

Liver Love Hot Chocolate

BY SELIMA HARLESTON LUST

Liver Love Hot Chocolate invites you to get rooted inside yourself and clear the stagnation, so you can make space and usher in the joy.

ingredients

- 1 Tablespoon dried, cut Burdock Root
- 1 Teaspoon dried, cut Chicory Root (optional)
- 1 Teaspoon roasted, cut Dandelion Root (optional)
- 1 Cinnamon Stick
- 4 Tablespoons Unsweetened Cocoa Powder
- ½ Teaspoon Vanilla Extract
- Raw Sugar (to taste)
- 2 Cups Water
- Milk (optional)

directions

1. Pour water over herbs.
2. Bring to a boil, then reduce heat to lowest setting.
3. Let simmer for 45 minutes.
4. Let rest for another hour or so. Strain. Reheat.
5. Add your preferred milk, if you like, and enjoy!

Drink immediately, whiskey optional :)

Yield: approximately 1.5 cups

SELIMA HARLESTON LUST



Selima Harleston Lust is a wife, mother, survivor, and co-founder of Iwillaremedy. Passionate about helping people travel the most graceful path from illness to wellness, Selima bridges the gaps between your body, your consciousness, and your soul's evolution.

As a clinical herbalist, medical astrologer, and spiritual teacher, her approach to well-being is deeply rooted in establishing relationships with plant medicine, practicing proactive spiritual alignment, and utilizing emotional alchemy to help people reclaim their power after trauma as well as to uncover the spiritual root cause of physical pain, illness, and disease. In her signature online mentorship, Herbal Medicine for the Soul, she teaches adults how to reclaim their wellness naturally while addressing the emotional root cause of pain using the CALYPSO Healing Method™.

Selima has given motivational talks at the Black Urban Growers, Sex Down South, and the NYC Spiritual Herbalism conferences. She's a proud graduate of Spelman College (BA), Teachers College Columbia University (MA), the Peace Corps, and Sacred Vibes Apothecary Herbal Apprenticeship.

Find more from Selima on Instagram @iwillaremedy and at her website: iwillaremedy.com.

