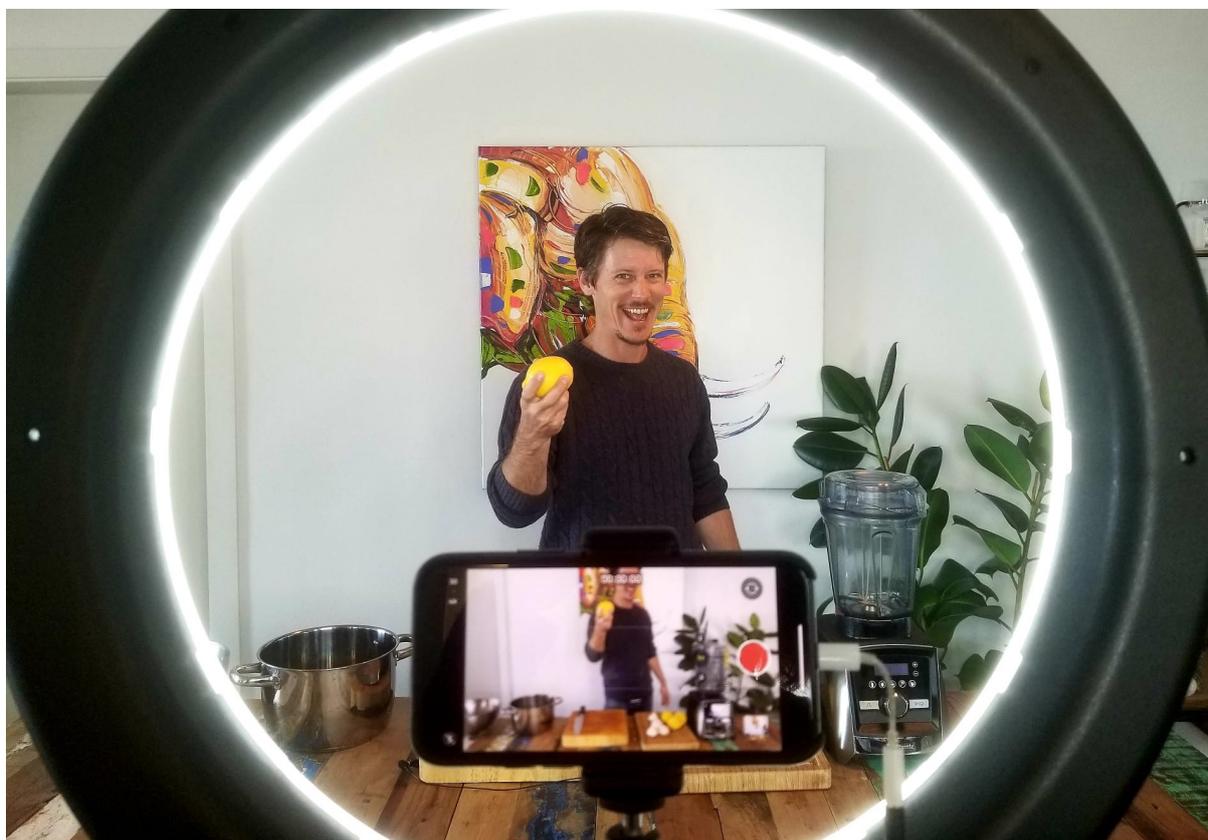


# GARLIC AND LEMON ELIXIR



## Strengthen your immune system with this Garlic and Lemon Elixir

This is a **natural remedy**, easy to prepare and above all the ingredients are very accessible. This elixir is antiviral and anti-microbial. The elixir increases the functions of your immune system.

### Properties of Garlic:

It's awesome how something so small can be so powerful. Garlic has antiseptic properties, reduces the chance of infection, helps fight respiratory infections such as the flu, cold and **stimulates the immune system**. A very useful product in the day to day and especially at this moment.



## Properties of Lemon:

It's well known to everyone, that lemon has a lot of **vitamin C**, but this little one doesn't just stay there, it also **provides B-complex vitamins**, which is important for protein metabolism, helps the formation of red blood cells in the blood and **helps maintain a healthy nervous system**. Among its benefits stand out two; its antibacterial power and digestive properties.



Lemon is a very easy-to-access product and great when we talk about **the immune system**, as it has an alkalizing effect on our PH.

Without more to say, let's go with the recipe!

## Ingredients:

4 organic lemons  
4 organics garlic heads  
2 liters of water

## Preparation:



**01.** Cut the lemons in 4 portions in wedges shape (not slices) with the skin included and place them in a food processor, along with the garlic cloves, without peeling them. If you don't have a processor, you can chop them with a knife into small pieces.

**02.** Transfer lemon-garlic mix into a pot and add 2 liters of fresh good water and stir together.

**03.** Bring the mixture very slowly to the boiling point and turn off the heat.

**04.** Allow the mixture to cool down naturally for 12 hours.

**05.** After 12 hours, strain the liquid, discarding all the pulp.

**06.** Fill a bottle with your elixir and put it in the fridge. It's much better to drink it cold.

**07.** Before drinking, remember to shake it so it's all mixed up.

The recommendation is **two shots per day, One in the morning and one in the evening**. Drink this elixir for 3 weeks and then take a break for a week. Make a new mix and repeat only for another 3 weeks.

The taste of garlic is neutralized by lemon, so there is no unpleasant smell, however, it is a thick and strong drink, so before serving it you must shake it. **Cheers and enjoy!**