

STARS LEMONADE

Juice 3 to 4 lemons
Fill pitcher room temp. H2O
Pure maple syrup or honey to taste
Add 1/10 tsp. Cayenne Pepper to glass
Stir well. Enjoy first thing upon arising
(Digests mucus, stimulates hydrochloric acid, increases circulation)

GINGER DRINK

1. Boil one Gallon of water
 2. Turn off heat
 3. Put 4-6 bags of green tea in water and let it sit (steep) for 30 minutes
 4. Cut up ½ lb raw ginger root into very thin slivers lengthwise. Wash root carefully – you don't have to peel it.
 5. Let sit in water for 2-4 hours.
 6. Strain out ginger-put in refrigerator
- Drink at least 1 quart a day, sometimes I add just the boiled ginger tea to my stars lemonade

SUPER TONIC

Horseradish, Cayenne Peppers, Onion, Garlic, Ginger Root. Add this Mixture to Tomato Juice or your Favorite Sauce and Blend. Use it for Spaghetti, Lasagna, or Soup Sauces.

PINA COLADA SMOOTHIE

Blend 1 banana
2 rings of pineapple to taste
½ tsp. Of coconut or coconut ext.
1/2 tsp. Of rum extract
½ cup of plain cultured yogurt or buttermilk

Vita Lemonade, Slippery Elm, Nature's Three

1 tsp. of each, with hot water, mix, enjoy.

Mix 2 tsp. of **PH Green Zone** in 16 oz of water
With **Collidal Minerals** for a refreshing alkaline drink.

ONION SOUP RECIPE

Take 1 pound of small green bunching onions, which is the best for this recipe (or an equivalent amount of white onions). Chop or blend into 2 cups of distilled water. Bring to boil and then simmer until the onions are transparent.

Strain off the onion pulp and save the liquid. The liquid is rich in a neutral form of Vitamin C that is vital to the body's needs when regular supplemental Vitamin C cannot be taken.

The liquid can be simmered with other herbs, soups or vegetable seasonings to taste. It may be combined with vegetable broth as long as the correct amount is used.

POTASSIUM BROTH SOUP

Small red potatoes, onions, celery, garlic, parsley, carrots, Braggs Liquid Amino Acids or Quick sip. As much of the vegetables as you want.
Large pot can be made and kept for the next day.

Wash and peel red potatoes $\frac{1}{4}$ thick. Discard inside meat, use only peelings. If potatoes are very small (about one inch in diameter) then they can simply be cut in half. Chop rest of vegetables, add to pot with water, bring to boil then simmer for 30 minutes. Strain off vegetables, eat later if desired. Add Braggs Liquid Amino Acids to the broth for further flavor and nutrition. Powdered kelp can also be sprinkled on top along with whey if desired. **They use this recipe in Rheumatoid Arthritis clinics in Germany to flush mucus toxins from the body with very good results.**

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