

one orange zested and chopped
one lemon zested and chopped
1 lime zested and chopped (optional)
a whole large onion (chopped)
a whole head of peeled garlic (chopped)
1 stalk of horseradish (it's hard to find)
3-4 inch piece of ginger (chopped)
4 jalepenos
1 small can (or fresh) of diced fire roasted green chilies
7 cinnamon sticks
12 peppercorns
1 and a half tblsps of ground tumeric
Topped it off with Braggs ACV with the mother.
Allow to ferment in a cool dark place for 30 days, strain out the ingredients with a cheesecloth/muslin cloth.
Squeeze the ingredients until dry.
Add raw honey
Store all in a (brown) sealed glass jar in fridge for up to a year.
Take 1 shot daily for healthy maintenance.
1 tbs every 2 hours at first sign of illness, repeat for 2 full days or until start feeling better.