

## Rocket Fuel

- 5 to 10 Cloves of Garlic
- 1/2 Fresh Onion
- 2 Lemons (Juice of)
- 2 to 3 Tbsp Pure Raw Honey
- 1/8 to 1/2 tsp Cayenne Pepper
- 1 Thumb of Fresh Ginger
- 1 to 3 tsp Elder Berry (optional)
- 1 to 3 tsp Allimed (optional)
- Add Warm Water to Net 1 Quart
- Blend and drink ALL

### Health Benefits

#### Garlic

- Boosts the immune system
- Antibacterial
- Antiviral
- Anti-microbial
- Antifungal
- Antiparasitic
- Aids in weight loss
- Improves athletic performance
- Improves brain power
- Improves energy levels
- Cancer prevention
- Reduces heart disease
- Anticoagulant
- Prevents atherosclerotic disease
- Treats respiratory conditions
- Treats infections of the gums
- Provides flu relief
- Yeast infection relief
- Cures bad breath
- Improves muscle recovery
- Increases muscle strength
- Lowers cholesterol levels
- May prevent dementia and Alzheimer's disease
- Losers blood pressure
- Can increase longevity
- Heavy metal detoxifier
- Reduces bone loss
- Decreases deficiencies in estrogen levels
- Reduces stress levels
- Eases psoriasis

#### Onions

- Antibacterial
- Antiviral
- Strengthens immune system
- Anti-inflammatory
- Relieve sour throats and coughs
- Prevents tooth decay
- Anticoagulant (blood thinner)
- Prevents atherosclerotic disease
- Bee stings
- Helps manage blood sugar
- Insect repellent
- Cancer prevention
- Relieve earaches
- Skin care
- Boosts libido
- Treat anemia
- Antispasmodic
- Stomach aches

## **Ginger**

- Antibacterial
- Fights infection
- Antiinflammatory
- Nausea
- Antioxidant
- Allergies
- Pain reliever
- Cancer relief
- Destroys fat
- Manage glucose levels
- Circulation
- Relive gas
- Muscle pain
- Fights arthritis
- Lower cholesterol
- Prevents Indigestion

## **Honey**

- Antibacterial
- Antiviral
- Immune booster
- Anti-cancer
- Energy
- Blood sugar regulation
- Wound healing
- Anti allergy
- Sore throats
- Coughs
- Boosts memory
- Sleep aid
- Skin care

## **Cayenne**

- Antibacterial
- Antiviral
- Immune booster
- Antiinflammatory
- Headaches
- Bleeding
- Digestive Aid
- Cardiovascular health
- Joint discomfort
- Promotes longevity
- Toothache

## **Lemons**

- Antibacterial
- Antiviral
- Antioxidant
- Anti-inflammatory
- Antimicrobial
- Antiseptic
- Immune booster
- Throat infections
- pH
- Improves hearth health
- Weight loss
- Kidney stones
- Indigestion
- Hair care
- Internal bleeding
- Reduces Corns
- Rheumatism

## **Elderberry**

- Antiviral
- Antibiotic
- Immune booster
- Antihistamine
- Anti-inflammatory
- Digestion
- Cardiovascular protection
- Lowers cholesterol
- Vasodilator
- Blood pressure
- Insulin and glucose regulator