

# Garlic Oxymel

1. Measure 8 oz. (250 ml) apple cider vinegar into a glass pot.
2. Add 1/4 oz. (7 gm) crushed caraway seeds and 1/4 oz. crushed fennel seeds.
3. Bring this mixture to a boil and simmer for 15 minutes.
4. Remove from the heat and add 1 1/2 oz. (45 gm) of fresh pressed garlic.
5. Let this sit until cool.
6. Press and strain the liquid.
7. Add 10 oz. (300 gm) of honey.
8. Place onto a low heat and simmer to a consistency of syrup.

Dilute a small portion; use this as a gargle and take 2 tablespoonfuls internally

Recipe by Dr. John Christopher