

Anti-Infection Remedy

- 5 habanero peppers (5 of the hottest peppers you like or can find)
- 1 yellow onion (tennis ball size)
- 1 whole bulb of garlic
- 4 inches of fresh horseradish root
- 4 inches of fresh ginger root
- Raw organic apple cider vinegar

Chop up and put in a blender or food processor and add Bragg's Organic Apple Cider vinegar, add enough vinegar to make a slush.

Place mixture in sterilized jars and refrigerate.

Use 1 tsp 3-6 times a day for cold or flu or take 1 tsp anytime you feel run down.

We find that eating a tomato with this mixture cuts the hotness down a little. Have some water handy as well. Chew the mixture first before swallowing so it's not such a shock to your stomach.

I sometimes go a step further and press out the liquid as this is more agreeable for some patients. Now it can be administered by spoon or dropper – which is how Dr. Schulze offers it.

Thieves Oil Plus

- 1 Tbsp. Clove essential oil
- 1 Tbsp. Lemon essential oil
- 1 Tbsp. Cinnamon essential oil
- 2 tsp. Eucalyptus essential oil
- 2 tsp. Rosemary essential oil

Mix the 5 oils together for a yield of 2 ounces

Dilute with a carrier oil of your choice (avocado, olive, coconut,,)

I use 4 ounces of avocado oil for a 1:2 ratio

For sensitive skin, greater dilution may be necessary.

Store the blend in dark bottles in a cool place out of the sun

The oil can be diffused, used topically, used to clean household items, or ingested to aid digestion (this should be in minute amounts, as essential oils are very concentrated) and support the immune system

10 ml roll-on bottles & 15 ml dropper bottles make it easy to take anywhere.

Recipes by Joe Kukucka

Elderberry syrup

- 2 quarts fresh ripe elderberries
 - ¼ ounce freshly grated ginger root
 - ½ teaspoon ground cloves
 - Honey
1. Put the elderberries into a large pot with ¼ cup of water
 2. Simmer until soft
 3. Strain out the pulp
 4. Return liquid to pot along with the ginger & cloves
 5. Simmer uncovered until liquid reduces about half its original volume
 6. Measure the amount & combine with an equal amount of honey & stir thoroughly
 7. Let cool; then bottle; refrigerate

Recipe from: Medicinal Herbs A Beginner's Guide by Rosemary Gladstar