

A TRADITIONAL FIELD GUIDE · FREE EDITION

The Ancient Vitality Codex

*Seven Traditional Herbs Men Have Turned To Across the Ages
to Support Energy, Drive, and Vitality*



Presented by MrEarthRose · SwordVitality

The old knowledge, kept alive.

BEFORE YOU BEGIN

A Word on the Old Knowledge

Long before vitality came in a foil packet with a corporate logo, men reached for the earth. Every tradition that ever took root — the Egyptian, the Ayurvedic, the Chinese, the folk healers of the Malay archipelago and the highlands of the Andes — kept a set of plants close for one purpose: to help a man feel like himself again. Awake. Driven. Whole.

This Codex gathers seven of those plants. Not as a prescription, but as a map — a record of what people have traditionally turned to, and how they thought about it. Consider it a doorway back into knowledge that was never lost, only buried under a century of marketing.

A note, plainly stated: Nothing in this guide is medical advice. These are traditional and historical accounts of how herbs have been used, offered for education. They are not intended to diagnose, treat, cure, or prevent any condition. Herbs can interact with medications and health conditions — speak with a qualified healthcare provider before adding anything new, especially if you take prescriptions or have a medical condition. Your body is your own; treat it with the respect of an informed owner.



THE SEVEN · HERB I

I Tongkat Ali

Eurycoma longifolia · “Longjack”

The root of the Malaysian jungle.

For centuries across Malaysia, Indonesia, and Vietnam, the bitter root of Tongkat Ali has been brewed into tonics by men seeking to feel more energetic and more themselves. Traditional herbalists dug the deep taproot, sliced and boiled it, and drank the decoction as a daily restorative. It earned a reputation as a plant for stamina, drive, and the vigor of younger years.

Traditionally reached for — Traditionally used to support healthy energy, physical stamina, and male vitality. In folk practice it was the root a man reached for when he wanted to feel strong and capable again.

How it was taken — As a standardized root extract in capsules, or as the traditional bitter tonic. Consistency over time was the traditional way — a daily ritual, not a single dose.

II Maca

Lepidium meyenii · “Peruvian Ginseng”

The root that grows where almost nothing will.

High in the Peruvian Andes, above 12,000 feet where the air is thin and the cold is constant, the Maca root thrives. The Inca prized it — warriors were said to take it before battle and long marches. For generations Andean families have eaten it dried, roasted, or boiled into porridge as a food of endurance and vigor.

Traditionally reached for — Traditionally used to support stamina, endurance, healthy energy, and drive. It was valued as a hardy food that helped people thrive in a punishing environment.

How it was taken — As a powder stirred into drinks, oatmeal, or smoothies, or in capsules. The Andean tradition treated it as food first — taken regularly, the way you'd eat any staple.

III Panax Ginseng

Panax ginseng · “True Ginseng / Red Ginseng”

The root shaped like a man.

In the traditions of China and Korea, ginseng is the king of tonic herbs — its name Panax shares a root with “panacea.” The most prized roots grew wild for years and were shaped, the old texts said, like a human figure. It was reserved for restoring vigor, warmth, and the fundamental life-energy the Chinese called qi.

Traditionally reached for — Traditionally used to support healthy energy, vitality, and overall vigor, and to help the body feel restored. A cornerstone tonic of classical herbalism.

How it was taken — As red (steamed) or white (dried) root, in teas, tinctures, or standardized extracts. Traditionally taken in cycles rather than endlessly.

IV Horny Goat Weed

Epimedium · “Yin Yang Huo”

The plant a goatherd noticed.

Chinese legend credits a goatherd who observed his flock grow notably more spirited after grazing on a certain leafy plant. Whether or not the story is literal, Epimedium — its Chinese name Yin Yang Huo translates roughly to “licentious goat plant” — has been a fixture of traditional formulas for men for well over a thousand years.

Traditionally reached for — Traditionally used to support male vitality, drive, and healthy energy. One of the classic herbs a traditional practitioner would reach for in a vigor-supporting formula.

How it was taken — As dried aerial parts in teas and tinctures, or as a standardized extract in capsules, often combined with other tonic herbs in the traditional manner.

V Ashwagandha

Withania somnifera · “Indian Ginseng / Winter Cherry”

The root that grants the strength of a horse.

In Ayurveda, the medicine of ancient India, Ashwagandha is a premier rasayana — a rejuvenating tonic. Its Sanskrit name translates to “the smell of a horse,” said to signify that the root confers the vigor and strength of a stallion. For thousands of years it has been taken to steady the mind and restore the body's reserves.

Traditionally reached for — Traditionally used to support the body's healthy response to everyday stress, steady energy, and overall vitality. In tradition, it was the herb of grounded strength — calm power rather than jittery stimulation.

How it was taken — As a root powder in warm milk (the classic Ayurvedic preparation), or as a standardized extract in capsules, typically taken daily over time.

VI Fenugreek

Trigonella foenum-graecum

The seed of the kitchen and the apothecary.

From the ancient Egyptians and Greeks through the traditional kitchens of India and the Middle East, Fenugreek seed has lived a double life — spice and tonic at once. Its warm, maple-scented seeds were valued by men as a supporter of strength and vigor, and it remains a staple of both the spice rack and the herbalist's shelf.

Traditionally reached for — Traditionally used to support healthy energy, strength, and male vitality. A humble seed with a long-standing place in men's traditional tonics.

How it was taken — As whole or ground seed in cooking, brewed as a tea, or as a standardized extract in capsules.

VII Muira Puama

Ptychopetalum olacoides · “Potency Wood”

The wood of the Amazon.

Deep in the Brazilian Amazon, the indigenous peoples turned to the root and bark of Muira Puama — its common name translates plainly to “potency wood.” Traditional preparation meant simmering the tough wood into a decoction, drunk as a tonic for stamina and drive. European herbalists took note of it in the 19th century, and it has held its reputation since.

Traditionally reached for — Traditionally used to support male vitality, drive, and healthy energy. Named, quite literally, for the quality men sought from it.

How it was taken — As a decoction of the bark and root in the traditional manner, as a tincture, or as an extract in capsules.

CLOSING THE CODEX

How the Ancients Thought About It

If there is a single thread running through all seven of these plants, it is this: the old traditions did not think in terms of a quick fix. They thought in terms of restoration — of tending the body like a fire you keep steadily fed rather than a match you strike once. The tonic was a daily ritual. The herb was a companion taken over seasons, not a pill swallowed in a moment of need.

That patience is itself part of the knowledge. A man who tends his vitality — through rest, through movement, through what he takes into his body and what he keeps out of it — is working with the same wisdom these traditions carried. The herbs were never meant to replace that work. They were meant to support it.



Where to Go From Here

At MrEarthRose and SwordVitality, we prepare traditional herbal formulas in the spirit of this old knowledge — clean, plant-based, and made to support energy and vitality the way the traditions intended. If this Codex opened a door for you, the products are the next step through it.

MrEarthRose.com · SwordVitality.com



Important

These statements have not been evaluated by the Food and Drug Administration. This guide is provided for educational and historical purposes only. It describes traditional and folk uses of herbs and is not intended to diagnose, treat, cure, or prevent any disease or health condition. Nothing here is medical advice. Herbs may interact with medications and medical conditions; consult a qualified healthcare provider before using any herb, particularly if you are taking medication, have a health condition, or are under medical care. Individual experiences vary. Do not use these statements as a substitute for professional medical guidance.