

Farmacy Flus Shot (Cold and Flu)

Ingredients:

- Juice of 6 Lemons
- 1 small/medium Bulb of Garlic
- 1 Tablespoon of Ginger Powder
- 1 Tablespoon of Honey – **OMIT IF DIABETIC**
- 1/8 Teaspoon Cayenne Pepper
- 750ml Cups of Pineapple Juice

Instructions:

1. Blend all together. Take 3-4 cups daily until symptoms stop.
2. You can 1 take cup daily to keep flu away.

Please consult your doctor if you want to try this recipe