

TASTY AND HEALTHY



FIGHTING BACK AGAINST COVID-19 SECOND WAVE

A strong and healthy immune system is the best defence that we have against COVID-19.

**TURN OVER TO FIND A SIMPLE RECIPE THAT WILL HELP TO
BUILD A STRONG AND EFFECTIVE DEFENCE AGAINST
COVID-19.**

NOURISH YOUR BODY AND BUILD YOUR IMMUNE SYSTEM AT THE SAME TIME!

Immune System Builder Recipe:

Juice of 6 lemons
A whole bulb of garlic
1 Tablespoon of ginger powder
1/8 of a teaspoon cayenne pepper
1 tablespoon of honey
3 Cups (230ml) pineapple juice

Method:

Blend everything together until it's smooth. Place in a bottle and refrigerate. Take 3 cups of the medicine daily. Not only will this recipe help to build your immune system but it will fight any infection that you may currently have.

Ingredient Properties:

Lemons: Vitamin B, C, Calcium, Iron, Potassium and Phosphorus. Natural antispetic, vitamin C helps with building immune system.

Garlic: Same properties as lemons but with the addition of being a natural antibiotic.

Ginger Powder & Cayenne Pepper: Both of these heat the body allowing blood to move easily through the organs of elimination, taking the toxins with it.

Pineapple Juice: Contains Bromelain which helps to break down the outer shell of a virus so the other properties can attack the virus successfully.

FOR MORE INFORMATION, CLICK THE LINK BELOW
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