

COLD/FLU REMEDY

3 Grapefruit or Oranges (cut in 1/8ths...squeeze juice into stock pot and put peels in there as well)
2 Onions (chopped in medium sized pieces)
2 Lemons (cut in 1/4ths; squeeze juice into pot and put peels in the pot as well)
2 Garlic bulbs (not the small cloves but the whole bulb) chopped fine
~~1/2 t. cayenne pepper~~
1/2 t. peppermint or eucalyptus oil (optional, but highly recommended)
8 c. water

***Put all ingredients into a stock pot. Bring to a boil, then turn flame down, cover and simmer 10 minutes. Drink 1/2 cup every half hour....
ONE RECIPE IS FOR ONE PERSON FOR ONE DAY

*****CAUTION: DO NOT USE GRAPEFRUIT IF YOU ARE ON STATINS (medications for cholesterol), DIABETICS SHOULD NOT USE ORANGES.**