

FLU FIGHTER BLEND

INGREDIENTS:

- 2 medium seedless navel oranges, peeled
- 2 tbsp. fresh lemon juice (use up to 2 lemons)
- 1 tsp. grated fresh ginger (up to 2 nubs or to taste)
- 1-3 tsp. pure maple syrup or honey (to taste)
- 1-6 peeled garlic cloves
- 1 tsp. turmeric
- Pinch of cayenne pepper (optional)

DIRECTIONS:

Place prepared ingredients in blender or Vitamix. Add approximately 4 cups of water and blend. For a cold drink, add ice and for a warm version, use hot water.

IMMUNE BUILDER JUICE <https://draxe.com/recipe/immune-boosting-juice/>

INGREDIENTS:

- 1 bell pepper (red, green, yellow or orange)
- 1 head/stem broccoli
- 1 lemon
- 1 cucumber
- 1 knob ginger
- 1 tablespoon apple cider vinegar

DIRECTIONS:

Add all ingredients except apple cider vinegar to a vegetable juicer. Pour juice in glass and add apple cider vinegar. Stir gently and drink immediately.

TOP SUPPLEMENTS - FLU OR COLDS	
Vitamin C	Up to 5000mg per day
Structured Silver	1 tbsp. 2-4 x per day. Swish in mouth for 6 minutes and swallow. Spray silver into nostrils up to 6 x per day. http://www.silverhealthinstitute.com/silver-solution-uses/
Vitamin D3	5000 IU 2 x per day
Oil of Oregano	5 drops up to 5 x per day
Grapefruit Seed Extract (GSE)	15 drops 3 x per day
Immune 7	Up to 4 caps 3 x per day
Oscillococcinum	As on package
* Gargle with saltwater, silver, or apple cider vinegar	
* Manuka Honey in hot ginger water or honey on a spoon held in mouth until dissolved	
* Baking Soda - 1 tsp. 2-3 x per day until cold shifts	
* Hydrogen Peroxide 3% - Lay on side, add 1 tsp. HP in ear until bubbling stops. Shake out and apply to other ear.	
OTHER:	

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