

## **NEW WAVE THERAPY CLEANSE SUPPORT FLUSH**

**Use with any Country Doctor Herbals Cleanse Support tincture or capsule**

**Do not make ahead**

1 tablespoon local organic honey

2 tablespoons apple cider vinegar, unfiltered

8 ozs purified water

Mix together and drink 15 minutes before eating twice daily.

## **NEW WAVE THERAPY IMMUNE SUPPORT BOOSTER**

**Use with any Country Doctor Herbals Immune Support tincture or capsule**

Wash and cut 4 fresh lemons in half. Place lemon in a pot of water and bring to a boil. Boil for 3 minutes, remove from heat, cover and cool down or steep for about 15 minutes. Remove lemons and drain lemon water. Add 1/2 teaspoon local organic honey and any Country Doctor Herbal immune system tincture.