



MAKE YOUR OWN POWERFUL ANTIBIOTIC TONIC

You'll need a large glass jar with a lid

Ingredients

- 1/2 cup fresh thyme, chopped
- 1/2 cup fresh oregano, chopped
- 1/2 cup fresh rosemary, chopped
- 1/2 cup fresh ginger, chopped
- 1/2 cup garlic cloves, chopped
- Pinch lemon rind
- 2 tbs manuka honey (high UMF)
- Apple cider vinegar (with the "mother")

Method

1. Let the garlic sit, once chopped, for about 10 minutes to release more allicin, the compound responsible for its antibacterial properties.
2. After 10 minutes, add all of the herbs to a glass jar and fill with apple cider vinegar.
3. Seal with a lid, gently shake the contents, then place the jar in a cool, dark place, like a cupboard.
4. Shake once every day for 6 weeks, then use a strainer to strain the tincture into a glass dropper bottle.
5. Take one dropper full three times a day in a glass of water