

A Healthy Natural Tonic for Scary Times

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Opening Words

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As I write these words in October of 2005, health authorities around the world are scaring people about a potential Bird Flu pandemic. We're told to get ready for an inevitable onslaught of a flu virus that'll kill millions of people around the globe and supposedly make the **1918 Spanish Flu** look like a picnic in June.

Although I personally believe much of this noise stems from pharmaceutical marketing efforts to develop and sell new vaccines for every illness imaginable and from governments that want to seize more control over people, I also believe in being prepared for any contingency.

Consequently, I'm going to tell you in this free report how to make a home remedy that many people swear by for colds, flu, coughs, and other acute illnesses.

The version of the remedy in this special report comes courtesy of Jaimie, a woman who shared it with me in early 2004 when the *Asian Bird Flu* scare first started keeping a lot of people awake at night. Near as I can tell, the original recipe for the *Natural Tonic* is based on a plague tonic that's over a hundred years old. Apparently this traditional formulation – which perhaps has its roots in the famous *Four Thieves Vinegar* from medieval times – was later refined and updated by herbalists John Christopher and Richard Schulze.

Regardless of its derivation, I predict you'll consider the *Natural Tonic* a fine addition to your health arsenal and I trust you'll share this letter with friends and loved ones too. In these scary times, it just plain makes good sense to have a powerful and traditional home remedy in your kitchen cabinet – even if you also believe in flu shots.

Turn the page for complete details on how to make the *Natural Tonic*...

Natural Tonic

1 white onion, peeled and cut into quarters
1 entire head of garlic, peeled
4 red hot chile peppers, stems removed, chopped
4" horseradish root, peeled and chopped
4" ginger root, peeled and chopped
Approximately 1 quart unpasteurized apple cider vinegar (*Braggs* is good)

Put all ingredients in a blender, cover with un-pasteurized apple cider vinegar. Puree. Bottle in a glass container and store in a cupboard at room temperature. Take two tablespoons morning and night at the first sign of a cold or flu.

Warning: Hot chiles, such as jalapeños, habañeros, and serranos, contain volatile oils that can burn your skin and eyes. Avoid direct contact with these peppers. When working with fresh chiles, wear rubber gloves or disposable plastic gloves, or cover your hands with small plastic bags. If your bare hands touch the peppers, wash your hands and nails well with soap and hot water. If you get some of the oils in your eyes, flush them with cool water. Oils from chiles can transfer to knives and cutting surfaces, so wash tools and surfaces with hot, soapy water after using to prevent the oils from transferring to other foods.

Additional Comments, Observations, and Directions from Jaimie

Chet, I've been making this tonic for over ten years. I personally make batches in quart mayonnaise jars and store them in a pantry, doling out portions in baby food jars for my family and friends. This tonic has never failed to kick a flu or cold within 24 hours for me.

When I make a batch, I use a whole head of cloves of garlic. The garlic is in proportion to the onion, not the peppers, ginger, or horseradish. I put all ingredients in the blender, add vinegar until it's about one to two inches above the ingredients, and slowly start to chop, blend and puree. I continue adding vinegar until it is about two inches below the top of the blender. If you add too much vinegar at first, it splashes out; and if you add too little, the whole mess freezes up in a solid clog.

When I transfer the batch to a quart jar, I add un-pasteurized vinegar if it doesn't reach the top. After putting the lid on the jar, I then gently shake the mixture by turning the jar upside down and up again. Un-pasteurized vinegar is available in health food stores.

I don't think there is any benefit to measuring the ingredients in cups, ounces, etc. As a homemaker and gourmet cook, I've found the proportions for these ingredients to be right on.

Variations of the tonic involve the intensity of the red peppers. I don't buy the *really* hot ones, though many people do. Also, in the winter, it is sometimes hard to get red peppers because they haven't ripened in the sun. The grocery store will still call them red peppers, but they will be green. In that case, I add about 1/2 teaspoon of ground cayenne.

If you can't find horseradish in the store, I would suggest substituting about 1/4 cup of prepared horseradish, though fresh is better. Most large supermarkets these days will carry horseradish root.

The taste of the tonic is intense, to say the least, especially if you don't care for garlic. If you have trouble swallowing it, you may have made it too chunky, not pureed enough. Try adding a little more vinegar and take smaller spoonfuls. The vinegar should have masked the garlic taste, at least until after you swallowed it.

I don't think it should matter if you take it on an empty stomach, but if it makes you retch, it would probably be best taken on at least a near-empty stomach. You can eat afterwards.

The only time I shake the tonic is when I am spooning out a batch to give to someone. Sometimes I will add a little new vinegar at this time. I have stored it for up to a year without spoilage. It won't spoil because the vinegar is already rotten (fermented). It will darken in color.

I have given this tonic to a man who was in the full throes of the second day of a respiratory flu and running a temperature of 102°. He took two heaping spoonfuls and his fever broke 15 minutes later. I have given it to my 6-year-old granddaughter successfully, although she whined about the vinegar. My son likes it so well that he puts it on his salad as dressing.

I haven't had a cold or flu in ten years, and I am a dental hygienist and very close to respiratory "bugs." I simply take the tonic in the evening, at the first hint of a sore throat or body ache, and go to bed. Seldom do I have to take it again the next morning, but do if needed, and continue to experience flu-free health.

This tonic is extremely powerful because all the ingredients are fresh. Its power should not be underestimated. The tonic stimulates maximum blood circulation, while putting the best detoxifying natural ingredients into the blood. This formula is not just for the sniffles, it may even help turn around deadly infections like some of the new mutated killer viruses that defy conventional antibiotics.

The dosage is 1/2 to 1 ounce or 1 to 2 tablespoons, two or more times daily. Swish in your mouth and swallow. Don't dilute with water.

Because it's composed entirely of natural foods, the tonic – unlike prescription drugs – is non-toxic. Make up plenty as it does not need refrigeration and lasts indefinitely without any special storage conditions.

Ingredient properties

- Garlic cloves (anti-bacterial, anti-fungal, anti-viral, anti-parasitical)
- White onion or hottest onions available (similar properties to garlic)
- Ginger root (increases circulation to the extremities)
- Horseradish root (increases blood flow to the head)
- Cayenne peppers or the hottest peppers available, i.e. Habanero, African Bird, or Scotch Bonnets, etc. (a great blood stimulant)

Closing Words

I hope none of us will ever have to endure a Bird Flu pandemic, but if a terrible new disease does burn like wild fire across the world, those with the *Natural Tonic* will have a powerful home remedy that may well help them maintain their health naturally when thousands around them are sick and getting sicker because they're relying on questionable vaccines and expensive pharmaceutical "solutions" rushed to market.

If you'd like more natural remedies for colds and flu, I invite you to take a look at <http://natural-cold-flu-relief.com> – where I share everything I've learned since 1993 on this particular topic.

I also recommend **Dr. Ben Kim's** website at <http://drbenkim.com>

Yours for a Healthy and Loving World,



P.S. Please print and share this document with as many people as possible. After doing that, visit my main website at <http://chetday.com> for hundreds and hundreds of free natural health solutions as well as free newsletters devoted to tips, recipes, and a whole lot more.