



Garlic Cocktail

Garlic is one of the richest sources of organic selenium and germanium. Together, garlic's disclosed and yet undiscovered nutrients combine to make it one of the best nutritional food spices in the world.
– *German Journal of Oncology, April 1989*

Ingredients

3 cloves of fresh **Ontario garlic**
1 tbsp. red wine vinegar
1 tbsp. olive oil

Directions

Purify well in blender. Add ¼ c. hot water. Let stand 3 hours (do not strain).
Add 1/3 of this combined solution to a cup of hot water.
Take a dose every 3-6 hours until it is all gone.
This is a pleasant and stimulating drink.



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