



Kick-a-Bug Juice

Indications:

- Sore throat or any inflammation or infection in the throat and neck
- ear infections
- nasal or sinus congestion
- upper respiratory infections including coughs, bronchitis, runny nose, etc.

This potent juice will amp your immune system and get you well!

Supplies:

- 1 quart water
- 1/2 cup honey, raw if possible
- 1 cup apple cider vinegar
- 1 full head of garlic, peeled
- 1/3 cup sliced fresh ginger
- 1 tsp ground cayenne pepper

Directions:

Put water in large pot with garlic cloves, ginger and cayenne pepper. Bring to boil, then reduce heat and simmer until garlic is translucent and very soft, about 15-20 minutes. Remove from heat and add vinegar and honey. Stir well.

Take a tablespoon of liquid and one garlic clove every half an hour or more frequently until health is returned. You may also pour a cup and sip as desired. You may break a sweat (that's good)!