

NEW WAVE THERAPY IMMUNE SUPPORT CITRUS JUICE BOOST

Use with any Country Doctor Herbals Immune Support tincture or capsule

DO NOT MAKE AHEAD the juice may become bitter

1 cup fresh juiced orange, wash and remove rind

1 cup fresh juiced grapes

1 fresh juiced lemon, wash, remove rind and seeds

1 teaspoon local organic honey, or to taste

Mix together and drink 30 minutes or more after breakfast to avoid hyperacidity