

Recipes from Wayfaring Traveler.com

Garlic Elixir Recipe

1c organic cider vinegar
1c organic raw honey
8-12 large cloves garlic, peeled

Plop above three ingredients into blender and liquefy. Pour into glass jar or two; cover with lids. Let age 5 days in fridge. Take 1Tbs daily in juice or water. An additional dose or two can be taken, in case of the “epizoodic”, as they say in the South.

Lingering Cough:

This garlic elixir is potent stuff, and astonishingly is reported as having cleared up hacking “Chem-Trail Cough”, dating from heavy spraying this summer. Suddenly, deep lung crud is brought up by the garlic tonic, and months-long coughing ends.

Elderberry Elixir

There’s pretty interesting medical data on elderberry as an anti-viral. Expensive syrups and capsules are available from Switzerland and Israel. The brand names are some variation on the botanical name of the plant, Sambucus (canadensis).

What can we do at home, more economically?!!

Elderberry Recipe

1Qt or liter filtered water
1 rounded Tbs organic dried elderberries
1 rounded tsp organic dried ginger root
1 rounded tsp organic dried rosehips (or juice of ½ lime or lemon if available)

Bring water, elderberries and ginger root to simmer, covered. Set timer for 30 minutes. Tea will turn a gorgeous purple-plum color. Turn off heat. Add rosehips or citrus juice. Cover. Drink in 5 minutes.