



ANTIBIOTIC TONIC

Ingredients

- 2 cloves of garlic
- 1/2 small onion
- 1 piece of turmeric (1 inch or 1/4 tsp ground)
- 1 piece of ginger (1/2 inch or 1/4 tsp ground)
- 1 lemon
- 1/2 small jalapeño or dash of cayenne pepper
- 1 oz of apple cider vinegar
- Optional: 1 piece of horseradish (1/2 inch)

If you do not have a masticating juicer, use what you have that could juice the ingredients properly. Failing that, finely chop or grate first 4 items, or get freshly ground versions (which will not be as potent, but will have benefit).

Directions

- Peel garlic and lemon
- Feed garlic, onion, turmeric, ginger, and lemon and jalapeño (if not using cayenne pepper) through juicer one by one
- Add cayenne (if not using jalapeño, or if you can handle more heat) and apple cider vinegar
- Line up large chaser of water, if required

Consumption

- Take immediately when feeling symptoms related to bacterial or viral infection, and up to 3 times a day, as desired.