

The Northwest School for Botanical Studies

Handout prepared by Christa Sinadinos

Fire Cider

Fire Cider is otherwise known as Cyclone Cider. Fire Cider is made with filtered apple cider vinegar, organic vinegar is preferred. The herbs traditionally used in this recipe include fresh onions, garlic, horseradish, ginger, and cayenne peppers although the formula can be varied. One can use any kind of fresh, hot peppers ranging from mild to hot. Other options which enhance both the flavor and nutritional value are as follows: include some of the following Mediterranean herbs such as parsley, burdock, oregano or thyme; or for an eastern slant add fresh turmeric or galangal. Add small amounts of seaweed to the recipe to increase the vitamin and nutrient content. As you can see the recipe can be modified. Experiment with your own ideas and bring some in for the class to try! Always write your recipes down.

Directions

To make a one quart batch use a 2x1x1 piece of Ginger, a 3x1 piece of Horseradish, a small onion, a head of garlic, and 2-3 small hot peppers. Peel the skin off both the onions and garlic. Chop onions, garlic, and peppers being careful not to touch your eyes! The horseradish and ginger should be grated, although they can also be chopped finely. Place the ingredients into a sterilized mason jar, filling the jar one to two inches below the mouth. Pour the vinegar over the herbs, making sure there are no air bubbles. Leave at least one half to one inch between the lid and the vinegar. Add a layer of wax paper between the jar and the lid and seal the lid. Allow the herbs to steep for two weeks to one month in a dark place. Then strain off the liquid and bottle.

Take one to four droppers full, three to five times daily for acute conditions.

Take one to three droppers full, one to three times daily for chronic conditions or as a tonic. You can also use fire cider in place of vinegar in most recipes. It tastes great in vinaigrettes, sweet and sour soups, stir-fry, on baked potatoes and much more.

The Properties of Fire Cider

Fire Cider has many antimicrobial properties. It acts as an antiviral, antibacterial, and antifungal. Fire Cider has immune stimulant properties; it increases white blood cell counts, as well as increasing T cell and NK cell counts. In addition, it has diaphoretic and vasodilating properties. It increases the blood flow and the amount of oxygen delivered to the tissues, as well as aiding the removal of waste products from the tissues. All of the herbs contained in the blend have expectorant properties. Fire Cider can be taken in the first phases of a cold or flu or for lowered resistance. It is an adjunct treatment for sinusitis, bronchitis, allergies, poor circulation, and for digestive infections.

Many of the herbs used in fire cider help to lower elevated cholesterol levels and to lower L.D.L.'s (low density lipids) and increase H.D.L.'s (high density lipids). This can be beneficial in both the treatment and prevention of arteriosclerosis. Some of the herbs used in this formula have blood thinning properties which can be beneficial for people with elevated blood pressure and elevated cholesterol levels.

Contraindications: The herbs in this formula can affect individuals who are taking blood thinning medications or aspirin. Anyone undergoing any surgical procedures should stop taking blood thinning herbs at least two weeks prior to and one week following surgery. This formula should be used with caution by any individual with a sensitive stomach, acid reflux or chronic heartburn, gastric ulcers, irritable bowel syndrome, Crohns, or flatulence.