

Fire Cider



Ingredients:

1 Quart Organic Apple Cider Vinegar (raw if possible)

1/4 cup Fresh Horseradish, grated

1/2 cup Fresh Onion, chopped

1/8 cup-1 head Fresh Garlic (to taste) chopped

1/2 cup Fresh Ginger, grated

1/2 cup Fresh Burdock Rt, chopped (*optional*)

1 small cayenne pepper (or about 1 tsp)

Raw Honey

Some other fun additions: Lemons, Limes, Oranges, Turmeric, Pomegranate, Hibiscus Fls, Rosemary, Thyme, Oregano, Black Pepper, Fennel Sd, Coriander Sd, or different Hot Peppers (Serrano, Jalapeno, etc)

Directions: Chop-up all the ingredients and add to your jar. Cover the plant material about 3/4ths of the way with the apple cider vinegar and then cover the remaining 1/4th of the plant material with raw honey. This is kitchen medicine- its ok if your amounts aren't exact- just do your best! Don't worry if your honey doesn't dissolve right away- it will dissolve in a few days, even if its crystallized. Cover the top with wax or parchment paper (since the vinegar will corrode metal) and then put the lid on over that. Let sit at

least 2 weeks, shaking often. It's ok if you don't strain it in 2 weeks- you can even let it steep for a year- but it will be ready in 2 weeks. Strain and store out of direct light. This has a very long shelf-life and does not need to be refrigerated. This is a very basic recipe- let your imagination run wild! **WARNING!** Do not touch your eyes or any other mucous membrane after making this unless you wore gloves! This recipe makes 1 quart of fire cider.

Uses: Antiviral, antibacterial, antifungal, anti-inflammatory, digestive, decongestant, expectorant, immune-stimulant, liniment, cardiovascular tonic. Nearly every ingredient is antibacterial, and garlic and ginger additionally are antiviral, making this mixture a natural antibiotic! A classic remedy for colds and flu, Fire Cider increases your white blood cell count and stimulates immune response. It's also a respiratory aid and as an expectorant has an affinity for coughs, helping to break-up congestion in the lungs and thin and expel mucous and phlegm. Perfect for a wet, boggy, deep coughs. Because it's so decongestant it's also very helpful for sinusitis and allergies (seasonal, hayfever, mold, etc) to relieve sinus congestion, sinus headaches and copious mucous discharge. It's a circulatory stimulant, both internally and topically as a liniment for bruises, strains and injuries, and has anti-inflammatory properties as well. Fire Cider is also a cardiovascular tonic helpful for high cholesterol, prevent arteriosclerosis, and for heart health in general. Lastly, it's an excellent digestive formula, stimulating digestive enzymes and secretions, helping ease gas and bloating, and supporting nutrient absorption and over-all digestive health.

Dosage: As a general tonic to prevent cold and flu as well as its many other uses, take about 1 tbsp 1-2 x/day mixed in water or straight. It can also be added to foods like dressings, marinades, soups, or tossed on cooked greens. A nice way to enjoy it in the winter is as an herbal "hot toddy," simply mixing it with a cup of hot water. You can also add it as the vinegar portion when you're making bone broth. To help with digestion include it with your food or take it as a digestive bitters- take 1/2-1 tsp straight or with a small amount of water 5-10 minutes before meals to stimulate digestion. If you are coming down with a cold or flu or already sick, increase dosage to 1 shot glass of Fire Cider anywhere from 1-5x/day, diluted or straight.

Contraindications: Since this formula is so hot and spicy in nature precaution should be taken for those with chronic heartburn, acid reflux, gastric ulcers, IBS, Crohn's Disease, sensitive stomach. Stop taking 2 weeks before and after surgery because of blood-thinning effects.