



Original Recipe as on Facebook and the Internet

Nature's Flu Shot

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

1 Cup Lemon Juice*
 3 Cups Pineapple Juice
 2 Teaspoons Ginger Powder**
 10 - 1/8 Teaspoons Garlic Powder (to equal 1 whole bulb)***
 1/8—1/4 Teaspoon Turmeric Powder
 1/4 Teaspoon Cayenne Powder
 5 to 8 Tablespoons Raw Honey****

Store and refrigerate in glass quart size jars (I use the large Cheatwood 36 oz honey jars) Be sure to shake jar 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 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.