

## ROSS RIVER FEVER JUICE

1 orange 4 cabbage leaves 1 small slice onion 1 carrot 1 apple 1/8th fresh beetroot 1 stick celery 6 green beans All juiced together

[Consult with a practitioner to help guide your recovery](#)

## HAYFEVER HELP

- 4 oranges and remove the peel and finely slice the peel
- Mix in 4 teaspoons of honey 100mls of green tea
- Mix all together and take at 1 teaspoon x 3 day

## Tea is a great antioxidant

but be sure you drink it correctly to ensure you are getting the most therapeutic benefit.

Many people read the papers and find that tea is really good for them so they drink more and more without realising the health benefits are from tea without milk and sugar.

By adding **ginger** and or **lemon** to the tea is a good and **3 cups per day is great medicine**