**Master Tonic**

This tonic contains powerful antiviral, antibacterial and antifungal properties. I have listed references below pertaining to these statements

**Please try to source organic for all of the vegetables listed if possible.**

**1 Part each of the following fresh vegetables (in a pinch dried is acceptable but will not produce as strong of a mixture)**

chopped  garlic  cloves
Chopped white  onion  (Hottest  available) Chopped cayenne  peppers  (Hottest  available:  Habanero,  African  Bird's  Eye,  or  Scotch  Bonnets)- remove seeds
 Grated  ginger  root (Ideally this should be organic- otherwise it is most likely irradiated which kill the gingers enzymes)
Grated horseradish root

Raw organic apple cider vinegar – enough to fill jar after vegetables added

Fill  a  glass  jar  3/4 full  with  equal  parts  BY  VOLUME  (i.e.  1 cupful of  each)   of  the  above  peeled,  fresh,  chopped  or  grated  herbs  and  vegetables.   Then  fill  the  jar  to  the  top  with  Raw,  unfiltered,  unbleached,   non-distilled  apple  cider  vinegar.   Close and shake  vigorously;  if  necessary  top off  with  more  vinegar.  Shake  jar  every  time  you  pass it,  minimum  of  once  a  day,  for  2  wks.   Then  filter  the mixture through  a  clean piece  of  cotton  (old  T-shirt  would  work),  bottle,  and  label.
**How to use:**
For preventative purposes:   1/2 - 1oz.,  2  or  more  times  daily  (1-2  TBSP  at  a  time), gargle and  swallow.   Most people cannot take this unless it is diluted. This is very strong and should be diluted with a bit of water- try a bit on your tongue and see how you react before attempting to take without diluting.

For ordinary infections, a dropper full 5-6 times a day.

**References:**

 **Garlic:** Garlic has also been found effective against multi drug resistant E. Coli along with being antiviral and anti-bacterial and anti-fungal
<http://www.ncbi.nlm.nih.gov/pubmed/10594976>

**Onions**- Onions are in the allicin family as is garlic and as such have many of the same health benefits of garlic:

<http://articles.mercola.com/sites/articles/archive/2014/04/12/onion-health-benefits.aspx>

**Cayenne-** Cayenne pepper stimulates secretions and promotes circulation, helping the other herbs to work better (synergistically)

http://www.webmd.com/vitamins-supplements/ingredientmono-945-cayenne%20pepper%20%28capsicum%29.aspx?activeingredientid=945&activeingredientname=cayenne%20pepper%20%28capsicum%29

**Ginger-**Ginger has so many uses- from cancer prevention to pain relief to relieving nausea – on top of being a powerful antiviral that has been found effective against RSV:

<http://www.ncbi.nlm.nih.gov/pubmed/23123794>

**Horseradish-**Horseradish has many beneficial uses- from cancer prevention to increasing blood circulation and is commonly used to treat urinary tract infections and sinus infections

<http://www.lifeextension.com/magazine/2009/11/Horseradish-Protection-Against-Cancer-And-More/Page-01>

**Turmeric-**Turmeric has so many health benefits it would take pages to list them all- antiviral, antibacterial, anticancer, anti-inflammatory are just a few of its many uses.

http://repository.ias.ac.in/5196/1/306.pdf