

Nature's Penicillin

Ingredients

- 1 grapefruit (thinly peeled so that some of the white pith remains)
- 1 orange (thinly peeled so that some of the white pith remains)
- 2 organic lemons or 4 organic limes (best with peel left on)
- 3-6 garlic cloves (green germ removed if irritating to the stomach)
- ½ large red onion or 1 small onion
- 2-3 drops peppermint oil
- 2-3 drops eucalyptus oil
- ⅛ teaspoon cayenne pepper (or more if heavily congested)

Directions:

1. Cut the fruit and onion into pieces.
2. Put all the ingredients in a blender, beginning with the fruit, and blend well. Add a little water if necessary (if a high-speed blender is unavailable, please make this recipe in 2 batches, and cut the fruit into smaller pieces).
3. Pour into a glass jar with a cover and keep refrigerated.
4. Warm slightly in a pan before serving.

Tip: This remedy is excellent during cold and flu season and for most forms of congestion.

Dosage: Adults - one cup a day. Children - ½ cup a day.

Do not drink all at once. Take 1-2 tablespoons throughout the day until the total amount is consumed. Repeat treatment the following day if necessary.