

Monica Hirai  
Herbalist  
403-276-5756

**\*\* RECIPE FOR GARLIC DRINK \*\***

3 Heads of garlic  
Juice of 5 lemons  
1 cup of liquid honey  
1 cup of cooled, boiled water

Blend garlic first with some water.  
Then add the rest of the ingredients and blend.  
Pour into a sterile quart jar and let sit on the  
counter for 7 days.  
Stir one (1) times per day.  
Strain and add enough water to make 2 quarts.  
Drink 2 – 3 oz per day.