Kitchen intro and family traditions

– Hey everyone. Hi, it's Jana back with you for another one of these little mini masterclass episodes before another just jam packed day of experts from around the globe at The Medicine of Mindset Summit.

So why are we here in my kitchen? Alright, so first of all this is checking the box for a childhood dream of mine that I love to cook and that comes from, I believe that comes from my baba's. So we are Ukrainian descent.

So baba is grandma and my baba's love to cook and included me whenever they could. One of my baba's, my baba hoodie was, you knew she was in the zone when she was, you know, pans and pots were like crashing in the kitchen and she was just like that be all over the place. And then my other baba, my Bob Mathias would teach, you know, when do you plant your garden and when do you pull those dandelions always by the phases of the moon. And so the kitchen for me has always been just such a comfortable place and we're here all week talking about mindset and I wanted to invite you into my kitchen because it is, it's a sacred happy place for me. And I know that might not be the case for everyone, but I wanna show you one of my morning routines that I do every single day and I'm hoping that it might inspire you to try something like this on your own. So I'm not a coffee drinker, I've never been a coffee drinker and that goes back to actually my first year of university, I had an 8:30 a.m.

Morning elixir ingredients

Business calculus class on Monday, Wednesday, Friday mornings and I would go into this lecture theater and it was, I don't know maybe like 300 of us in that lecture theater and I swear there was one person who would drink Irish cream coffee and I don't know what it is, what it was, was it was so early in the morning or it was calculus or it was a combination of everything, but that smell to me would fill the room and I know some of you in here, like I love the smell of Irish cream coffee and I feel like I should too, but it just did not do whatever for my stomach, but yet I thought like people that drank coffee were so cool, like you want to meet for coffee and I'd be like well I'll meet for tea write. And then of course, you know the big coffee conglomerates came around and kind of took that concept of community and experience of meeting for coffee and they put it in their drinks and in their cups and and really you know took that whole marketing piece to another level.

So for me because I wanted to still be one of the cool girls a couple of years ago and I and I love tea and I drink tea all the time. But a friend of mine showed me this recipe for an elixir and I was like what is an elixir?

And she's like well it's a Cacau based drink that in this case the ingredients that I use, you know, really check the box for energy hormone balancing.

It's just with the Cacau, it's just a really feel good drink in the morning. So I've always thought how cool would it be to have a cooking show and although we're not gonna be like cooking anything today, we are going to be making this elixir.

And so like I said, it's kind of checking the box of of that childhood dream of mine. So I'm gonna show you what I do with this elixir and I'm just gonna play with the angle of my no, you know what I'm gonna keep you hear from me with me?

Yeah, I'm just gonna hold the ingredients up alright so I start mine with a almond milk base and you can use anything. I mean if you want to use you know if you want to use dairy you can if you want to use whatever almond milk, coconut milk um and you could use straight up water but I just don't think it gets us frothy alright and I'm making two servings because um my husband's upstairs in his home office and so so I don't know what I have here, like I'm gonna say there's what is that max? So it doesn't say just as max to fill, oh gosh, geez! I always go way past the max every morning.

I never noticed that. Maybe that's why some mornings it like flies all over me. So I'm gonna say there's like maybe

a cup and a half. So if you're making a single serving maybe like three quarters of a cup of your dairy, I use pink Himalayan sea salt and I'm an 11, 11 is my ruling number in numerology.

So I just do 11 twists 1,2,3,4,5,6,7,8,9, 10, 11. Alright, so I do these fun little mind tricks and then I have cinnamon and of course I'm here in Mexico. So this is all these ingredients are, the labels are in Spanish and I like a lot of cinnamon so I don't know what I put like I'm gonna say there for sure is a teaspoon, maybe a teaspoon and a half if you don't love cinnamon and just don't put as much.

I like using a mushroom mix. So this is like a 10 mushroom species. Three botanical adapted gens and you guys like sometimes all I have at my disposal is what's at the grocery store.

I do love these products. I'm not on anyone's like influencer list. This is the home mushroom superfood. It's got lion's mane ray, she cortes eps, turkey tail taga, King trumpet Mottaki.

Oh my gosh, I take. Yeah and then the adapter gens are in here. So it comes with its own little scoop. So I just do two scoops, one for Jason and one for me.

And then I have some Maca. Alright.

Blending, heating, and serving the drink

I usually also have Ashwin Dunga, but I ran out and I was like well I wanted to, I wanted to share this with you and sometimes I run out of one ingredient but I don't not make it. So they're like a tablespoon for both of us.

And then and I used to always use a collagen product, sometimes I use a powdery product that I get here locally at our market on Tuesdays. But the team at ever Bella sent me this complete biotin and it comes in cinnamon roll and caramel and oh I just I'm kind of, do you hear that? It's almost it's almost out which makes me really sad when I go to the U. S. I stuck up. Alright. And then of course the cow, if you watched day one, which I hope you did. Day one was jam packed of the Summit David avocado Wolfe. And I talked about how he's got his sacred chocolate line and he just happened, which I thought was so cool, he's like oh I just happened to have some cocoa beans here on my desk in a ziplock bag and he opened one up, he just cracked one almost like a sunflower seed I think.

Or maybe he cracked it with his hands, not his teeth. I'm just gonna keep talking, I'm gonna go fill up the rest of this with water. And so when he opened up the cow being you're gonna hear this little water machine start when he opened up the Cacau bean. There were these beautiful colors of purple and a really really dark like rich rich brown and black.

And I just thought that was so cool. And so if you if you're like ah I miss that you know that you're able to upgrade. I mean each days, Videos or interviews I guess are available for 24 hours for free. And that's what we wanna do.

We wanted to do that with this project so that anyone could access the information for 24 hours. And if you want to have a lifetime access to it and watch it on demand or like what I remember there was that interview, what were they talking about then you can upgrade to your V.

I. P. Pass or ticket which is $67. And I think that's a really, I think that's a really good deal. So I'm just gonna mute myself for memento because I'm gonna blend this so just give me a second.

Okay so it's blended. And now what I'm gonna do is I don't love using the microwave when I don't have to. So I just take the blended elixir and I just pour it into a little pot and then this is just gonna heat on the stove for a couple of minutes while we chat.

And so that's what I do with my elixir.

Morning routine, sleep, and wellness tips

Now I'm gonna grab, I forgot to grab the honey, we've got this amazing woman at the market that has, she brings honey and so Jason likes a little bit of sweet in his elixir. The Cacau can make it like if you like dark chocolate, you're good to go right? So I don't put anything extra in mine um For him, I add like maybe maybe that would be, that might be a teaspoon, that might be a little bit lot. Anyways, he's gonna get a little extra sweetness this morning. So that's what I do and then I'm just gonna heat it and we're going to enjoy and like I said, it's a really great way like you're taking in lots of really cool superfoods and the boost that they give to your energy, your immunity, you know, your hormones and that's what we wanna do.

We wanna be positioning ourselves to be really as excellent as we can. So that is this is one of my morning routines and I I just would love to share.

I mean I'm happy that I've shared it with you these ingredients like I said, if you wanted to put vanilla in, you could put vanilla in, you could like, it's not a hard and fast recipe and maybe what I'll do is ask my Summit team where I can put this recipe, I'm gonna ask them if I can put this right below in writing but just quickly go over it again, it was about three quarter cups of almond milk.

I did two tablespoons of Cacau, I did the little scoop that came in the mushroom mix, just whatever it was. Two scoops of that. I did 11 grinds of the Himalayan sea salt. I did two big squeezes of the collagen. So when I use the powder collagen, I put two tablespoons of that in and I mean look and see what it says for a serving on your on your on the products that you're using and then I quite a bit of cinnamon like I said a not a cup, not a cup, a teaspoon or a teaspoon and a half and then about a tablespoon of Maca and that was, that's for the two of us, right? That's for the two of us.

So let's talk about mornings, there was one of our speakers who said when you win the morning, you win the day and in order to win the morning you have to win the night.

And I was like that is brilliant because it flips the script, It reframes around, you know when you're when you're getting ready for bed and you have that routine or if you don't have a routine and you're looking to establish it, this is a really simple way to set your mind.

So that one feeds the other. Alright, about two weeks ago I was in Mexico city with our youngest son for golf For a tournament and usually like 1st night in a hotel for me, I don't sleep great, But there was like three nights in a row where I did not sleep great and I remembered just how important it was to you know, be off, I was, I was working a little bit later than I normally did and I know that it takes about two hours after you close your laptop or get off your phone before you can really get into a quality rhythm with your sleep.

And so sometimes I feel like those moments or those weeks are gifted to us as a reminder that we need a little bit of a reset. And I also didn't have like my morning routine of of my elixir.

So for me when I have this elixir, it really does help me win my mornings because I know what I am giving my body is really high quality and I should say, you know what I also do and this is what I learned you're gonna hear from Stacy McCarthy this week. She's one of our speakers, she reminded me about the importance of water and lemon in the morning and she said I want to you know Mark Mark her talk, she she she shared some really great information.

She said there's a misconception that water and lemon juice is puts acidity into your body in the first thing in the morning. And she said actually it creates an alkaline type environment which is what we want. Right?

So before I have I'm gonna have a few sips of my elixir now, but I'm gonna go and squeeze um half a lemon into a glass of just room temperature water.

And that's gonna be the first thing that goes into my body after these few sips of elixir. And then I'm gonna then I'm gonna have the elixir. So the first two things and it helps me feel full.

It feels like I've given it something um a very high quality from a nutrition perspective and then my solid foods come

a little bit later after this I just am drinking my water throughout the morning and then Jason and I will have a green smoothie and then we have like a little healthy charcuterie platter in the afternoon and then you know water throughout the day and then dinner. And I'm not saying that you have to subscribe to this way of you know of eating or these strategies.

I just want to tell you what has worked for me and you heard my story already earlier this week when I lived in pain for many, many, many years and just did not know why these strategies are part of how I have completely optimized my life at this point and I wanted to share that with you.

So, I think our elixir is almost ready. Mm All right. And then my other little hack is, I have about three or four mugs. I've got a wonder woman mug. I've got a mug that says mom, mom, wife, boss. I've got one a capricorn.

I love the fact that I'm a capricorn. This one is from my business coach, kim, Walsh phillips. It says only lizards and baking powder were meant to blend in. So I, this is the other thing that I do is what I put my elixir in means something to me.

You guys, It's so good. So good. Thank you for joining me this morning on Jana's elixir show and have a fantastic day of listening to this lineup of speakers that we have ready to go today. I'll see you on the next little mini class.

Have a great day