

# **FIRE CIDER MASTER HEALTH TONIC RECIPE**

## **F.KELLER L.AC CMACC 2016 REDONDO BEACH CA**

### **Ingredients:**

- 16 oz organic unfiltered apple cider vinegar
- 1/4 cup chopped garlic
- 1/4 cup chopped onion
- 1/4 cup fresh horseradish
- 1/4 fresh hot peppers
- 2 organic lemons, sliced
- 2-4 whole ginger slices
- 2-4 pieces of turmeric root/ osha root
- 1/8-1/4 fresh pollen
- 1 oz propolis extract
- raw organic honey to taste
- sprigs of rosemary/thyme
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### **Preparation:**

1. Combine all the above ingredients(except for the vinegar) in a quart size glass mason jar & lid & pack 3/4 full.
2. Pour in the apple cider vinegar filling it to the top.
3. Close tightly and shake.
4. Keep the jar in the refrigerator or a cool, dry place for 1 month or longer. Shake well daily. When cider is ready, strain the concoction

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through cheesecloth or muslin tea towel making sure to squeeze out every last drop. Add raw honey to taste. No need for refrigeration.

5. Rest of the mixture can be added to rice, used in stir fries etc.
6. Delicious in salad dressings, added to soups, stews, rice dishes, etc

**Dosage:** 1TBSP- 1 shot glass daily for general immune system boost. More if you start feeling ill.

Extremely effective hangover cure!