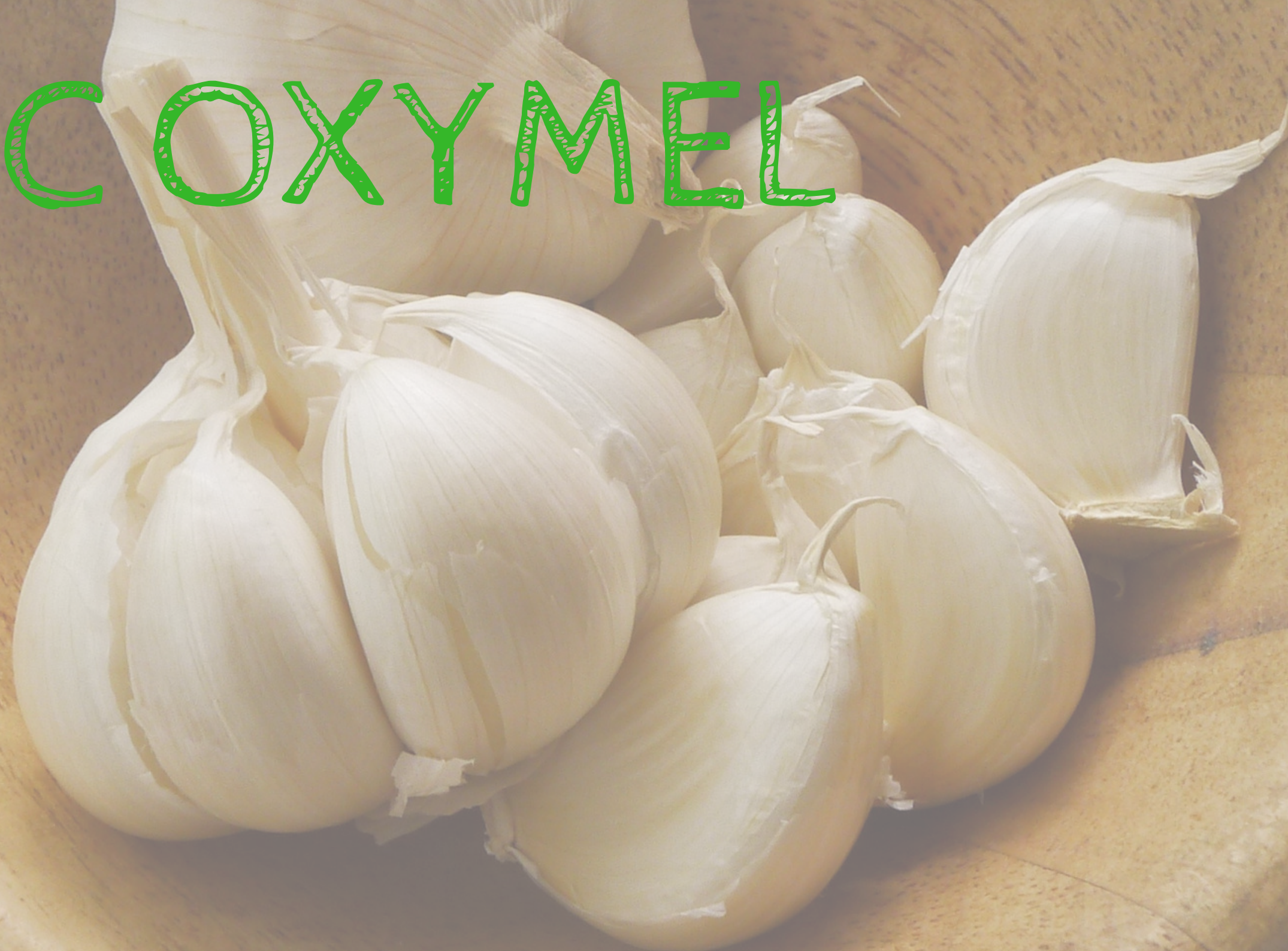


GARLIC OXYMEL



North East Natural Health Centre Cooking Corner

GARLIC OXYMEL

— Home Remedies —

1 tsp every 2-4 hours.

24 months onwards for low appetite colds and sore throats

10 cloves of garlic

1 tsp fennel seeds

1 tsp carroway seeds

100ml Apple cider vinegar

2 tbsp honey

Directions:

Simmer seeds in vinegar for 10mins then strain.

Add honey.

Peel and chop garlic and place in jar.

Pour liquid over the top and steep for up to 1 year.