

## Lemon Garlic Elixir

Lemon-Garlic Elixir is an old easy to make recipe from German-Folk-Medicine.

It is an effective all round cleansing elixir and natural remedy. In Germany, garlic is used for the treatment of atherosclerosis (hardening or blocking of arteries). In clinical studies garlic has been identified to significantly lower cholesterol. Garlic has long been used for the prevention of infections, colds and flu. In fact, garlic is a very powerful medicine and you can find much literature on this subject. In addition the whole lemon supports our immune system by having an alkalising effect. It is also supplying us with more Vitamin C to fight off free radicals. The lemon zest (i.e. the yellow part of the peel) has equally important healing compounds and increases enzymes in the liver.



To make the Lemon-Garlic Elixir you need:

- 4 organic heads of garlic (40 cloves)
- 4 organic lemons with skin
- 2 litres of the best water

Cut lemons into  $\frac{1}{8}$  pieces with the skin and place in a food processor with the garlic cloves, no peeling required. Chop up into small pieces (see picture). In the absence of a food processor, just chop ingredients with a knife.



Transfer lemon-garlic mix into a pot and add 2 litres of fresh good water and stir together. Bring

the mixture very slowly up to a temperature of about 75°C. If you have no thermometer, remove from the heat as soon as the very first bubbles appear. Let the mixture cool down naturally. Once at room temperature, strain the liquid and fill into bottles. Store the elixir in the fridge. Discard the pulp.

Take four tablespoonfuls per day of this elixir, 2 hours before or after your main meal. Continue this for 3 weeks. Take a break for 1 week. Make a new mix and repeat for another 3 weeks.



After about 3 weeks you can feel a youthful regeneration of the whole body. This drink is especially beneficial against all forms of calcification, bad eyesight and hearing.

The garlic taste is neutralized by the lemon & zest, so there is no unpleasant after-smell. It is a thick and strong brew, so shake it before taking.

From: <http://www.healthjunction.com.au/super-food-smoothies-and-food-as-medicine/17-healthy-food/46-lemon-garlic-elixir>

**Experience from a German clinic:** People whose blood vessels have become partially scaled up and who have sleep problems can once again sleep peacefully. One lady avoided a planned heart operation because she had freed the thickened blood and scale on the walls of the blood vessels. This treatment also helps with paradontosis (chronic inflammation of the gums) which can lead to teeth becoming loose.

