

## Vascular Plaques

*This recipe may help clean the arteries from any deposits stuck to the arterial walls.*

### Ingredients:

- 3 Organic garlic bulbs
- 5 Organic lemons

### Method:

1. Shell garlic and cut lemons into pieces leaving the skin on.
2. Put garlic and lemons into blender, add a little bit of water, and blend.
3. Put mixture into large pot.
4. Add 1L of filtered water to blender, blend to get residue off, and add water to pot.
5. Bring mixture to the boil – as soon as it starts boiling take it off the stove and let cool.
6. Strain mixture through muslin cloth so that you are left with about 1L of creamy liquid.
7. Store in glass bottle in fridge.

### Directions:

Drink 200mL of this liquid once a day (twice a day in severe cases). The lemon will mask most of the garlic odour, so your breath or body should not smell of garlic. Do this for 3 weeks, take 1 week off, and do for another 3 weeks.

This can be repeated every 6 months or once a year.

### Warning:

Warfarin – garlic can further thin the blood and cause bleeding.

*This information does not replace a consultation with a qualified health practitioner. You should always get the appropriate tests done or be under the supervision of a qualified health practitioner before embarking on taking high doses of any supplement.*