
GARLIC SALVE

Mix in Blender:

- 1/3 cup coconut oil
- 2 tablespoons olive oil
- 8 cloves peeled garlic
- 5 or more drops of lavender oil

Blend at high speed until liquified. Strain through a fine sieve to catch any pieces. Pour into a wide-mouth small jar and refrigerate.

Rub on chest and bottom of feet at the first signs of a cough or snuffle. Reapply up to 4 times daily until improved.

From "Be Your Own 'Doctor'" by Rachel Weaver

BETADINE NASAL MIST

Pour 1/2 teaspoon of betadine (10% povidone-iodine) into a 2 oz. amber nasal spray bottle. Fill to the top with distilled water. Spray into nostrils, but **do not swallow.**

If you are pregnant or nursing, please consult a physician before use. To be used at early onset of symptoms.

www.covid19criticalcare.com

ELDERBERRY SYRUP

- 3 1/2 cups water
- 2/3 cup dried elderberries (or 1 1/3 cups fresh elderberries)
- 2 Tablespoons fresh grated ginger
- 1 tsp cinnamon (or 1 cinnamon stick)
- 1/2 teaspoon ground cloves
- 1 cup raw honey

*Pour water into medium saucepan and add elderberries, cinnamon, ginger, and cloves.

*Bring to a boil, then cover and reduce to a simmer for about 45 minutes or until the liquid has reduced by almost half.

*Remove from heat and let cool.

*Pour through a fine mesh strainer into a glass bowl and squeeze all the juice from the berries with a wooden spoon.

*Add honey to the liquid and stir.

*Store in glass jar and refrigerate.

For health maintenance, take 1/2 - 1 teaspoon daily, Monday-Friday (taking a rest on the weekend).

If ill, take 1 teaspoon 4-6 times daily at the onset of symptoms until symptoms subside.

www.wellnessmama.com

TAKE BACK YOUR HEALTH 2022 RECIPES



This brochure contains a few of the recipes that we have used successfully and shared with our loved ones. We are not practicing physicians. **As always do your own research and discuss any concerns with your trusted healthcare provider before taking these and other supplements.**

IMMUNE - BOOSTING CHICKEN SOUP

2 Tbsp olive oil
1 onion, chopped
3 large celery sticks, chopped
2 large carrots, peeled and chopped
1 cup mushrooms, sliced
10 cloves garlic, minced
8 cups chicken stock
2 bay leaves
1/2 tsp. turmeric
1/2 tsp. crushed red pepper
1 1/2 tsp. sea salt
1 (15 oz) can chickpeas, drained and rinsed
3 cups shredded rotisserie chicken
2 cups baby kale leaves

In a large pot or dutch oven, heat oil over medium-high heat and sauté onion, celery and carrots, stirring occasionally, about 5 minutes. Add mushrooms and garlic, cooking another 3 minutes.

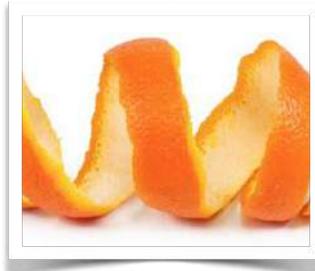
Stir in the chicken stock, bay leaves, turmeric, crushed red pepper, salt and chickpeas; bringing to a boil. Mix in shredded chicken, cover and turn down heat to a simmer for 15 to 20 minutes.

Add kale, cover and simmer an additional 5 minutes. Discard bay leaves, serve and enjoy!

www.eatyourselfskinny.com

QUININE TEA

Take the rinds and pith (the thin white layer between the outer skin and the fruit) of 3 lemons and 3 grapefruits.



Place in large pot (4 1/2 - 5 quart or larger) and cover with water (2 1/2 - 3 quarts).

Use a glass lid so that you can monitor and keep it from boiling over

Bring to a boil, then reduce heat and let it simmer for about 2 hours.

Do not take the lid off the pot until it cools completely to prevent the escape of the Quinine in the steam.

Drain the Quinine “tea” into a jar and discard the peels

Makes approximately 2 1/2 - 3 quarts.

Freeze as ice cubes and use as needed or store in refrigerator if using immediately.

Sweeten as desired or add to a beverage of your choice.

Take 1-2 oz every 2-4 hours as needed when sick or 1-2 oz. daily as a preventative measure.

www.mouthfulmatters.com
www.healthytear01.blogspot.com

GOLDEN MILK

2 Cups Almond milk
Small pinch of black pepper
1 Tbsp local honey
Small pinch of grated fresh ginger
1 Tbsp coconut oil
1 tsp vanilla (optional)
1 tsp ground turmeric
1 tsp nutmeg (optional)
1 tsp ground cinnamon
Stevia or maple syrup to taste (optional)

Combine all ingredients in a saucepan and bring to a light boil. Whisk to combine all ingredients and simmer for 10 minutes.

A soothing drink to promote sleep, aid digestion and reduce inflammation. Can be tweaked to your preferences, ie. coconut milk or regular milk instead of almond milk.



www.wellplated.com