

## Tonic Recipe

Use for replenishing Blood and Qi, control cancer showing Blood deficiency signs or Qi deficiency (many hemangiosarcomas, mast cell tumors, etc) treat dry skin and dull fur, recovery from surgery or illness. Good recipe for cooler weather and old cold animals, cancers, older debilitated dogs.

**\*\*\* May be used alone for up to 3-4 weeks. This can be used long term in conjunction with the regular diet but must be supplemented to be a complete diet. \*\*\***

.25 oz seaweed (Hijiki, arame, kombu) softens hardness, reduce Phlegm  
8-10 sticks astragalus\* - tonify Qi, promote tissue regeneration  
8-10 shitake mushrooms (1 1/2 oz dry and soaked) or 1/2 lb fresh chopped small  
2 cups chopped butternut squash, acorn squash or pumpkin  
2 cups artichoke, Chinese cabbage and/or bok choy, broccoli  
1 cup millet, rinsed  
2-3 lbs beef  
½ - 1 lb beef heart or liver (add close to end of cooking)  
2-3 tbsp mulberries or blueberries: nourish Yin, moisten dryness, repair tissues, calm Shen, break down fibrosis (not for long term) or figs.

Options:

Deep ocean wild caught white fish for Yin deficiency or Liver Stagnation or Heat  
Lean pork, cook with bones then remove bones after cooking, to stimulate immune function, severe debilitation  
Chicken or chicken organs for deficient Spleen/Stomach Qi  
Lamb and lamb kidney to tonify Kidney Yang, replenish Jing

In place of squash/pumpkin  
Carrots to drain Damp, benefit Spleen and Stomach  
Turnip to drain Damp  
Yucca (cassava) to nourish Yin  
Burdock root\* to clear Heat, dispel Wind, descent Qi

In place of millet  
Long grain rice to benefit Spleen and Stomach  
Quinoa, buckwheat, oats to add warmth

Use any mushrooms to gain the benefit of the polysaccharides found in mushrooms. Replace mulberry with Hawthorne berry to move Stagnation and break down Phlegm, remove Damp. Replace artichoke and cabbage with leafy or stalky vegetables if mass dispersal is the goal. Bound vegetables like cabbage, Brussel sprouts and artichokes consolidate and pull tissues together.

\* **Herbs packets can be obtained from Full Circle Equine Service for the hard to find herbs in this recipe**

**We recommend top dressing with Volhard Endurance to ensure completeness. You can order by clicking the Volhard Dog Nutrition icon on our website: [www.fullcircleequine.com](http://www.fullcircleequine.com)**