



REMEDIES RECIPES & INFORMATION

	Remedy	Ingredients	Preparation	Dosage	Storage
1	Blackened coconut	<ul style="list-style-type: none">• Whole fresh coconut	<ul style="list-style-type: none">• Break open the coconut and cut out the white flesh with the brown skin• Cut the flesh and brown skin into half an inch slices• Insert a fork or a skewer into the piece of coconut and hold it over an open flame to blacken some of the white flesh and the brown skin• You will hear a spitting sound	Eat one-inch piece of this blackened coconut 3 times a day. Make sure to chew well for 5-10 minutes before swallowing.	Store in airtight container. Keeps for a few days / week.
2	Coriander water (cold infusion)	<ul style="list-style-type: none">• Whole coriander seeds (3 teaspoons)• Room temperature water	<ul style="list-style-type: none">• Crush 3 teaspoons of whole coriander seeds in a mortar and pestal or in a coffee grinder. The seeds only need to be broken open. Do not grind to a powder.• Soak the seeds in a 200ml glass of water overnight.• In the morning strain the seeds and drink the water.• Wait a few minutes before taking any food / drink or supplements	Normal – one glass 3 times a week - first thing in the morning (on an empty stomach)	Crushed coriander seeds can be made in larger batch and stored in airtight container for a few weeks. Keep in a cool, dark place.



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3	Coriander ginger tea (hot infusion)	<ul style="list-style-type: none"> • 3 teaspoons whole coriander seeds • 2-3 cups water • 3-4 slices of ginger 	<ul style="list-style-type: none"> • Boil the coriander seeds in the water for 6-8 minutes until a tea colour forms • Either boil with ginger or add the ginger just before removing from heat • Add a little honey or sugar before drinking if necessary 	1 cup x 1 or 2 times daily before or after meal	<p>Must be made freshly each day</p> <p>Do not reheat in microwave. Can be reheated on the stove</p>
4	Ginger Lime and Honey	<ul style="list-style-type: none"> • 100g fresh ginger • 6 limes • 6 tspns honey • 3 tspns brown sugar • 200ml water 	<ul style="list-style-type: none"> • Cut, peel and blend ginger in blender with half a cup of water or peel and grate the ginger by hand • Squeeze out the ginger juice from the pulp • Mix ginger juice with the juice of 6 limes, 6 teaspoons of honey and 3 teaspoons of brown sugar and up to 100ml water 	<p>Mix 1 tablespoon of GLH mixture with half a cup of hot water and take as a small drink</p> <p>Take after meals only – up to 2-times a day if you are experiencing symptoms of cough / cold / flu</p>	Mixture can be made in larger batch kept for up to 2 weeks if sealed and refrigerated.