

# Health Spotlight

**Natural Remedy  
Citrus Fruits**



# Natural Remedies

The use of **natural remedies** requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The **surrender** of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind. **Ministry of Healing p.127**

# Citrus Fruits

**Citrus fruits** are high in vitamin C and strengthen the immune system and they are high in phosphorus, calcium and potassium. All of this helps to reduce mucus from the nose and head. **Lemons** are natural antiseptics. **Onions** and **garlic** are natural antibiotics. They help to combat respiratory problems. **Cayenne pepper** opens up all the capillaries and delivers blood all through the body. **Ginger** is high in antioxidants and is anti-inflammatory.

This can be used effectively for colds, flu, sore throat, infections, respiratory problems, and a general immune system strengthener.

# Nature's penicillin

- 1 grapefruit (thinly peeled and cut into cubes)
- 1 Orange (thinly peeled and cut into cubes)
- 2 lemons (thinly peeled and cut into cubes)
- 3-4 garlic cloves (press the garlic to help release the enzyme alliinase)
- ½ onion (cut in cubes)
- ¼ tsp of cayenne
- 1 inch grated ginger
- ¼ cup of water

Wash, clean and blend the ingredients. You will store this in a glass jar in the fridge for up to 2 weeks. Take 2-4 tsps. throughout the day.

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