

Russian Penicillin

A strong natural antibiotic that can kill about anything but the good bacteria.

You can make a powerful natural antibiotic called Russian Penicillin using the following recipe.

Put a **1/2 gallon of water** in pot, add **1 grapefruit**, peeled (use a potato peeler) exposing white skin that is high in bioflavonoids. Slice the grapefruit like you would a pie.

Add **1 full bulb of garlic**. Smash the cloves with the side of lg. knife. You don't have to peel the garlic, just smash each clove.

Add garlic to pot & bring to boil, cover & simmer for 20 minutes. Strain and drink 6 oz. 3 x's day.



Penicillin (Rocket Fuel)

5-10 cloves garlic

1/4 white onion

2 lemons, juiced

1 thumb ginger

1/2 tsp. cayenne pepper (at least 90,000HU)

1-2 Tbsp. honey

1 qt warm water

Thoroughly blend all ingredients. Sip 1 to 2 cups throughout day as needed.



Nature's Penicillin

1 grapefruit peeled (make sure to leave some rind)

1 orange peeled (make sure to leave rind)

2 lemons (wash well, you can leave some peel on)

3 cloves garlic

1/2 med. onion

3 drops peppermint oil

1/8 tsp. cayenne pepper (if heavily congested)

Cut fruit and onion into pieces.

Place in blender and mix well. You may need to add a lit bit of water, just enough to get the blender to mix.

*Dosage:

Adults 1 cup a day

Children 1/2 cup a day

* Not to be taken all at once, but a spoonful at a time periodically throughout the day, until the total amount desired has been consumed. Pour remainder into glass jar and keep refrigerated. When ready to use, warm slightly in a saucepan before serving.

Can be used effectively for the following purposes:

Colds, flu, sore throat, infections, respiratory problems and a general immune system strengthener.



Bitter Brew (Penicillin)

Will boost immune system: use for cold & flu symptoms in conjunction with a hot bath and enema while cutting back on mucus forming foods.

3 grapefruits washed & sliced (has quinine properties, esp in peeling)

2 onions

2-3 lemons (anti-septic & stimulates immune system, peeling high in quinine)

2 garlic bulbs (anti-biotic)

~~1/3 tsp. cayenne pepper (stimulates circulation)~~

Add to : 1 ½ - quarts boiling water

Let boil for 15-20 minutes covered. It will become very bitter. Strain it. (Variation: Simmer the fruit in a little water first, then add boiling water) Drink a little every 20 minutes.

Drink 4-6 ounces every 20-30 minutes throughout day.

Can also add other herbs, for example:

Steep following in 8 ounces water, then add to above:

8 Tbsp Echinacea

8 Tbsp. Pau D'Arco (anit-fungal)

Children can take this with no problem; however, use less cayenne if giving to children and administer in smaller doses.