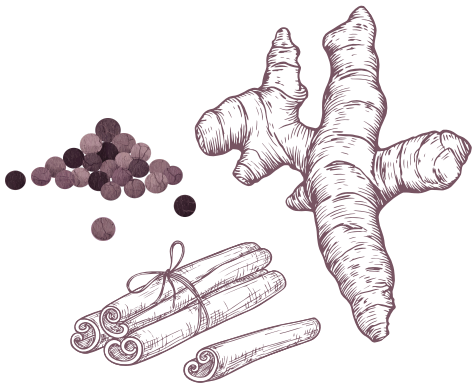
Golden Goodness Mix

This blend of herbs can boost the immune system, strengthen and support the heart and digestive system, combat inflammation and joint pain, improve memory and brain function, help keep harmful viruses and bacteria that reside in the body at bay and may even combat infection.

INGREDIENTS

- *1 cup turmeric powder*
- *1/4 cup ginger powder*
- *1/4 cup cinnamon powder*
- *4 teaspoons black pepper*
- *2 teaspoons allspice*
- *2 teaspoons nutmeg*



NOTE

I like to mix a large amount up and keep a smaller container in my cupboard to whip up Annie's Tonic Brew each day or throw into smoothies, soup, or a batch of pancakes or waffles.

