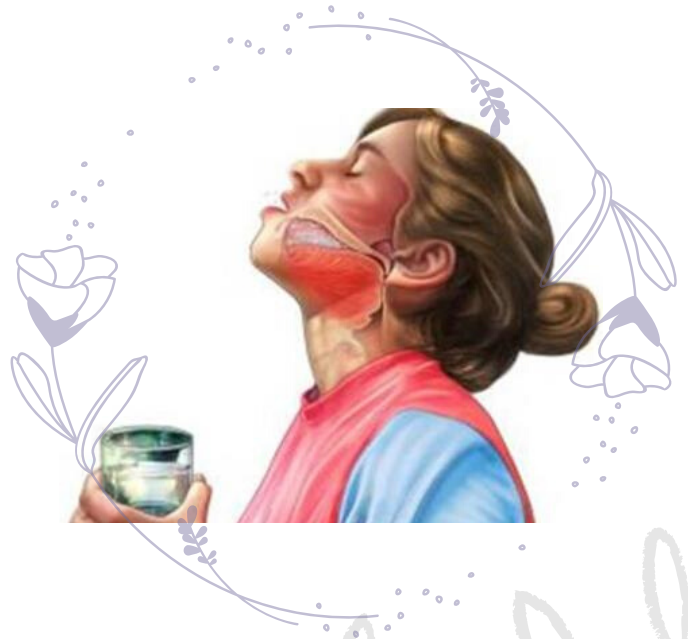

THE GONE-ZO GARGLE

Ingredients

- 1/3 of a teacup of warm water
- 1/2 tsp high quality honey
- A pinch of cayenne or chili powder



Instructions

1. Stir all ingredients well
2. Take a mouth full and gargle
3. Do not swallow
4. Tilt head back slightly
5. Move your tongue from the front to sides and back several times
6. Spit it out and repeat until all gargled out

The mouth (like the nose) is a portal from the outside world to your inside world. We want to keep this doorway clean so it can send a very clear message. Like my door mat that says “Be Nice or Go Away”. Seriously, try it. For general mouth maintenance, feel free to do once daily! Should do the trick!

It's also a great sore throat buster if you gargle as soon as you have the first little symptom and then do 3-4 times a day.

You!Healing
anne@youhealing.org
www.youhealing.org

