BONE HEALTH
LEMON JUICE AND EGG: Place uncooked egg in a glass. Cover egg with juice of lemon. Leave in fridge overnight. Drink juice in morning. (Use egg for another purpose). Do not drink water or use mint for 30 minutes. The lemon erodes the calcium from the shell. Good source of digestible calcium. Take for 10 days/2x/year to keep bones strong.

IMMUNE BOOSTER
ROSEMARY GLADSTAR’S FIRE CIDER (Measurements are approximate)

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\begin{align*}
\frac{1}{2} \text{ C Horseradish} & \quad \frac{1}{4} \text{ C Ginger} \\
1/8 \text{ C Garlic} & \quad 1 \text{ Cayenne Pepper cut in half} \\
\frac{1}{2} \text{ C Onion} & \quad (do \text{ not chop!})
\end{align*}
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Fill Jar with raw vinegar and let infuse for 4-6 weeks. Strain and add raw honey to vinegar before using. After straining, can eat vegetables in salads.

Optional ingredients: Lemon, Culinary herbs: (Rosemary, Thyme, Mustard, Turmeric...etc.) Dandelion Root, Burdock Root, Yellow Dock Root

ALKALIZING TEA (Reduces Acidity in Body)
The more acidic, the worse for tissues—Increases chance of illness.

1T Live Cider Vinegar
1T Raw Honey
1 Pinch Cayenne
Mix with 1 C hot water (not Boiling)

ALKALIZING LEMON SALAD DRESSING: Get your daily dose!

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\begin{align*}
1 \text{ Part Lemon} & \quad \text{Options: Honey, Garlic, Herbs of choice (Rosemary, Thyme, Herbs de Provence etc...)} \\
2 \text{ Parts Olive Oil} & \quad \text{Salt and Pepper}
\end{align*}
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Marinate vegetables (tomatoes, peppers, onions etc.) for 5 minutes of more before adding your greens and toss.

GINGER BATH: Take at the first sign of a cold or fever. Adding dry ginger to a hot bath stimulates sweating the elimination of toxins. Be careful not to exceed the dose or you may detoxify too quickly and cause some discomfort.

Put 4 Tablespoons of dried ginger in a sock, tie it and place it under the running hot water. During the bath, squeeze the sock to extract more ginger. Stay in the bath for about 20 minutes, then get out and go straight to bed.

DR. CHRISTOPHER’S HEART ATTACK/StROKE REMEDY:
If you think someone is having a stroke or heart attack, take this while you are waiting for the ambulance. Dr. Christopher said it could stop a heart attack in its tracks.

1 teaspoon Cayenne Pepper and 1 cup of warm water