



## **'Get Well' – Cold and Flu Juice**

### **Indications:**

- Sore throat
- Any inflammation or infection in the throat and neck
- Ear infections
- Nasal or sinus congestion
- Upper respiratory infections including coughs, bronchitis, runny nose, etc.

This has been used for many, many years to boost the immune system and get rid of symptoms of cold/flu.



### **Supplies:**

- 1 quart water
- 1/2 cup honey, raw if possible
- 1 cup apple cider vinegar
- 1 full head of garlic, peeled
- 1/3 cup sliced fresh ginger
- 1 tsp ground cayenne pepper

### **Directions:**

- Put water in large pot with garlic cloves, ginger and cayenne pepper. Bring to boil, then reduce heat and simmer until garlic is translucent and very soft, about 15-20 minutes.
- Remove from heat and add vinegar and honey.
- Stir well.
- Take a tablespoon of liquid and 1 garlic clove every half an hour or more frequently until health is returned.
- You may also pour a cup and sip as desired.
- You may break a sweat (that's good)!

*This information is not intended to Prevent, Diagnose, Treat, or Cure any disease. It is provided for educational purposes only. You should seek advice from your naturopathic physician or other health care professional before starting any health regimen. This information has not been approved by the FDA.*