
NATURAL IMMUNE BOOSTER

Ingredients

- 24 oz/700 ml organic apple cider vinegar
- 1/4 cup finely chopped organic onion
- 1/4 cup finely chopped organic garlic
- 2 fresh organic green peppers or 1 chili pepper
- 1/4 cup grated organic ginger
- 2 tbsp grated fresh organic horseradish
- 2 tbsp real turmeric, freshly finely chopped



Instructions

1. Mix all ingredients in a glass container
2. On day two, strain the chopped materials out of the bottle
3. Store in the refrigerator for up to two weeks

Dosage

- If you're feeling well, consume half a tablespoon a day.
- If unwell, consume 1-3 tablespoons 3-5 times a day until you feel well again.

Find out the benefits of each ingredient on the next page.

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ORGANIC APPLE CIDER VINEGAR

Apple cider vinegar is an effective natural bacteria-fighting agent that contains many vital minerals and trace elements such as potassium, calcium, magnesium, phosphorous, chlorine, sodium, sulfur, copper, iron, silicon and fluorine, which are all vital for a healthy body.



ORGANIC ONION

High in vitamin C, onions are a good source of dietary fiber and folic acid. They also contain calcium and iron, and have a high protein quality (ratio of mg amino acid/ gram protein).



ORGANIC GARLIC

Garlic is used for many conditions related to the heart and blood system. These conditions include high blood pressure, high cholesterol, coronary heart disease, heart attack, and "hardening of the arteries" (atherosclerosis).



FRESH GREEN PEPPERS OR CHILI PEPPER

Chili peppers contain a substance called capsaicin, which is a potent inhibitor of substance P, a neuropeptide associated with inflammatory processes, making chillies a natural anti-inflammatory. Among other benefits, chillies also offer pain relief, cardiovascular benefits, they can clear congestion, boost immunity, and can help stop the spread of prostate cancer.



ORGANIC GINGER

Ginger is commonly used to treat various types of stomach problems, including motion sickness, morning sickness, colic, upset stomach, gas, diarrhea, nausea caused by cancer treatment, nausea and vomiting after surgery, as well as loss of appetite.



FRESH ORGANIC HORSERADISH

Horseradish is used for urinary tract infections, kidney stones, fluid retention, cough, bronchitis, achy joints (rheumatism), gallbladder disorders, sciatic nerve pain, gout, colic, and intestinal worms in children.



FRESH TURMERIC

Turmeric (curcuma longa), is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions including flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage, toothache, bruises, chest pain, and colic.

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