

BONE HEALTH

LEMON JUICE AND EGG: Place uncooked egg in a glass. Cover egg with juice of lemon. Leave in fridge overnight. Drink juice in morning. (Use egg for another purpose). Do not drink water or use mint for 30 minutes. The lemon erodes the calcium from the shell. Good source of digestible calcium. Take for 10 days/2x/year to keep bones strong.

IMMUNE BOOSTER

ROSEMARY GLADSTAR'S FIRE CIDER (Measurements are approximate)

¼ C Horseradish	¼ C Ginger
1/8 C Garlic	1 Cayenne Pepper cut in half
½ C Onion	(do not chop!)

Fill Jar with raw vinegar and let infuse for 4–6 weeks. Strain and add raw honey to vinegar before using. After straining, can eat vegetables in salads

Optional ingredients: Lemon, Culinary herbs: (Rosemary, Thyme, Mustard, Turmeric...etc.) Dandelion Root, Burdock Root, Yellow Dock Root

ALKALIZING TEA (Reduces Acidity in Body)

The more acidic, the worse for tissues—Increases chance of illness.

1T Live Cider Vinegar
1T Raw Honey
1 Pinch Cayenne
Mix with 1 C hot water (not Boiling)

ALKALIZING LEMON SALAD DRESSING: Get your daily dose!

1 Part Lemon	Options: Honey, Garlic, Herbs of
2 Parts Olive Oil	choice (Rosemary, Thyme, Herbs de
Salt and Pepper	Provence etc...)

Marinate vegetables (tomatoes, peppers, onions etc.) for 5 minutes or more before adding your greens and toss

GINGER BATH: Take at the first sign of a cold or fever. Adding dry ginger to a hot bath stimulates sweating the elimination of toxins. Be careful not to exceed the dose or you may detoxify too quickly and cause some discomfort.

Put 4 Tablespoons of dried ginger in a sock, tie it and place it under the running hot water. During the bath, squeeze the sock to extract more ginger. Stay in the bath for about 20 minutes, then get out and go straight to bed.

DR. CHRISTOPHER'S HEART ATTACK/STROKE REMEDY:

If you think someone is having a stroke or heart attack, take this while you are waiting for the ambulance. Dr. Christopher said it could stop a heart attack in its tracks.

1 teaspoon Cayenne Pepper and 1 cup of warm water