

Natural Remedy Recipes

Charcoal Poultice

Ingredients

- 3 tablespoons of activated charcoal powder
- 3 tablespoons of flaxseed meal (or cornstarch) (if using psyllium husk – 1 tablespoon)
- 3 tablespoons of water (adjust to make a paste consistency)

Directions

1. Mix flaxseed meal (cornstarch or psyllium husk) and charcoal together in a mixing bowl.
2. Add water to the mixture and stir till well combined.
3. Set aside for 10-20 minutes to thicken
4. After charcoal mixture has thickened, pour the mixture into a ziplock bag.
5. With the ziplock bag unzipped, use a rolling pin to flatten to 1/8 of an inch thick.
6. With scissors, cut the ziplock poultice into the size needed for the area needing treatment.
7. Remove ziplock plastic from poultice. Position poultice over treating area.
8. Place cloth and plastic wrap over the poultice. Secure with tape.
9. Leave poultice on for 2-4 hours during the day, or wear overnight. Change poultice every 6-10 hours till affected area is better.

Note: Poultices of any kind only work if there is continuous moist contact with the skin.

Alternate Directions for Charcoal Poultice

1. After charcoal mixture has thickened, spread over an appropriate size cloth or paper towel.
2. Cover charcoal gel with a second cloth or paper towel.
3. Position poultice over area needing treatment.
4. Cover poultice with plastic wrap overlapping the poultice by an inch on every side. This will keep poultice from drying out. If the charcoal dries out it will not be able to absorb.
5. Tape poultice in place and leave it on for at least 2-4 hours, if applied during the day, or wear overnight. Change poultice every 6-10 hours till affected area is better.

Super Flu Bomb Recipe

Blend the following:

Turmeric – 6 inches (3 tablespoons powder)

Ginger – 6 inches (3 tablespoons powder)

Garlic – 10 cloves

Onions – 2 medium

Lemon – squeeze 6 or 12 tablespoons lemon juice

Cayenne Pepper – 1 teaspoon or 5 opened capsules (at least 90,000 heating units)

Honey – 5 tablespoons (may use if you are not diabetic)

Water – 2 cups hot water

Super Flu Bomb Preparation

- Blend all ingredients together with 2 cups boiling hot water.
- Next, let it draw (sit) for 40 minutes.
- If you have a powerful blender, consume the fine pulp, if not, you may need to strain it.

Super Flu Bomb Instructions

-TAKE 3 TO 4 TABLESPOONS OF THE SUPER FLU BOMB EVERY 15 MINUTES WHILE SYMPTOMS CONTINUE. Keep the remainder refrigerated and allow to cool before drinking.

-Pause for 2 hours before and after lunch when you are going to take a probiotic.

-Continue use of Super Flu Bomb – 1- 2 tablespoons – 2-3 times daily for up to 2 weeks after symptoms cease.

Once there are **OTHERS IN THE HOME**, and so exposed, let them take 3-4 tablespoons of the Super Flu bomb every 15 minutes until symptoms subside; then continue with 1-2 tablespoons, 3 times daily for 1-2 weeks.

If you are **DAILY EXPOSED DUE TO YOUR WORK**, use the Super Flu Bomb and remove the cayenne pepper – take 1-2 tablespoons – 2-3 times daily.

THIS SUPER FLU BOMB COMBINATION CAN BE USED FOR ONE WHO HAS HIGH BLOOD PRESSURE OR NORMAL BLOOD PRESSURE.

Lemongrass Ginger Detox Tea

Ingredients

- 1 bunch lemongrass
- 6 to 10 ounces fresh ginger
- 1 gallon water

Directions

1. Place water and lemongrass in a large pot. Bring to a boil.
2. While lemongrass is boiling in the water, blend the ginger with just enough water to cover it. Or, you can crush the ginger. Add the ginger to the pot of water and lemongrass.
3. Allow to boil for 10 minutes. Water should change color.
4. Add honey to taste to the pot of tea.

For fighting infection, drink 1 cup then wait 30 – 45 minutes before taking a shower. When you feel perspiration on your skin, that is a sign that the toxins are coming out.

This tea is beneficial to drink for:

- Healing colds and flu
- Preventing and healing infection
- Regulates high blood pressure
- Helps with pain relief
- Helps with lowering cholesterol
- Helps boost red blood cell levels
- Boosts metabolism

Beneficial Properties in Food

Onion: Reduces inflammation. High in antioxidants, vitamin C, B9 (folate), B6 (pyridoxine), and potassium.

Garlic: Antibiotic. Helps to fight bacteria. High in antioxidants, vitamin C, B6, and manganese.

Ginger: Reduces inflammation. High in antioxidants. Helps to fight infection.

Turmeric: Reduces inflammation. Helps stimulate the action of other antioxidants.

Lemon juice: Helps fight bacteria and fungus. High in vitamin C.

Raw Honey: Helps fight bacteria and fungus. It naturally contains hydrogen peroxide. Helps to boost the immune system, soothe a sore throat, and suppresses cough.

Cayenne Pepper: Reduces inflammation. Helps relieve congestion and fight bacteria.