

Elderberry Fire Cider with hint of Hawthorn berry

all organic market bought & some garden grown

Fire Cider is communIMMUNity boosting! A folk medicine based in community for the people made easily by the people with commonplace kitchen foods, like onion, garlic, horseradish, peppers. Used for general malaise, common flu, cold or hangovers.

Covering a variety of ailments~ it swiftly focuses on the throat, sinuses, & gut. Fire Cider tried to be trademarked by big corp not so many moons ago & herbalists & the general public came from all around to say; Not Today!, freeing fire cider from trademark restrictions.

Rusty Moon Botanicals (RMB) Fire Cider

8oz \$20

Typically, for each 8oz bottle sold, \$5 of \$20 is donated to Abundance of Hope in S. Seattle, Real Rent Duwamish, Black Women for Black Lives or POCAAN. This rounds donation will go toward supporting Palestine. Genocide is never okay. Free Palestine! And Freeing Palestine Is the beginning of freeing oppressed people around the globe.

Ingredients

Elderberry (*Sambucus cerulean*), Hawthorn berry (*Crataegus monogyna*), fresh ginger, onion, garlic, whole cayenne pepper, lemon zest, grapefruit, fresh rosemary, turmeric root, Bragg apple cider vinegar

Benefits

Elderberry is most known for reducing the symptoms of cold and flu. Berries are high in Vitamin C and have a property not found in the other parts of the plant; they are used as a tonic to build the blood and combat anemia. Elderberry is also a probiotic.

Hawthorn cardiovascular tonic/ heart tonic decreases blood pressure. Relieves stress, the “everything is going to be okay” plant. Particularly helpful for those going through life transitions & dealing with grief.

You Dose

Begin with 1- 3 tsp per day; morning, noon, night; directly in mouth or in 1/4c tepid water.

For flu and colds: 1 dropperful in half glass tepid water or juice every two hours until symptoms abate. Start taking as soon as symptoms are noted.

*Rusty Moon Botanicals
Return to the Earth*