This tonic syrup is especially useful for women during their menstrual cycle, for women during pregnancy, people with low levels of iron due to diet, and for those times in our lives when we feel depleted. It is also beneficial for those who suffer with occasional constipation. Date syrup (also rich in iron) can be used instead of the strong-flavored blackstrap molasses.

⅓ cup of each: dandelion root, yellow dock root, and sarsaparilla root  
(total one cup)
⅓ cup of each: rosehips, hawthorn, goji berry (total one cup)  
½ cup of each: nettle leaves and raspberry leaves  
1 small stick cinnamon (or two teaspoons of cinnamon chips)  
2 tablespoons dried lemon peel  
1 tablespoon cardamom seed  
1 cup blackstrap molasses

Add roots, fruits, and spices to a large pot (do not add the leaves yet).  
Add 3 quarts of water to the pot and partially cover.  
Simmer for 2-3 hours until reduced by half.  
Remove from heat and stir in nettle, raspberry leaves, and blackstrap molasses. Cover and allow to sit for at least 4 hours (overnight is better).  
Strain out herbs and taste. If desired, add honey to sweeten.  
Bottle and store in the refrigerator for up to a month.  
Take 2 teaspoons per day.  
This recipe makes one quart.  
Divide the batch and freeze in ice cube trays for future use.