

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

YOUR HEALTH IS YOUR WEALTH

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.