

We call this **Citrus Tea** and it's a cure for many things.



### Ingredients:

Rind of 2-3 Lemons  
Rind of 1 Grapefruit

- We use the rind of 6 lemons and 2 large grapefruit to make a big soup pot

1. Take the peel only and put in a pot. Cover with 3" of water.
2. Put a glass lid on the pot.
3. Let it simmer (light boil) for 2-3 hours.
4. DO NOT TAKE THE LID OFF OR THE MEDICINE ESCAPES.
5. Turn off the heat.
6. Leave it on the stove for ~1 hours.
7. Sweeten with honey (do not use granulated sugar as that is not healthy for you).
8. Can it or keep it in the fridge.

### Dosage:

Take a "swig", 2 tablespoons, every morning. If you're feeling something is off, take a swig every 2 hours. We drink it from a sports bottle we keep in the door of the fridge for easy access 😊

### Benefits:

- Analgesic
- Anesthetic
- Anti-arrhythmic
- Anti-bacterial

- Anti-microbial
- Anti-parasitic
- Anti-pyretic
- Anti-septic
- Anti-spasmodic
- Anti-viral
- Stringent
- Bactericide
- Cytotoxic
- Febrifuge
- Fungicide
- Insecticide
- Nervine
- Stomach Tonic