

The Wonderful Cold & Flu Remedy & The Magic of Garlic

I want to share this amazing elixir with all of you. It has been a standby throughout my life whenever I've come down with colds or flus. The recipe was handed down from my mother.

Cut up some citrus fruit (lemons, oranges, satsumas, grapefruit etc) and put in a big jug together with any or all of the following:

ginger root cut up

garlic chopped

whiskey (or whatever your favourite tippie may be)

a big lump of honey

If you like you could add herbs and spices of your choice. Then pour boiling water over it all and brew like tea. Then drink as much as you can and as hot as you can take until you feel better. The pot can be topped up with fresh boiling water until it becomes too diluted to drink. You can then chop up some more ingredients and start the process again!

This wonderful elixir will really pick you up whenever you feel unwell. I can't recommend it highly enough!

Wonderful Garlic

Garlic is the first item in my list of best foods for detox. Garlic cleanses and sterilises the gut from mouth to anus. It creates a harmonious environment therein. It is cooling and cleansing and soothing. It removes unpleasant fats and cholesterols and cleans the liver, encouraging the liver to health and settling all the other secondary organs of digestion. Garlic also cleans the arteries, thereby improving your skin, your overall health and the balance of your mind.

It is recommended that you eat at least one whole clove a day! Do not cook the garlic as this destroys its benefits and never fry it with the onions. If you want to add garlic to cooked food, add the garlic at the end of the cooking time to get the full effect.

For those of you worried about the pungent aroma coming off your skin when you eat garlic, well this just proves how much you need to detox! Indeed it is the indicator of how much you need to detox. Keep at it, a clove a day and you will notice how quickly this smell disappears, proving quite nicely how effective garlic is in detoxing your body and dissolving all those unwanted fats and cholesterols!

About the Author

Sue Young is a homeopathic therapist based in London, England. For a consultation please visit [homeopathy london](http://www.homeopathy.london) or [homeopath london](http://www.homeopath.london). She publishes a regular blog on her site which includes these and many other articles.

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