

## Garlic Immune Tea for colds & Flu

1 ½ quarts filtered water

1 head garlic finely chopped

1-1/2 that amount of finely chopped ginger

The juice of 1 fresh lemon added after brewing

Bring water with herbs in it to a boil then simmer 20 min.

Add lemon juice and drink 3 cups day.

Can add up to 1/2 tsp cayenne pepper to strengthen.

Can sweeten with stevia, honey or maple syrup.