

R U SICK? HEALING RECIPES



The Miracle of the Lemon.



The lemon is a wonderful source of vitamins and healing properties.

Here are some ways to use it-

SEASONING- Great on greens and salads- use instead of Vinegar (which can harm the liver)

COUGHS & COLDS- Make hot lemonade with fresh lemon juice and a bit of honey (never use sugar as it feeds germs) add a pinch of ginger. Take 1 cup each hour or two. Regular use of lemon juice will prevent colds. Good for asthma also.

SKIN BLEMISHES- apply pure fresh lemon juice to problem 2-3 times daily.

SORE THROAT- Gargle with lemon with a bit of salt in hot water, every hour or two until relieved.

SORE GUMS- rinse mouth with lemon and water and brush teeth with pure lemon juice and a bit of salt.

CONSTIPATION OR SLUGGISHNESS - drink pint of warm water with juice of ½ to 1 lemon upon arising.

FEVER- Drink weak lemonade with honey 1-2 glasses per hour until relieved.

HANGOVER OR HEADACHE- Strong unsweetened, lemonade with fresh lemon- 1-2 glasses per hour until relived.

FATIGUE- Strong lemonade as above or just 'suck a lemon'.

STOP SMOKING- lemon juice takes the craving away for a smoke. Suck a lemon or squirt some juice into the mouth.

Dieters can use a glass of water with lemon juice to satisfy cravings.

Whatever ails you, you can't go wrong with using a big glass of water with a lemon squeezed into it several times daily!



RECIPES

Famous Cold Cure Drink

1-2 tablespoons fresh lemon juice, 2–4 teaspoons honey, 1 pint hot water, just a pinch of powdered ginger. Mix and sip hot. Can be taken every couple hours.

Fruit smoothies

The key to these is ripe bananas; they have to have spots. You can put a banana in the blender and add any frozen fruit, strawberries, blueberries, (thaw first) or cut up fresh fruit. 1/2 cup fresh orange juice and whiz it smooth. To have it even more creamy and nourishing for after the acute stage, add 1/2 the fruit of a ripe avocado. Delicious! Don't knock it until you try it. I has ice-cream all beat!

Raw Apple-sauce

Peel and core raw apples and drop pieces into blender in 1/2 cup fresh orange juice or apples juice. Blend until smooth and eat immediately. Tasty!

Apricot delights

When fresh fruit is out of season, then soak dry apricots in water in the fridge overnight– these make great finger food items or can be blended with the banana drink above.

Fruit Finger Food

Make a small display of any of these–apple pieces, pear slices, orange sections, banana slices, fresh berries or fruit, soaked apricots or raisins, grapes, pineapple

cubes. Place in patients reach and replace as required. It is natural for children to thrive on fruit—they love it once they get used to it. For tiny tots make sure it is cut small to avoid choking.

Pineapple Juice is very good added to 3-4 part hot water as a helpful drink for congestion and colds. Fresh Grapefruit juice in hot water is good also or mix it with orange.

In hot weather, if a child wants 'Popsicles' freeze pineapple juice in Popsicle trays and let them enjoy them—(Icy things not recommended in cold weather.)

Herb Teas that help

Chamomile, lemon balm, lemon tea (no caffeine) , hibiscus tea, Catnip tea, herbal tea sleep formulas, herbal cough formulas. Serve hot with small amounts lemon and/or honey added

Echinacea drops and cough syrups are good as it increases the immune response. There are formulas for adults and children.

Cough candies are not wise as they are full of sugar and feed the germ as well as lowering you immune system Sugar can paralyze the white cells that eat the germs!