SUPER FLU BOMB

TURMERIC - 6 inches (3 tablespoons powder)
GINGER - 6 inches (3 tablespoons powder)
GARLIC - 10 cloves
ONIONS - 2 medium
LEMON - squeeze 6 or 12 tablespoons lemon juice
CAYENNE PEPPER - 1/4 tsp 90k heat unit cayenne pepper
HONEY - 5 tablespoons (may use if you are not Diabetic)

Preparation:

Blend all ingredients together in 2 cups of hot boiling water. Next let it draw for 40 minutes. If you have a powerful blender, use the fine pulp, if not, you may need to strain it.

Alternatively make a **SUPER FLU BOMB SOUP**: Boil blended turmeric, ginger, garlic, onions, water and salt to taste, cool for 40 minutes then add lemon and cayenne pepper. If the person has not eaten for an extensive duration, add potatoes when boiling contents.
Keep refrigerated and allow to cool before drinking.

Further instructions:

・ Take 3 to 4 tablespoons every 15 minutes while symptoms continue. Pause for 2 hours before and after lunch when you are taking a Probiotic.

・ Continue use of Super Flu Bomb - 1 tablespoon - 2 to 3 times daily for up to 2 weeks after symptoms ceases.

・ If you are daily exposed due to your work, continue with use of Super Flu Bomb - 1 tablespoon - 2 to 3 times daily.

・ Once there are others in the home, and so exposed, follow the use the Super Flu Bomb for 1-2 weeks as if they have contracted the virus.