

Nature's Flu Shot

Juice of 6 Fresh Lemons
1 Bulb Garlic
2 tsp. Ginger Powder
2 Tbsp. Honey
3 cups Pineapple Juice
1/4 tsp Cayenne Powder

Blend all ingredients thoroughly and store in glass jar. Take 1 cup 4 times a day.

Original Recipe as on Facebook and the Internet

Nature's Flu Shot Gallon+ Quantity (Gallon plus 1 jar)

(My "Mornin' Sunshine" Version by Diana Firey)

4 Cups Lemon Juice (32 oz bottle)*
12 Cups Pineapple Juice (2-Cans Pineapple Juice)
8 Teaspoons Ginger Powder**
40- 1/8 Teaspoons or 5 teaspoons Garlic Powder (to equal 4 whole bulbs)***
1 Teaspoon Turmeric Powder****
1 Teaspoon Cayenne Powder
2 Cups Raw Honey*****

Store and refrigerate in gallon milk jug or glass jars. I make a large gallon quantity just so I don't have to make it as often. Be sure to shake jug or stir the ingredients before drinking. The dose I use which seems to work fine is One 6-8 oz juice glass size first thing in the morning rather than 1 cup 4 times a day—trust me you wouldn't want to drink this 4 times a day. One will do'er just fine!

*I was using fresh Lemon but too much trouble to squeeze fresh lemon juice in the quantities I've been making for us so just buy the bottled lemon juice. Lemon and Pineapple Juice can be from concentrate from any grocery store.

**Once again, it might be slightly better to use fresh ginger, but I use the powder.

*** Also, was using fresh crushed garlic but now I use granulated garlic for ease of use.

****On the Turmeric—this is optional. Turmeric is very healthy for inflammation, but can affect the flavor.

*****On raw honey, I purchase Cheatwood's Raw Honey (processed in Sapulpa) from any Warehouse Market. I put quite a bit more than what the original recipe calls for because it makes it more palatable and easier to drink.

2-19-14 Testimonial after taking this the last month or so. I have not once felt like I was catching anything, nor have I had any congestion, sniffles or felt run down. After having chronic allergy problems all my life, I can also attest that those are non-existent now. I've also felt at times extra energetic and breath clearly at night. I am sold and want to continue taking this remedy indefinitely. Doesn't go down too smooth but is VERY effective. 10-15-14 I still make this for Ray but I have switched to Ginger and Cayenne Pepper/Garlic Capsules so I don't have to consume the extra calories of the pineapple juice and honey.