

Day 6 - Natural Remedies

Russian Antibiotic

- 1/2 cup fresh lemon juice
- 1/3 cup raw honey
- 1 whole peeled onion
- 2-3 garlic cloves
- Pinch of cayenne pepper

Put all ingredients in blender. Blend into thick liquid.

Directions for use: Use at the first sign of a cold. Keep this in a jar in the refrigerator. Take at least 1 tablespoon every 3-4 hours during a cold.

Garlic Oil

- 1 cup peeled minced garlic
- About 1 cup of olive oil

Place 1 cup of peeled, minced garlic in a wide mouthed jar and add enough olive oil to cover, Close the jar tightly and let it stand in a warm place for three days; shake it a few times each day. Press and strain mixture through an unbleached cotton or muslin cloth and store in a cool place.

Take 1 tsp. of the oil every hour. You can also use garlic oil for earaches or for chronic sinus infections (place a drop in each nostril). Garlic oil can also be rubbed directly on sprains, aches and minor skin disorders.

