



# FIGHT COVID-19

## ALOE VERA

- Cut 3" of aloe vera (you may keep the skin on).
- Blend in 4 ozs of coconut water, freshly squeezed orange juice or grapefruit juice.
- Strain to have the liquid.

***Have 30 minutes before your cooked breakfast.***

**BOOST  
YOUR  
IMMUNE  
SYSTEM**

## GUINEA HEN WEED

- Add 1/2 tsp guinea hen root and 1/2 tsp guinea hen leaf (dried herb) to 8oz boiling water.
- Simmer on very low heat for 3 minutes.
- Steep ("draw") for 10 to 15 minutes.
- Strain and drink. Adding honey is optional.

***Have as a tea in the morning.***

## MORINGA LEAF

- 1 tsp moringa powder
- 8oz coconut water
- 1 tsp each of the following: flax seed, pumpkin seed, sunflower seed and sesame seed
- 1 tbsp wheat grass powder
- Blend all ingredients together to get a smoothie to start your morning.

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