany, you know Tuscans love their creams and cheeses and butter in everything. They also like to eat dinner late at night. Not a good idea for someone who has dinner early. I try to eat dinner about 6:00 and be in bed by 9:00 so it gives you time to digest your food.

In Tuscany, Italy nothing happens until a good 8:30, 9:00. I go out for dinner one time and it's this rabbit and vegetables in a stir-fry. I'm thinking, perfect. I love rabbit and I need some vegetables. Awesome. The bowl arrives and it's all this brown deep-fried bowl of food. First of all, I've never eaten deep-fried food. The waitress was so sweet. It was a pretty expensive meal and I thought there's just no way I'm going to say no to this. I thought, suck it up. Eat it. I wake up at 3:00 in the morning nauseous, in pain. I'm feeling miserable. I can't go back to sleep. It was that feeling like there's a brick sitting in your stomach.

I remembered oh my God, I have your bitters on me. I know you recommend just going, we're going to talk about that in the video, on how to use bitters, you recommend to do a little spray. I'm thinking a spray isn’t going to help this crisis here. I'm going to chug it down. I did probably a good gulp of the bitters and an hour later I went back to sleep. I woke up in the morning and it was as if nothing happened. This is the power of bitters.

Whether it's before holidays or for people who feel like whenever you have a heavier meal food is just sitting in your stomach, but there's actually more to that. Bitters have such a strong history. I thought the best person to tell us more about that is Summer. Head's up, you guys. We're going to be creating two videos. The first video we're going to be talking about the history of bitters, the purpose of bitters, and some of the herbs that Summer picked for today for us to cover. In video two, we're actually going to get dirty and make one of the [inaudible 00:02:11] to show you how you can make it yourself. If you don't want to make it yourself, we have an option for you too.

Summer Bock: I'm totally excited because I've been making bitters since 2000, when I learned in herbal medicine school. They fascinate me because they're a tonic. There's some cultures where they take it every day before meals. That's what you do. Everybody sits around, takes their little shot of bitters, and then eats their meal. There's many benefits. One interesting one that I've become recently aware of is that it helps stabilize your blood sugar metabolism. For people who are insulin resistant or diabetic, this is going to keep an insulin and blood sugar spike from happening. I think that's powerful. Also, the obvious main benefit of taking these herbal bitters is that they help with your digestion. It's a cascade effect. It's like just the taste on your tongue itself immediately makes you start salivating. It's bitter. It kind of makes you cringe. It makes you make bitter face. That's really important. It means it's stimulating your vagus nerve, which is then triggering every single organ in your digestive tract to make room for the food that's about to come in.

Magdalena: You're priming.

Magdalena: For those of you who have been to Italy, there's always an aperitif. In France, an aperitif. In Italy you have Campari for example. It's a good example.

Summer Bock: Which is one of my favorite drinks.

Magdalena: Really?

Summer Bock: Oh, I love Campari, yes.

Magdalena: Oh my God, we are going to have one after this.

Summer Bock: Okay. That sounds great.

Magdalena: It's the bitter in it. I grew up in Denmark. In Denmark, they have a digestive as well, oma danska, which is old Danish. In Germany you have a digestive as well. Every culture has an element of a digestive, and there's a very good reason.

Summer Bock: Actually, there's other cultures that may not have a little alcoholic aperitif, but they have some sort of food as part of the meal that's bitter. In the US, we like sweet things. Bitter is the counterpart to sweet in Chinese medicine. I think it's really interesting to think about what happens when you're not getting enough bitter foods or bitter tastes in your diet. You're really just nourishing the sweetness of your life, you're not appreciating. I think people overdo sweetness without bitter.

Magdalena: Absolutely. Before we dive into the specific herbs, I just want to say one more thing about bitters. Bitter, like you said, in the western culture, we are so much more towards sweetness. It's a forgotten flavor. One of the things that, whenever you try a bitter for the first time, whether it's an already made tonic or whether it's going to be something you're going to try making it at home, it's going to be pretty intense. Bitterness is kind of an acquired, developed taste. Give it a shot. It's a little bit like somebody tries blue cheese for the first time and they go ew, yuck. It's just a matter of trying it maybe a second and third time, and it gets more palatable. So much so that people who really fall in love with bitters, they can't imagine doing a meal without them.

Summer Bock: I agree. It's similar to coffee or alcohol, but coffee is a very bitter substance. When children have their first sip of coffee, a lot of times they're like ugh. It's that bitter flavor. When you're young, bitter is a little less palatable. As you get older, you want to train your body to enjoy that flavor.

Magdalena: Just to straighten that out, I do not recommend coffee before a meal. Just to make that clear.

Summer Bock: Yeah, I'm just talking about the flavor profile.

Magdalena: Yeah, absolutely. Awesome. Tell us what you've got here for us today.

Summer Bock: Our first digestive bitter that we're going to make really stimulates digestive fire. It's strong, and not recommended, actually, for people with ulcers or people who have gastritis. The main ingredient is gentian, which is a strong, delicious bitter. Gentian also helps as a blood builder, and it's going to stimulate all your gastric juices. Another ingredient in that is going to be dandelion root. Dandelion root is a liver support herb. I love dandelion because it's just a tonic herb. I drink it every day, dandelion root tea.

Magdalena: I saw, when you're here in my house.

Summer Bock: As you've noticed.

Magdalena: That's what she's making.

Summer Bock: Next up, we're going to put orange peel in it. Orange peel is great because it has hesperidin, which is an anti-inflammatory. It also has Vitamin C.

Magdalena: One more thing to add, orange peel also has limonene in it, which is awesome for the liver. It is great for hormone detoxification. Another beautiful benefit.

Summer Bock: It has this quality to it called carminative, which means it helps reduce gas and bloating and just helps general digestion. That's our other tincture that we're going to make, our other bitters, is going to have fennel. Fennel seed is a carminative. It does that same thing. It tastes great. These herbs help balance the microbiome. So, they're actually slightly antimicrobial. Same with peppermint. I use peppermint for SIBO often. SIBO is an intestinal bacterial overgrowth in the small intestine. That's going to help with that. Peppermint's going to help balance out the microbiome subtly, and it has these oils that help keep you from having any kind of indigestion.

Magdalena: Okay. Yeah, I think this is a good beginning. This is the final product. What we're going to do is show you exactly how to make your own bitter if so you desire. If you have the patience for 30 days to wait. That's going to be it. If you don't, this is actually what saved me in Italy. That is the beautiful tonic from Summer. You make them. Guts and Glory is the name of the brand. I'm going to do two. Whoa.

Summer Bock: I love it.

Magdalena: The orange peel brings a little bit of sweetness to it. I've had bitters that are worse than this. Really makes you cringe. The sweetness from the orange is wonderful. It's beautiful.

Summer Bock: Thank you.

Magdalena: The link is going to be below this video so you guys can get it right away. If you want to experiment in your own kitchen, you have the patience to wait for 30 days, love for you to learn how to make this. Let's move on to our next video.