

## **BLOODFOOD**

By HighlyHerbal.ca August 08, 2021

**NOURISH, DETOX & DECLOT BLOOD, REDUCE  
BLOOD SUGAR/PRESSURE, BURN FAT, REVERSE  
AGING**

**8 DRIED HERBS IN SPRING WATER:**

**ARJUNA  
GYMNEMA SYLVESTRE  
GINGER  
LEMON PEEL  
RHUBARB ROOT POWDER  
ROSELLE  
SWEET TEA VINE  
STINGING NETTLE ROOT**

**6 FRESH PUREES:**

**BEETROOT  
CARROT  
CUCUMBER  
LEMON  
STRAWBERRY  
WATERMELON**

**PURIFY (P) & NOURISH (N) BLOOD & PREVENT BLOOD CLOTS(C):**

**ARJUNA (C), \*BEETROOT (N), \*CARROT (N/P), \*GINGER (C), \*LEMON (P),  
\*RHUBARB (P), \*STINGING NETTLE (N), \*STRAWBERRY (C/P), \*SWEET TEA VINE  
(N), WATERMELON (C)**

**REDUCE BLOOD SUGAR(S) & BLOOD PRESSURE (P), ANTIDIABETICS:**

**\*ARJUNA (P), CUCUMBER (S), \*GYMNEMA SYLVESTRE (S), \*ROSELLE (P/S),  
\*SWEET TEA VINE (P)**

**PROMOTE WEIGHT LOSS:**

**ARJUNA, BEETROOT, CARROT, \*CUCUMBER, GINGER, GYMNEMA SYLVESTRE,  
STINGING NETTLE, STRAWBERRY, \*SWEET TEA VINE, WATERMELON  
RIND**

**REVERSE AGING (A)/ANTI-AGING (AA):**

**\*ARJUNA (A/AA), CARROT (A/AA), GINGER (A), LEMON (A), STRAWBERRY (AA),  
\*SWEET TEA VINE (A/AA), \*WATERMELON (A/AA)**

**CONSUME DAILY WITH ONE A DAY MULTIVITAMIN, B COMPLEX MULTIVITAMIN,  
SALMON OIL CAPSULES.**

**LET FOOD BE THY MEDICINE:**

<https://www.youtube.com/watch?v=p79D6u-6pN4>

I mix 8 dried herbs in untreated natural NAYA bottled water. Then I add the purees except strawberry and cucumber.

I buy 5 cases of 24 x 600mL NAYA bottled water at Costco business center near Warden and Eglinton Ave in Scarborough.

<https://www.costcobusinesscentre.ca/naya-natural-spring-water,-24-%C3%97-600-ml.product.100353694.html>

I use a modified Cosco hand cart to transport 5 cases of 24 bottles of NAYA water on the TTC.

<https://www.harborfreight.com/3-in-1-convertible-hand-truck-56409.html>

[https://www.amazon.ca/dp/B079S89WX3/ref=cm\\_sw\\_r\\_wa\\_apglt\\_i\\_NA7J7YAT9T9AW68YSZH1?encoding=UTF8&psc=1](https://www.amazon.ca/dp/B079S89WX3/ref=cm_sw_r_wa_apglt_i_NA7J7YAT9T9AW68YSZH1?encoding=UTF8&psc=1)

[https://www.amazon.ca/dp/B07DB45V1L/ref=cm\\_sw\\_r\\_wa\\_apglt\\_i\\_FJJJAM2X91V8JJW76VJ3?encoding=UTF8&psc=1](https://www.amazon.ca/dp/B07DB45V1L/ref=cm_sw_r_wa_apglt_i_FJJJAM2X91V8JJW76VJ3?encoding=UTF8&psc=1)

I buy the ingredients to make the 6 purees from <https://freshco.com/>

I do not peel. I wash and scrub root vegetables. Freshco.com sells carrots and beetroot with leaves and stems. I do not discard seeds.

I use 3 blenders simultaneously to make purees:

[https://www.amazon.ca/gp/product/B06XH2C9XV/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.ca/gp/product/B06XH2C9XV/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

To strain the juice, I use a pitcher to transfer juice from the stock pot to the straining station.

I use several \$2 - 2L dollarama pitchers to store purees. Or these ones from Amazon.ca:

Rubbermaid 1.89-Liter Classic Pitcher

[https://www.amazon.ca/dp/B0000CFTGR/ref=cm\\_sw\\_r\\_wa\\_apap\\_swsNPFhwGeORT](https://www.amazon.ca/dp/B0000CFTGR/ref=cm_sw_r_wa_apap_swsNPFhwGeORT)

I add strawberry and cucumber purees to the strained juice.

To bottle the strained juice, I use a ladle to transfer the strained juice from the stock pot to the empty NAYA water bottles. Funnels are available from dollarama.

[https://www.amazon.ca/dp/B0798WJ7YZ/ref=cm\\_sw\\_r\\_em\\_apglt\\_i\\_Q7XRPAG15JS2G71B3FY1?encoding=UTF8&psc=1](https://www.amazon.ca/dp/B0798WJ7YZ/ref=cm_sw_r_em_apglt_i_Q7XRPAG15JS2G71B3FY1?encoding=UTF8&psc=1)

I do not use heat. Dried herbs are weighed then ground to a near powder. Grinders generate heat and can cook herbs, destroying nutrients, eliminating aroma.

[https://www.amazon.ca/gp/product/B07VSP8NZF/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.ca/gp/product/B07VSP8NZF/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

I save time by operating 4 grinders simultaneously:

<https://www.canadiantire.ca/en/pdp/master-chef-elite-coffee-grinder-0435781p.html#srp>

Noise from loud blenders and grinders can damage your hearing:

[https://www.amazon.ca/gp/product/B01MXYJ2QP/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.ca/gp/product/B01MXYJ2QP/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

I package the juice in the same 600mL NAYA water bottles I used to make the juice.

I use ties to secure dried herbal ingredients in opened plastic packaging:

[https://www.amazon.ca/gp/product/B07JVS515V/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o04\\_s00?ie=UTF8&psc=1](https://www.amazon.ca/gp/product/B07JVS515V/ref=ppx_yo_dt_b_asin_title_o04_s00?ie=UTF8&psc=1)

Blood Food improves mood creating a youthful energy!

My juice can turn back the clock and reverse the effects of aging:

Sweet Tea Vine or Jiaogulan is the immortality herb:

<https://www.foxnews.com/health/jiaogulan-the-little-known-herb-that-may-be-the-secret-to-longevity>

<https://herbpathy.com/Uses-and-Benefits-of-Sweet-Tea-of-the-Vine-Cid3114>

Arjuna is a cardio tonic:

<https://herbpathy.com/Uses-and-Benefits-of-Arjuna-Cid1582>

<https://www.geresdengle.com/blogs/news/tagged/terminalia-arjuna>

Roselle is multitalented and is 40% of the total weight of all dried herbs combined. The remaining 7 dried herbs exist in equal amounts by weight.

<https://herbpathy.com/Uses-and-Benefits-of-Roselle-Cid2400>

<https://pfaf.org/User/Plant.aspx?LatinName=Hibiscus+sabdariffa>

I found max concentration of dried herb in water is 60g per 1L of water. Anything more concentrated creates a soup like juice that is not refreshing to drink.

Also the purees comprise one half the volume of water.  
Because making this juice is labor intensive, make the max amount possible in one batch.

A 30L stock pot can produce 50 x 600mL bottles of juice.

<https://www.canadiantire.ca/en/pdp/industrial-stockpot-32l-0422512p.html#srp>

A 60L stock pot can produce 100 x 600mL bottles of juice.

<https://www.canadiantire.ca/en/pdp/industrial-stockpot-64l-0422513p.html#srp>

**TO MAKE 50 BOTTLES OF JUICE:**

In 20L of bottled water mix 1.2Kg dried herbs:

I use a Giant whisk to mix the ingredients:

[https://www.amazon.ca/Winco-Stainless-Steel-French-24-Inch/dp/B001VZ8S1Q/ref=sr\\_1\\_5?dchild=1&keywords=giant+whisk&qid=1628086380&sr=8-5](https://www.amazon.ca/Winco-Stainless-Steel-French-24-Inch/dp/B001VZ8S1Q/ref=sr_1_5?dchild=1&keywords=giant+whisk&qid=1628086380&sr=8-5)

480g Roselle

103g x 7 herbs (Arjuna, dried Ginger, gymnema Sylvestre, lemon peel, rhubarb root, stinging nettle root, sweet tea vine)

I buy herbs from Herbie Herbs at Queen and Bathurst in Toronto:

<https://www.herbies-herbs.com/>

You can apply online for wholesale discount at Herbie Herbs.

Also <http://Bulkbarn.ca> has fresh dried lemon peel, Lavender and Rosemary

Caribbean Corner, <https://kensingtonmarket.to/places/caribbean-corner/> sells Angel Brand Sorrel (Roselle). Also sells another cheaper brand that contains the entire dried hibiscus flower.

Also Caribbean corner sells Irie brand dried ginger.

Add 6 purees x 1.6L = approx. 10L. Mix well.

Strain the juice. Then bottle and seal with shrink wrap and heat gun. Refrigerate.

The pulp can contain as much as 15 – 20 % of the yield for the juice. So be prepared with extra strained puree to top up the strained juice.

A large watermelon can provide plenty extra puree.

You will need a good knife to cut up the watermelon:

[https://www.amazon.ca/Sunnecko-Pakkawood-Nonstick-All-Purpose-Kitchen/dp/B07T189WF5/ref=zg\\_bs\\_6647467011\\_71?encoding=UTF8&refRID=1DQ0V900SWB69PQ9DG0E&th=1](https://www.amazon.ca/Sunnecko-Pakkawood-Nonstick-All-Purpose-Kitchen/dp/B07T189WF5/ref=zg_bs_6647467011_71?encoding=UTF8&refRID=1DQ0V900SWB69PQ9DG0E&th=1)

<https://www.youtube.com/watch?v=4QejtUSX07c>

I do not use sweeteners or any additives for flavor!

To save time I setup a straining station consisting of 4 x 12 quart stockpots with 4 strainers:

<https://www.canadiantire.ca/en/pdp/h2k-stockpot-0423620p.html#srp>

[https://www.amazon.ca/gp/product/B0029SVQ9K/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_image?ie=UTF8&psc=1](https://www.amazon.ca/gp/product/B0029SVQ9K/ref=ppx_yo_dt_b_search_asin_image?ie=UTF8&psc=1)

[https://www.amazon.ca/gp/product/B01KSHPCJI/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o03\\_s00?ie=UTF8&psc=1](https://www.amazon.ca/gp/product/B01KSHPCJI/ref=ppx_yo_dt_b_asin_title_o03_s00?ie=UTF8&psc=1)

[https://www.amazon.ca/gp/product/B004Q04X44/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.ca/gp/product/B004Q04X44/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

To squeeze max juice from pulp, you may use cheese cloth:

[https://www.amazon.ca/gp/product/B08L33LDLD/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.ca/gp/product/B08L33LDLD/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

Light weight herbs like *Gymnema Sylvestre* are present in higher volume.

*Gymnema Sylvestre* is an anti diabetic herb:

<https://pfaf.org/user/Plant.aspx?LatinName=Gymnema+sylvestre>

<https://herbpathy.com/Uses-and-Benefits-of-Gymnema-Sylvestre-Cid886>

Ginger helps prevent blood clots:

<https://herbpathy.com/Uses-and-Benefits-of-Ginger-Cid288>

Use the Internet, [herbpathy.com](https://herbpathy.com) and [pfaf.org](https://pfaf.org) to find the properties of the remaining 3 dried herbs, 3 vegetables and 3 fruits in my juice!

Some pulp can be added to wine vinegar. Add cayenne pepper, fresh coriander, olive oil and sea salt to make vinegar to spread on bread for sandwiches or pour on salads/foods.

My friend says his plants love the pulp. The pulp can also be used as a base for making pet food.

The juice ferments on its own, creating a delicious refreshing drink with probiotics. A miniscule amount of alcohol is created by fermentation.

Freezing the juice prevents a volcanic like eruption upon opening the bottle.

My juice is strongly diuretic. It contains the following diuretic herbs:  
Chinese rhubarb root, cucumber, roselle, stinging nettle root and watermelon.

My juice contains the following highly effective detoxicants:  
Ginger, Jiaogulan, rhubarb. Also fresh lemon and lemon peel help detox the body.

My cost for ingredients only is \$2 per bottle.

I sell:

1 for \$5

5 for \$20

10 for \$30

20 for \$50

30 for \$65

I can transport on the rear bike rack 50 bottles (17 bottles x 3 in 3 Freshco/Sobeys 25 cent reusable bags) stacked in a waterproof bag I purchased at MEC:

<https://www.mec.ca/en/product/5063-652/Slogg-HD-70L-Dry-Pack?colour=LCN00>

<https://www.batemansbikeco.com/product/axiom-journey-rack-49531-1.htm>

<https://www.batemansbikeco.com/product/axiom-market-basket-156338-1.htm>

On the front bike basket, I can carry ointments, hair oil and spray bottles:

[https://www.amazon.ca/Wald-Front-Bicycle-Basket-Silver/dp/B000C1YRTM/ref=sr\\_1\\_1?dchild=1&keywords=Wald+139+Standard+Large+Front+Handlebar+Bike+Basket+with+Hardware+-+Weather+Resistant+-+18+x+13+x+6&qid=1628102223&sr=8-1](https://www.amazon.ca/Wald-Front-Bicycle-Basket-Silver/dp/B000C1YRTM/ref=sr_1_1?dchild=1&keywords=Wald+139+Standard+Large+Front+Handlebar+Bike+Basket+with+Hardware+-+Weather+Resistant+-+18+x+13+x+6&qid=1628102223&sr=8-1)

Or I can carry on my hand cart, a cooler containing 32 bottles of juice:

[https://www.walmart.ca/en/ip/coleman-48-qt-hinged-lid-cooler-blue/6000202513112?skuId=6000202513113&utm\\_medium=paid\\_search&utm\\_source=google&utm\\_campaign=always\\_on&cmpid=SEM\\_CA\\_81\\_HY95AUSJXT\\_71700000053536879\\_58700005329755178&utm\\_id=SEM\\_CA\\_81\\_HY95AUSJXT\\_71700000053536879\\_58700005329755178&gclid=Cj0KCQjwu7OIBhCsARIsALxCUaO5PmaYhHk0i6xiTfRb0f8bwK7YFl --nCGwtTziSRB0CMNdyKhUaAhQdEALw\\_wcB&gclidsrc=aw.ds](https://www.walmart.ca/en/ip/coleman-48-qt-hinged-lid-cooler-blue/6000202513112?skuId=6000202513113&utm_medium=paid_search&utm_source=google&utm_campaign=always_on&cmpid=SEM_CA_81_HY95AUSJXT_71700000053536879_58700005329755178&utm_id=SEM_CA_81_HY95AUSJXT_71700000053536879_58700005329755178&gclid=Cj0KCQjwu7OIBhCsARIsALxCUaO5PmaYhHk0i6xiTfRb0f8bwK7YFl --nCGwtTziSRB0CMNdyKhUaAhQdEALw_wcB&gclidsrc=aw.ds)

On top of this cooler I can mount my waterproof bag packed with stuff.

**I secure my loads with bungee cords:**

[https://www.amazon.ca/gp/product/B08MPTPKNZ/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.ca/gp/product/B08MPTPKNZ/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

<https://www.canadiantire.ca/en/pdp/super-strong-bungee-cord-green-24-in-0403063p.html#srp>

**I secure my bike with a U lock:**

<https://www.canadiantire.ca/en/pdp/raleigh-steel-u-lock-cable-combo-9-in-0733059p.html#srp>