

Garlic & Onion Oxymel Slurry Recipe

The amounts are approximate based on taste, strength of each ingredient, and effect. Try to get organic ingredients. Anything not organic should be soaked in structured water for 1/2 hour or so before using, when possible.

- 1 medium to large red onion, diced in small chunks
- 6 limes, peeled (lemons are also fine, just slice in rounds and remove all the seeds; limes seem to be stronger) - if limes or lemons are hard to peel, either cut off the peel, or juice the inside of the fruit. The outer membranes are good for health, so include them if you can.
- 1 big head of garlic - peel each clove, then press each clove of garlic and let sit for 15 minutes to gain full potency
- 1/8 - 1/4 cup fresh ginger - cut in small pieces before blending
- 1/8 - 1/2 tsp. Cayenne (depends on the strength of the Cayenne and your tolerance for the heat)
- 4 - 8 oz raw unprocessed, unheated honey (if not available, get as close to this as you can - honey itself is good for lungs and helps as a preservative)
- Put all ingredients in a blender or food processor and blend until the consistency of smooth salsa. How blended it is is also up to you.
- Pour into a clean Mason or other jar. Will keep in the 'frig for months, though the color will be less pink. Makes 1 1/2 pints to a quart depending on how big the onion is, how many limes, etc.
- The flavor is like a sweet salsa, and tastes pretty good and refreshing.
- Take 1 - 3 Tablespoons/day depending on your need. This mix will help to clear out old blockages in the lungs, as well as help to boost the immune system in general.

This recipe brought to you by Lovonya.com and the Energetic Health Institute

