

## **APPLE CIDER VINEGAR - GARLIC - HONEY**

### **“Miracle” Home Remedy**

**NOTE FROM Marg:** This recipe is from an unknown source, but I have used it many times and found it to be very effective. Not only in clearing up colds etc., but as a general immune strengthener. A batch will last you a few weeks in the fridge if you use 2 tsp. daily. “It’s great for what ails you!” I make up batches right through the winter!

### **Health Challenges**

Muscle or joint aches, Alzheimer's disease, arthritis, asthma, high blood pressure, hemorrhoids, infertility and impotence, toothaches, fewer colds and infectious diseases, obesity ( a powerful fat destroyer and weight reducer), ulcers, reduces high blood pressure and cholesterol, reduced risks of breast, blocks agents of cancer of the breast, colon, esophagus, skin and stomach and stimulates the immune system.

Experts have verified that this health-restoring trio of garlic, apple cider vinegar and honey can wipe out both common and uncommon ailments.

### **Basic Elixir Recipe**

The apple cider vinegar should be organic and not filtered. (Look for this on the label--available in health stores, and some grocery stores.) Honey has to be unpasteurised. Garlic is best organic.

1 cup apple cider vinegar, 1 cup raw honey, 8 cloves garlic

Put in a blender and mix on high speed for 60 seconds. Pour mixture into a glass container. Seal and leave in the refrigerator for five days. Normal dosage is two tsp. in a glass of water or fruit juice, (e.g. grape or orange juice) It is best taken before breakfast. If you add a sprig of parsley to the mixture, it will reduce the garlic smell.

Optional: add a small amount of cayenne pepper

You may want to do your own research on these three powerful ingredients and how they contribute to health and wellness. Honey also aids in your body’s ability to absorb the medicinal properties of the other ingredients.

If you Google “garlic tonic recipe” you will find an expansion of this article.

