

Homemade Natural Antibiotic

Made with Apple Cider Vinegar, Ginger, Turmeric, Garlic, Hot Peppers, Horseradish, and Red Onion ^[OBJ]

Ingredients:

¼ Cup grated Ginger

¼ Cup finely chopped Red Onion

2 Tablespoon ground Turmeric or 2 pieces of turmeric root

4 fresh peppers, the hottest you can find

2 Tablespoons grated Horseradish

1 Tablespoon grated Garlic

Apple Cider Vinegar- Organic & Unfiltered (Braggs) enough to cover the contents of each jar you prepare.

The Preparation:

1. Combine all the ingredients except for the apple cider vinegar in a bowl and mix them thoroughly.
2. Transfer this mixture into a Pint Mason glass jar. Use the above measurements for each pint jar you make.
3. Pour the apple cider vinegar into the jar, making sure that the contents are completely covered. It is best if 2/3 of the jar consists of the dry ingredients. Seal the jar tightly and give it a good shake to mix the ingredients. NOTE: Put a piece of parchment paper between jar and 2 part metal lid or use a plastic lid.
4. Place the jar in a cool, dry location for two weeks, remembering to shake it several times a day during this period. This shaking helps transfer the active components of garlic, ginger and other ingredients into the vinegar.
5. After two weeks, strain the vinegar mixture into a separate bottle. To extract as much liquid as possible, you can press down on the mixture in the jar using a spoon or a potato masher.

Alternatively, you can place the mixture in a clean cotton cloth and squeeze out the liquid. Now, you have a potent, natural homemade antibiotic at your disposal. There's no need to refrigerate it, and it will remain effective for an extended period. Use it sparingly as a seasoning in your cooking and enjoy the health benefits it offers.

Storage: store in dark or amber colored bottles in a cool dark area

Dosage:

Caution: The flavour is very strong and hot

Extra Tip: Eat a slice of orange, lemon or lime after you take the tonic to ease the burning sensation and heat.

Gargle and swallow.

Do not dilute it in water as it will reduce the effect.

Take 1 tablespoon every day to strengthen the immune system and fight cold symptoms

Increase the amount every day until you reach a dose of 1 small glass per day (the size of a liquor glass).

If you struggle against more serious disease of infection, take 1 tablespoon of the tonic 5 – 6 times a day.

It is safe for pregnant women and children (use small doses!) because the ingredients are all-natural and contain no toxins.

Warning: Do not use on an empty stomach and start with a teaspoon for the first few times. It is POTENT and can cause nausea or vomiting if you are not use to it.