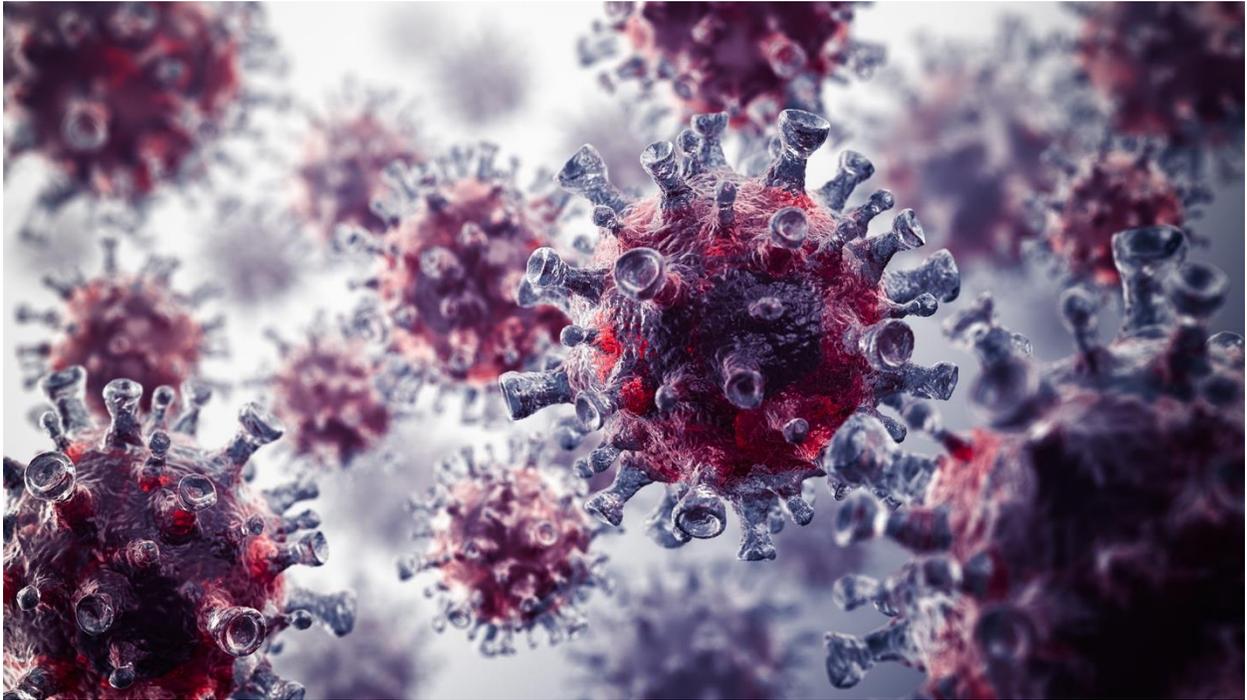


How To Beat the Flu This Winter



1) You get 5 lemons and squeeze out the juice, set the juice aside and then chop up the rinds.

NOTE: You can also add a grapefruit with grapefruit rinds, and you squeeze out the juice like the lemons.

2) Then you cut up the rinds and put them in water and boil them for a half hour.

3) Then when it cools down, drain all the liquid off the rinds into a container that will have room to receive the juice.

4) Then you put the juice into the boiled rind water and let it cool a little more.

NOTE: This will be a touch bitter, so you may add honey to it. If you don't have honey, you may use natural maple syrup and that would be fine. Do not add sugar.

***Here is something else you may need. Click here: <https://tinyurl.com/643wf2k6>