

Nature's Penicillin

Posted in [Natural Remedies] By *michelleblackwood*

I have been using this formula for years whenever I have the cold and or flu. I found that this formula speeds up recovery time and really boosts my immune system.

This potent antiviral and antibacterial drink full of powerful antioxidants will surely boost your immune system and put it in high gear. It is especially good for influenza, colds, headache and other respiratory conditions. **All the ingredients are found in your kitchen.**

1 orange

1 grapefruit

2 lemons

3 cloves garlic

½ onion

¼ inch ginger (opt)

Peel orange, grapefruit, and lemons. Cut in small pieces and place in blender. Peel and chop onion and ginger. Blend thoroughly (you may need to add a little water to get things moving along).

For adults - Take 1 tbsp periodically throughout the day, taking total 1 cup.

For children – take 1 tsp periodically throughout the day, taking total ½ cup.

Store in a tightly closed glass jar in the refrigerator for up to 2 days.

If symptoms persist or worsen, please consult a physician.

Oranges- Contain high levels of Vitamin C, which boosts the immune system and beta-carotene along with calcium, magnesium, folic acid and potassium.

Grapefruit- High in Vitamin C and potassium, removes poison from the system. Aids in weight loss. Contains lycopene, a potent antioxidant known to prevent free radical damage in the body.

Lemons – Contain Vitamin C to strengthen the immune system, and potassium which is beneficial for the cardiovascular system. Lemons are antiseptic. Studies have shown that lemon contains powerful antibacterial properties. Although lemon taste acidic, it has an alkalizing effect on the body- it is known that disease doesn't thrive in an alkaline blood. Lemons assist the liver in eliminating toxins from our blood.

Garlic – A powerful natural antibiotic, proven by scientists. Unlike conventional antibiotics, the bacteria doesn't build up forming super resistant bugs, rather garlic may be taken over long periods. Garlic is also a good source of Vitamin C, B6, selenium, manganese and calcium. It helps to get rid of toxins from the body and cleanses the blood.

Onion- Contain Vitamin C, B6, iron, niacin, chromium and calcium. Onions have been used throughout history to treat asthma, as they contain a compound that helps the muscles to relax. They help loose mucus from the body. It also contains antiseptic and antibacterial properties, and help fight against tuberculosis, bronchitis, and urinary infections. It also causes increased circulation, therefore increasing sweating, which is helpful in reducing fevers.

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