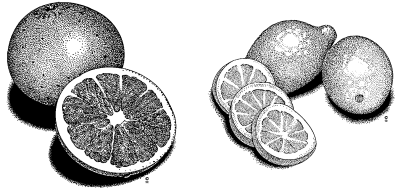


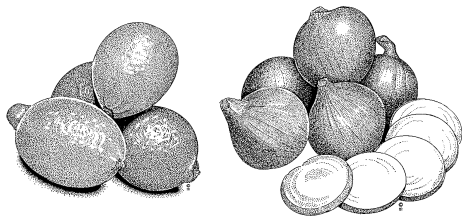
FLU REMEDIES HANDOUT



COLD & FEVER TONIC

1 tsp Cayenne Pepper in 4 oz of Fresh Lemon or Orange Juice

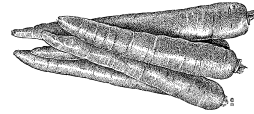
Every two hours (for six hours) to break fever. Removes certain flu symptoms by promoting circulation and cleansing bowels



Nature's Penicillin (aka: Rocket Fuel)

- 1/4 Fresh Grapefruit (with peeling)
- 1/2 Fresh Orange (with peeling)
- 1/2 Fresh Lemon (with peeling)
- 1/4 Large Onion
- 2 cloves of Garlic
- 1 pinch of Cayenne Pepper
- Honey

Wash all fruit thoroughly. Cut and blend all ingredients (with rinds/skins on) in a little distilled water. Mixture will have consistency of paste. Take 1Tbs, Chew well – eat every hour or as needed. **FOR COLD, CHILLS, INFECTIONS (NATURAL ANTIBIOTIC)**

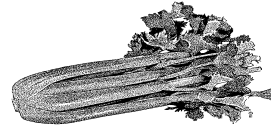


HOT BATH - MOST EFFICIENT

At first signs of flu (fatigue, pain in back, itchy throat) it is ideal to take a hot bath, following these instructions

1. In a clean tub, add 1 lb of rock salt and start filling up the tub with as hot of a water as you can handle. Stay in the tub while it is filling (remember, the flog in boiling water story)
 2. Immerse yourself up to your neck in the water and stay there for 20-30 minutes.
 3. Place an ice bag or cold washcloth on your head.
 4. Wash off salt with clean hot water, rinse with cold water.
 5. Towel dry off thoroughly and put on socks immediately.
- REST in bed for 20 minutes OR MORE with ice bag over head
(therapy is ineffective without rest)

Your Immune System will be empowered to fight
Change sheets and pajamas as often as you sweat



VEGETABLE DRINK

Carrot 4oz
Celery 2oz
Beet 2oz
Cabbage 2oz
Cucumber 2oz
Spinach 2oz
Parsley 2oz

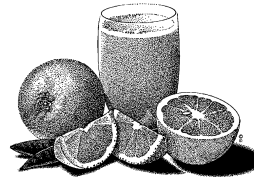
Combine ingredients in Juicer and drink.

Blood Builder and Cell Booster!
Liquid Vitamin to ward off flu and diseases!

HOT AND COLD SHOWER

At first signs of cold or flu (fatigue, pain in back, itchy throat) Immediately take **Hot and Cold Shower** to boost your immune system fighters. Follow these two steps:

1. Three (3) minutes hot shower
(Let water hit whole body, under arms and inner thigh)
 2. Thirty (30) seconds cold rinse
(Let water hit whole body, under arms and inner thigh)
- REPEAT at least THREE TIMES**
Towel dry off thoroughly and put on socks immediately.
Go right to bed and rest for 20 minutes OR MORE
(therapy is ineffective without rest)
Your Immune System will be empowered to fight



NATURE'S FLU SHOT

- Blend:
- juice from 6 lemons - 1 cup of juice
 - 1 bulb garlic cloves peeled
 - 2 tsp. ginger powder (or fresh ginger)
 - 1 Tbsp. honey
 - 1/8 tsp. cayenne powder
 - 3 cup pineapple juice

God's Farmacy - MEET Ministry YouTube channel
https://www.youtube.com/watch?v=JpPi_lggVs0

"...thou shalt EAT the HERB OF THE FIELD" Gen. 3:18
"..the TREE of the field is man's LIFE" Deut. 20:19

This seminar does not intend to diagnose disease nor to provide specific medical advice. Its intention is to inform and educate. The presenters intend that participants use the information in cooperation with a medical or health professional.