

# Super Tonic

## Natural Immune Boosting Drink

### Ingredients

2 quarts of pure water  
8-10 lemons juiced (2 cups)  
9-12 cloves of garlic  
1/4-1/2 cup honey

1/2 medium sized onion  
1/2-1 tsp cayenne  
1 thumb size piece of fresh ginger  
1 inch piece of horseradish (optional)

### Directions

Make the Super Tonic at the first sign of any illness or when exposed to those who are sick with cold, flu, or other respiratory illness.

~Pour about 1/3 of the water into a blender. ~Add the juice of the lemons. ~Peel the garlic, onion, and ginger. ~Chop the onion as needed for your blender. ~Add the honey and cayenne (and horseradish). ~Blend well and add the remaining water. ~Blend again just to mix. ~You may strain the tonic or leave the pulp in.

### Dosage

Drink one 8-12 oz glass every 3-4 hours or every hour if symptoms persist. Do this for 3-4 days or 1-2 days after all symptoms are gone. For children, you may consider cutting back the cayenne. Another way to take this is to put it into a bowl of stew or use as a base for a salad dressing. If you eliminate the cayenne or ginger, take a brisk 15 minute walk after each glass. This walk should be the equivalent circulation booster.

## Lemon



Lemons are a great source of B6, iron, potassium, vitamin C, calcium, and phosphorus. As well as offering dietary fiber, folic acid, manganese, magnesium, zinc, and other nutrients. Rich in antioxidants and pectin, lemons may protect us from free radicals, prevent heart disease, lower cholesterol, and lower blood sugar levels. Lemon juice is an excellent blood purifier. It helps detoxify the system. As a cleanser, it neutralizes and promotes healing. Lemons are a natural antiseptic, and are helpful in destroying harmful bacteria in areas of infection. Because of its vitamin C content, it again acts as an immune system builder. Lemon is also beneficial because it is alkalizing in the body.

## Garlic



A member of the onion family, garlic contains antioxidant qualities said to lower risks of cancers, blood pressure and improve your health. Garlic contains vitamins B & C, Calcium, potassium, and phosphorus. It is one of the most beneficial foods for the digestive system; thus, providing a positive effect upon the lymph, aiding in the elimination of toxic waste matter in the body. It is also a useful cleanser of the blood, laxative, antiseptic, antiviral and antibacterial. It is a natural antibiotic and therefore valuable in strengthening the immune system. Other benefits are as a nerve tonic -lowering hypertension, increases bronchial secretions, stimulates gastric juices, degrades gas, stimulates growth of friendly bacteria, deadly to round or pin worms, and is a powerful agent against tumor formation.

## Honey



Honey contains many minerals and vitamins beneficial to man. One of the most important properties seems to be its superior antibiotic action. This bactericide (bacteria-killing) property of honey is named "the inhibition effect." Experiments conducted on honey show that its bactericide properties increase

(**Honey**) twofold when diluted with water. Honey is remedial in cases of coughs and sore throat. The strong antibiotic properties it contains coats the throat and eliminates persistent coughing. Honey provides an important part of the energy needed by the body for blood formation. In addition it helps in cleansing the blood. It has some positive effects in regulating and facilitating blood circulation. It also functions to protect against capillary problems.



Onions contain vitamin A, thiamine, iron, niacin, and calcium. Onions have antiseptic and antibiotic qualities, as well as anticoagulant. They help drain mucus from the sinus cavities and loosen phlegm. They will also help destroy worms and other parasites in the body. Recommended in cases of asthma, bronchitis, pneumonia, flu and colds. Onions prove to be a good diuretic, which acts against the retention of fluids and cleanses the system of urea and sodium. It can also help to lower sugar content in the blood. Onions may be considered among the foremost of the health giving vegetables.



The most important ingredient is cayenne is capsaicin, a resinous and pungent substance. This gives cayenne the ability to relieve pain and itching when applied externally to the skin. Capsaicin enables the body to release additional neurotransmitters that inhibit pain temporarily. It has also been reported that capsaicin can reduce platelet “stickiness” and act as an antioxidant. To maximize the benefits associated with cayenne pepper, a high quality product must be used, with a rating of 90,000 to 150,000 HU (heat units). In addition to stimulating the circulatory system, cayenne loosens the mucus in the lungs associated with infections. The greatest benefit of using cayenne pepper in natural medicine comes from its ability to rapidly stimulate the circulatory system. This delivers fresh blood with oxygen and nutrients throughout the body. When used properly, cayenne opens up capillaries allowing vitalized blood to reach all areas. Other studies show that when cayenne is added to other herbs, it intensifies the effectiveness of them. Note: Cayenne in the dried powder form is healthful and therapeutic. However, cayenne in the fresh or cooked form is irritating. So if you want to use cayenne properly, add the dried powder to your Super Tonic or your food after you have dished up your plate.



Ancient peoples used ginger root to cure everything from menstrual cramps, morning and sea sickness, to food poisoning. It also decreases LDL cholesterol, high blood pressure and body odor. The roots of the plant, called rhizomes, are where the benefits of ginger come from. Researchers found that ginger can block the effects of prostaglandin – a substance that causes inflammation of the blood vessels in the brain and can lead to migraines. Ginger is a beneficial herb to add to any cold and flu remedy as it helps with congestion, sore throat, aches, pains, and fever. It is also great for digestion.



Horseradish is an optional herb to this powerful Super Tonic recipe, but one that will take it up a notch. Horseradish is very helpful in clearing the sinus congestion that can come with infection. It is also a good stimulating herb that helps with circulation. Horseradish has been used for bronchitis, coughs, hay fever, laryngitis, sinusitis, and sore throat among other uses.

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