



Method# 1 (Personally I like Method#1 because it has fiber in it).

Serving size: 1 glass container size of 300ml.

Benefits: Helps improve blood glucose level, cardiovascular system (circulation, clogged arteries, high blood pressure, high cholesterol), digestive system (bloating, indigestion), respiratory tract system (cold, cough-cold type, flu), sore throat, etc.

Ingredients

Apple Cider Vinegar – 200ml.

Garlic – 50 grams.

Old ginger – 50 grams (Lesser if you have heaty body system).

Lemon – 2 nos.

Honey – 100ml or as desired.

Preparation

- (1) Peel garlic skin & together with old ginger, wash with water & blend them in a blender till a smooth texture is formed.
- (2) Wash lemon & cut into quarters then squeeze out the juice into a bowl.
- (3) Put the blended garlic & ginger, lemon juice and apple cider vinegar into a glass or clay pot over a low flame, then stir continuously for 30 minutes.
- (4) Let it cool down before add honey to the mixture. Stir well then transfer into a glass container & keep in the fridge. For freshness, keep in fridge not more than 90 days.

Dosage

- (1) For those with **high blood pressure with cholesterol & other health problems**, take 1 tablespoon either before breakfast or lunch & before dinner.
- (2) For those with **sensitive stomach or bowel movements more than 2 times daily**, take 1 tablespoon either after breakfast or lunch & after dinner.
- (3) For those with **low blood pressure with cholesterol**, take 1 to 2 teaspoons either before breakfast or lunch & before dinner.

Note

- (1) Take till condition is better. For maintenance: take ½ dosage daily.

Method# 2

Serving size: 1 glass container size of 300ml.

Benefits: Helps improve blood glucose level, cardiovascular system (circulation, clogged arteries, high blood pressure, high cholesterol), digestive system (bloating, indigestion), respiratory tract system (cold, cough-cold type, flu), sore throat, etc.

Ingredients

Apple Cider Vinegar – 50ml.

Garlic juice – 50ml.

Old ginger juice – 50ml (Lesser if you have heaty body system).

Lemon juice – 50ml.

Honey – 100ml or as desired.

Preparation

(1) Peel garlic skin & together with old ginger, wash with water & blend them in a blender till a smooth texture is formed.

(2) Sieve blended garlic & ginger into a bowl to extract its juice.

(3) Wash lemon & cut into quarters then squeeze out the juice into a bowl.

(4) Put the juices of garlic & ginger, lemon and apple cider vinegar into a glass or clay pot over a low flame, then stir continuously for 30 minutes.

(5) Let it cool down before add honey to the mixture. Sit well then transfer into a glass bottle & keep in the fridge. For freshness, keep in fridge not more than 90 days.

Dosing

(1) For those with **high blood pressure with cholesterol & other health problems**, take 1 tablespoon either before breakfast or lunch & before dinner.

(2) For those with **sensitive stomach or bowel movements more than 2 times daily**, take 1 tablespoon either after breakfast or lunch & after dinner.

(3) For those with **low blood pressure with cholesterol**, take 1 to 2 teaspoons either before breakfast or lunch & before dinner.

Note

(1) Take till condition is better. For maintenance: take ½ dosage daily.