

## [Schi-Zam™: A Natural Energy Beverage](#)

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Energy drinks are actually a great idea that can benefit almost everyone needing an infusion of energy, including athletes and people suffering from chronic illness or undergoing chemotherapy. But instead of drinking a highly sweetened, caffeinated, chemical concoction, try Schi-Zam™, my natural energy drink.

This delicious beverage includes coconut water, the clear, sweet liquid extracted from young green coconuts. Coconut water is rich in electrolytes, and hydrates the body more effectively than plain water. Schi-Zam™ also contains a unique herbal tea blend that not only tastes good, but also provides a wide array of antioxidants and beneficial phytonutrients. Finally, an essential component of Schi-Zam™ is Power Adapt, a high-potency herbal adaptogenic tonic.

Combined together, these ingredients make a delicious beverage, supplying your body with essential nutrients that help to naturally replenish energy, and at the same time facilitating the removal of toxins that accumulate with physical stressors such as exercise or chemotherapy.

Enjoy this healthful, energizing beverage as often as you like!

### **Recipe for Schi-Zam™ Energy Beverage: (Makes 32 ounces)**

#### **Ingredients:**

- 1 Tbsp. Power Adapt
- 16 oz. Coconut water (I recommend Taste Nirvana brand)
- 16 oz. Herbal tea infusion (see below)

#### **Directions:**

1. Make tea blend (see below) and let cool.
2. Combine all ingredients in glass quart jar or pitcher.
3. Serve chilled.
4. Store in refrigerator for up to 2 days.

### **Herbal Tea Blend (for Schi-Zam™ Energy Beverage)**

#### **Ingredients (equal parts):**

- Schizandra berries
- Lemon grass
- Rooibos Chai blend (Eco teas)
- Red clover blossoms
- Hibiscus blossoms
- Rose blossoms
- Nettles
- Licorice
- Lycium berries
- Orange peel
- Ginger root

#### **Directions:**

To make 16 oz. of herbal tea blend:

1. Bring 16 ounces of spring or filtered water to a boil.
2. Place 4 tablespoons of herbal mixture into covered teapot or canning jar.
3. Pour freshly boiled water over herbs. Steep, covered, for 6-8 minutes.
4. Strain out herbs and allow tea to cool to room temperature.