

Recipe for whole lemon drink

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1. Scrub one whole lemon with peel intact, with brush or scourer to remove residual wax, dirt and chemical sprays
2. Cut entire lemon with the peel still on into small pieces and place in a blender
3. Add one and a half cups of filtered water or spring water (or water that has been boiled and refrigerated)
4. Add one to three tablespoons of special oil blend (see * below)
5. Add one to three capsules of lecithin (see ** below)
6. Add one teaspoon of raw 100% honey (see *** below)
7. Add a small knob of fresh ginger root (*Zingiber officinale*)
8. Blend all these ingredients all together in a blender for a short period of 30 to 45 seconds
9. Over a large bowl, [strain](#) [1][HIV strain] Any subgroup of the HIV species. Because HIV mutates very easily, there are many different strains (and may be multiple strains within a single person). off all the pulp in a fine sieve, and press or squeeze the ingredients through the sieve with the back of a large spoon to remove all possible liquid
10. Throw away the pulp left behind in the sieve, and save the liquid in the bowl
11. Divide the liquid into two or three equal portions and refrigerate
12. Drink each portion with each meal, by sipping slowly

* Special Oil Blend: Buy linseed/flaxseed oil and cold pressed or expeller expressed extra virgin olive oil from the health food store. This linseed/flaxseed oil will be stored in the refrigerator at the health store (not on the shelves). Next mix these two oils together in equal portions (i.e. 1/2 flaxseed + 1/2 olive oil). Use this mix as mentioned in step 4 of the recipe above.

** Use only lecithin which comes in a capsule form, as granulated lecithin will froth up in the blender and ruins the recipe.

*** Do not use honey if you have candidiasis or other fungal gut infections.

Precaution: This remedy can make diarrhoea worse in some people who have a compromised or weak gut function. Use less lemon and less oil if diarrhoea occurs.

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Links:

[1] <http://www.napwa.org.au/glossary/term/190>

[2] <http://www.napwa.org.au/resource/managing-side-effects/finding-a-qualified-practitioner>

[3] <http://www.napwa.org.au/resource/managing-side-effects>

[4] <http://www.napwa.org.au/resource/managing-side-effects/disclaimer>