

NATURAL POWERFUL TONICS FOR THE TEMPLE OF GOD

(Total amount of liquid should be 1 gallon and 1 quart, roughly, give or take)

1. Teas of your choice (Detox Blend, Green Tea, and Energy Blend, Throat Coat, Sinus Relief Blend, or etc.). Utilize 12 – 16 bags per gallon of water.
2. Ginger 6" – 8" of cuts blended.
3. Turmeric 3" – 4" of cuts blended.

Boil herbs then cover overnight for best results. Heat in the morning and add other ingredients.

4. 4oz. apple cider vinegar.
5. Add **cayenne pepper to the port to your taste for spice.
6. 2 – 3 lemons (juiced).
7. 7 oranges (juiced) or add 16 oz. of orange juice.
8. Add honey and stevia to taste.
9. Take good quality garlic capsules on the side to avoid bad breath.
10. Strain and serve hot or cold.

*Consult God and be wised if on medication(s).

**Note: Cayenne pepper minimum 75,000 heat units $\frac{3}{4}$ teaspoon per 160 ounces of tonic.