

WHOLE FOOD LEMON & GARLIC REMEDY:

For high cholesterol, heart disease, gum and teeth infections, dental decay, parasites and yeast infections.

General use also as antifungal, anti-parasitic, gut cleanse.

Ingredients:

30 cloves of organic garlic, peeled

5 large organic (no spray) lemons whole and NOT peeled, diced (can add lime or grapefruit for extra quinine)

Mince these together in a vitamiser/blender with 1 litre of filtered water. (May need to blend in batches depending on size of blender)

Place in a large saucepan, bring the mixture to simmer and immediately remove from the heat (do not over-heat).

Let cool and bottle in glass. Store in fridge. This will serve 1 person for 3 wks. Alternatively, freeze into ice cube trays and store for thawing as needed.

The lemon neutralises the burping effects of the garlic, and the secretion of garlic smell from the skin, so you won't stink of garlic!

Adult Dosage: Daily take 30ml.

This may be undertaken as a course of treatment once a year, specifically for plaque in the arteries or everyday as a general tonifier. Repeat for 3 weeks. Break for 1 week, then repeat the course for a further 3 weeks.

For persistent fungal, parasite, yeast infection, I recommend 30ml daily for a minimum of 12 wks.

Suitable for children under 10. Dosage: 10-15ml

Note: Some versions of this recipe strain the liquid, I prefer to keep the fibre as it is a potent prebiotic, and contains additional benefits when consumed.

Quinine: has many uses and applications. It is analgesic, anesthetic, antiarrhythmic, antibacterial, antimalarial, antimicrobial, antiparasitic, antipyretic, antiseptic, antispasmodic, antiviral, astringent, bactericide, cytotoxic, febrifuge, fungicide, insecticide, nervine, stomachic, tonic.