

PEOPLE
NATURE
STRONGER
TOGETHER



BREATHE
MOVE
LIVE
GROW

KAGE ROOT

— STAY ROOTED —

ROOTED REMEDIES

SIMPLE INGREDIENTS • EVERYDAY RITUALS • BETTER YOU

NATURAL
SUPPORT
FOR EVERYDAY
LIFE



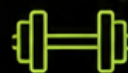
NATURAL
INGREDIENTS



EVERYDAY
RECIPES



SUPPORT
WELLBEING



FUEL
RECOVERY



SIMPLE
HABITS

— STAY ROOTED. —

THE ROOTED APPROACH

WHAT IS ROOTED REMEDIES?

SIMPLE THINGS. REAL INGREDIENTS. EVERYDAY RITUALS.

You do not need a cupboard full of supplements or complicated routines to start looking after yourself. Rooted Remedies is a collection of simple food-and-drink rituals made from familiar ingredients such as ginger, turmeric, lemon, honey, herbs, fruit and spices.

These recipes are not treatments or cures. The aim is to understand what you are using, make something useful for yourself, and build small routines that fit alongside a balanced diet, movement, sleep and appropriate medical care.

KEEP IT SIMPLE

- Use ingredients you can actually buy and prepare.
- Start with one recipe instead of trying everything.
- Consistency matters more than chasing trends.

UNDERSTAND IT

- Know why each ingredient is included.
- Separate promising evidence from exaggerated claims.
- Natural does not automatically mean risk-free.

START WITH ONE

- Pick one recipe that fits your routine.
- Notice taste, tolerance and how easy it is to repeat.
- Keep what helps your routine. Leave what does not.

CHECK BEFORE YOU TRY

Check ingredients for allergies or sensitivities. Herbs and supplements may interact with medicines or be unsuitable during pregnancy, breastfeeding or for certain conditions. Ask a pharmacist or clinician if unsure. Stop if you react. See the full safety notes on page 10.

RECIPE 01

GINGER - TURMERIC - LEMON ROOT SHOT

BRIGHT. SPICY. SIMPLE.**SMALL BATCH - ABOUT 6 SHOTS**

- 80 g fresh ginger
- 40 g fresh turmeric OR 2 tsp ground turmeric
- 2 lemons, peeled or juiced
- 250 ml water
- Small pinch of black pepper
- Optional: 1-2 tsp honey for taste

METHOD

- Wash and roughly chop fresh roots.
- Blend with lemon and water until very smooth.
- Strain if you prefer a thinner shot.
- Stir in black pepper and optional honey.
- Pour into a clean covered bottle and refrigerate.

HOW TO USE IT

A small serving is enough - roughly 30-50 ml. There is no need to treat a shot as a medicine or take large amounts. If it irritates your stomach, reduce the amount or skip it.

BATCH & STORAGE

- Make small batches rather than keeping homemade juice for long periods.
- Keep refrigerated in a clean, sealed container and use promptly - ideally within 2-3 days.
- Shake before pouring. Discard it if the smell, appearance or taste seems off.
- For longer storage, freeze portions in a clean ice-cube tray and thaw in the fridge.

INGREDIENT GUIDE

WHAT'S ACTUALLY IN THE SHOT?

WHAT IT IS - AND WHY IT IS THERE.**GINGER**

- Contains pungent compounds including gingerols and shogaols.
- Research has explored ginger for nausea and inflammatory pathways.
- It also gives the shot its warmth and bite.

TURMERIC

- Contains curcuminoids, including curcumin.
- Curcumin is widely studied, but ordinary turmeric contains much less than concentrated research extracts.
- Use turmeric as food - not as a promise of a cure.

LEMON

- Adds acidity and flavour.
- Provides vitamin C.
- It can make a strong ginger/turmeric mixture easier to drink.

BLACK PEPPER

- Contains piperine.
- Piperine can increase curcumin bioavailability in studied formulations.
- A small culinary pinch is enough for this recipe.

WHY TURMERIC + BLACK PEPPER?

This is the pairing you were thinking of: piperine in black pepper can increase the amount of curcumin available to the body. That does not mean more pepper is better - concentrated piperine can also affect how some medicines are handled.

RECIPE 02

WARM GINGER & LEMON DRINK

A SIMPLE COLD-WEATHER RITUAL.

YOU NEED

- 2-3 thin slices fresh ginger
- Juice of 1/2 lemon
- 250-300 ml hot water
- Optional: 1 tsp honey
- Optional: cinnamon stick

MAKE IT

- Add ginger to a mug or small pot.
- Pour over hot water and leave for 5-10 minutes.
- Add lemon after it cools slightly.
- Add honey if wanted.
- Sip it because you enjoy it - not because you have to.

WHY IT EARNS A PLACE

It is inexpensive, hydrating and easy to make. Ginger and lemon add flavour without needing a sugary bottled drink, while a warm drink can become a useful pause in a busy day.

HONEY NOTE

- Honey can soothe the throat for some people and makes the drink easier to enjoy.
- Honey is still a free sugar, so a little is enough.
- Never give honey to a child under 12 months because of infant botulism risk.

RECIPE 03

GOLDEN EVENING DRINK

WARM SPICE. NO CAFFEINE REQUIRED.

YOU NEED

- 250 ml milk or unsweetened fortified alternative
- 1/2 tsp turmeric
- 1/4 tsp cinnamon
- Tiny pinch black pepper
- Optional: grated ginger
- Optional: small amount of honey

MAKE IT

- Warm gently in a saucepan.
- Whisk in turmeric, cinnamon and pepper.
- Do not boil aggressively.
- Taste before adding sweetener.
- Drink as part of a wind-down routine if it suits you.

THE RITUAL MATTERS TOO.

The drink itself is not a sleep treatment. The useful part may also be the routine: lower the lights, put the phone down, make something warm and give the day a clear ending.

FOOD PAIRING NOTE

- Curcumin is fat-soluble. Using turmeric as part of a meal or drink containing some fat may aid absorption.
- You do not need to add large amounts of fat or pepper to chase absorption. Keep it culinary.

RECIPE 04

BERRY - GINGER RECOVERY SMOOTHIE

FOOD FIRST AFTER A HARD SESSION.

YOU NEED

- 150 g frozen mixed berries
- 1 small banana
- 150 g Greek-style yogurt or fortified alternative
- Small piece fresh ginger
- 100-150 ml milk or water
- Optional: oats for extra carbohydrate

WHY THIS COMBINATION

- Berries bring fruit, fibre and polyphenols.
- Yogurt can provide protein.
- Banana and oats can add useful carbohydrate.
- Ginger gives flavour and variety.
- Adjust the portion to your training and appetite.

RECOVERY IS BIGGER THAN ONE DRINK

Training recovery still comes back to enough food, protein, carbohydrate, fluids, sleep and time. A smoothie is simply one convenient way to get some of those things in.

MAKE IT YOURS

- Use frozen fruit to keep cost down.
- Add oats if you need a more substantial option.
- Use a protein-rich base if the smoothie is replacing a meal.
- Do not force a smoothie if normal food works better for you.

BUILD YOUR OWN

THE ROOTED FORMULA

BASE + FLAVOUR + USEFUL INGREDIENT.

CHOOSE A BASE

- Water
- Milk / fortified alternative
- Greek-style yogurt
- Tea or herbal infusion
- Whole fruit

ADD FLAVOUR

- Lemon or lime
- Berries
- Apple or pear
- Cinnamon
- Mint

ADD A ROOT/SPICE

- Fresh ginger
- Turmeric
- Small pinch pepper
- Cinnamon
- Fresh herbs

KEEP THE RECIPE BORING ENOUGH TO REPEAT.

The goal is not to cram ten 'superfoods' into one glass. Pick a few ingredients that taste good together, keep the quantities sensible and make something you will genuinely prepare again.

THREE EASY COMBINATIONS

- Ginger + lemon + water
- Berries + yogurt + ginger
- Turmeric + cinnamon + warm milk
- Start simple. Change one thing at a time.

PREP & STORAGE

MAKE A BATCH SAFELY

CLEAN. COLD. SMALL.**BEFORE YOU START**

- Wash hands and equipment.
- Wash fresh produce well.
- Use clean bottles or jars with lids.
- Keep raw ingredients away from contamination.
- Make amounts you can use quickly.

AFTER YOU MAKE IT

- Refrigerate homemade shots and smoothies promptly.
- Do not leave perishable drinks sitting at room temperature for hours.
- Use small batches within a few days.
- Freeze portions when appropriate.
- If in doubt, throw it out.

LABEL THE BOTTLE.

Write the date you made it. It takes seconds and removes the guesswork later.

A SIMPLE WEEKLY RITUAL

- Choose one recipe.
- Buy only what you need.
- Prepare a small batch.
- Clean up immediately.
- Notice whether the ritual actually helps your routine before making more.

SAFETY

NATURAL DOESN'T MEAN RISK-FREE

KNOW WHEN TO CHECK FIRST.

TAKE EXTRA CARE IF...

- You take anticoagulant/antiplatelet medicines or have a bleeding disorder.
- You take regular prescription medicines and plan to use concentrated herbal products.
- You have gallbladder disease, significant reflux or a sensitive stomach.
- You are pregnant, breastfeeding or preparing for surgery.

REMEMBER

- Food amounts are different from high-dose supplements and extracts.
- Ginger, turmeric and pepper can cause stomach symptoms in some people.
- Piperine can alter drug metabolism at concentrated doses.
- Allergies and intolerances still apply to 'natural' ingredients.

WHEN IN DOUBT, ASK.

If you take medicines or have a health condition, check with a pharmacist, GP or other qualified clinician before using concentrated supplements or making major dietary changes. This guide is general wellbeing information, not medical advice.

STOP IF IT DOES NOT SUIT YOU

- Pain, persistent stomach upset, rash, swelling or other concerning symptoms are reasons to stop and seek appropriate advice.
- You never need to push through a reaction just because an ingredient is natural.

THE ROOTED ROUTINE

ONE REMEDY. ONE RITUAL.

KEEP WHAT EARNS ITS PLACE.

Rooted Remedies is not about finding a secret ingredient. It is about taking ordinary ingredients, understanding them a little better and using them as part of a routine that supports the bigger foundations.

THE FOUNDATIONS STILL WIN

- Eat a varied, balanced diet.
- Move your body regularly.
- Sleep and recover.
- Drink enough fluid.
- Get daylight and time outside when you can.
- Use medical care when you need it.

START WITH ONE.
MAKE IT YOURS.
STAY ROOTED.

Review this guide as the evidence and your own routine change. Keep the recipes useful, honest and simple.