

# Various Illnesses

## Boost Immune System:

- No Sugar
- Sleep
- Vitamin D
- Oil of Oregano (Take as soon as you feel a sickness coming on, 5 drops under tongue, then swallow)
- Garlic (or Allicin)
- Pau D' Arco
- Red Clover
- Echinacea
- Goldenseal Root
- ElderBerry
- Vitamin C
- Olive Leaf Extract
- Pine Tree Sap (small pieces swallow with water, or heat up and put a few drops into a glass of water or tea)
- Activated Charcoal (**great for food poisoning**)

## Immune Drink:

- 1 Grapefruit
- 1 Orange
- 2 lemons
- 3 Cloves of Garlic
- ½ Large Onion
- 3 Drops Peppermint Essential Oil
- Cut fruit and onion into pieces.
- Blend it all up

## **Rocket Fuel:**

- 5 to 10 Cloves of Garlic
- 2 Lemons
- ½ Onions
- 1 Thumb of Ginger
- 2 Tsp Local Raw honey
- ⅛ to ¼ tsp Cayenne Pepper
- 1 tsp Elderberry Extract
- Add a little Warm Water
- Blend
- Add enough Water to Net 1qt