

## Immune tonics and mucous reducing

### **Tonic one**

Onion ¼ (peeled)  
Carrot 1 (unpeeled)  
Apple 1 (unpeeled)  
Lemon ½ (unpeeled)

Juice all together and drink straight away.

### **Tonic two**

Apple 2 (unpeeled)  
Orange 1 (peeled)  
Carrot 1 (unpeeled)  
Green beans 6 (unstrung)  
Beetroot ¼ small (unpeeled and raw)

Juice all together and drink straight away.

### **Tonic three**

Make 1 litre of black or green tea  
Add 1 finely sliced lemon (with peel)  
2 tablespoons of honey  
Pinch of black pepper

Add all ingredients and sip throughout the day. Drink warm. Make in a thermos flask.

This is an excellent antioxidant tonic drink and one that is very effective in assisting the immune system to overcome colds and flu.

Common herbs that are effective as autumn and winter tonics are:  
Peppermint Yarrow Thyme Grow these as plants. They are very easy to use.  
Simply take them fresh or dried and infuse.

In combination that are exception for their healing qualities.

One teaspoon of each in 500mls of boiling water, add honey and lemon to taste and you have a powerful immune boosting tonic.

The above tonics are cost efficient, readily available and very effective.

Dry skin a thing of the past thanks to macademia oil and rolled oats  
Take 1/2 cup of rolled oats and 2 cups of cold water. Place in a jug and leave in the fridge for about an hour. Then strain off the oats. Add 2 teaspoons of macademia oil and 10drops of lavender oil and 2 teaspoons of aloe vera gel (purchased from health food store) TO THE LIQUID (CALLED OAT MILK).

Have a relaxing bath and pat the skin but not too dry. You need to have a little moisture to allow the moisturiser to work. ALWAYS APPLY MOISTURISER TO MOIST SKIN).

### ***Great lip balm***

10gms of beeswax and melt over low heat or in a double boiler add 5gms of lanolin and 5gms of aloe vera gel and allow to melt slowly, then add to sterilised jars.

Wonderful smooth and healthy feeling luscious lips-Ooh yeah

### ***Oat milk for that boost of energy***

1 cup of rolled oats (uncooked)  
1 litre of cold water

Allow to infuse in the fridge for a few hours-strain and drink the liquid throughout the day

Power plus- energy unlimited

### ***To help with the pain associated with arthritis***

The very old fashioned yet very effective treatment of 1 tablespoon of apple cider vinegar in 20mls of warm water first thing in the morning, taken on an empty stomach is a great detoxifier. Carrot and celery juice. Juice 2 carrots and 3 sticks of celery is beneficial for the treatment of arthritis

### ***Gout is a very painful and complex condition.***

Diet must be addressed with the removal of offal, red wine, crustaceans as a starting point. Celery and carrot juice daily helps the detoxification process and the herb meadowsweet is useful.

## ***POWERFUL HEALING BATHS***

### ***Dry skin***

1 cup of rolled oats place in stocking and let water run through

### ***Relaxation***

1 cup of epsom salts to a bath

### ***Itchy and irritated skin***

1/4 cup of epsom salts  
1/4 cup of bicarb soda Aches and pains  
1/2 cup epsom salts  
1/4 cup bicarb soda  
1/2 cup apple cider vinegar (make sure mother is on the bottle) massage joints while in the bath

LOVELY BATHS A POWERFUL WAY TO TREAT MANY CONDITIONS