

Immune concoction

From: Amy

Here is the concoction for building the immune system:

1 small onion
2 cloves garlic
2 tbs honey
1 small lemon

Chop onion, garlic and lemon into small pieces

Blend ingredients to liquid or near solid

Take 2 tablespoons every two hours or as often as needed

Use celery or parsley to get rid of strong odor