



自然療法關懷中心
Natural Homeopathy Care Center
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Fruit Juice

INGREDIENTS:

1. Chinese celery (medium size) - 2 sticks
(help blood circulation and strengthen the blood vessel)
2. Lettuce - 2 leaves
(help in muscle, bone, tendon or veins and lung)
3. Lemon - ½
(strengthen immune system)
4. Tomato - 1
(strengthen blood corpuscle, hematocyte)
5. Yellow onion - 1 slice
(good for heart)
6. Green apple - 1
(strengthen spleen get more energy)
7. Edible Enzyme - 2 tps
8. Honey - 2 tps (providing total energy)
9. Drinking Water - 2 to 4 cups

Method:

1. Add 2 table spoons of Garbage Enzyme into 1 liter of water to soak all ingredients no. 1 - 6 for 45min.

(It will dissolve pesticide heavy metal, germ, parasite and vermin).

2. Blend all ingredients, drink it immediately *(If add enzyme you can store for 6 hours at room temperature, it become vegetable yogurt is good for body too).*

Note:

1. To be taken 3 times or at least 2 times a day before meal.
2. Diabetic patient – continuously consumption for 7 days, the sugar level will drop.
3. Is good for high cholesterol and heart patient.
4. Over weight – continuously consumption for 7 days, will loose 2 kg.

Rice Milk

INGREDIENTS:

1. Brown Rice - a grip
2. Lotus Seed - a grip
3. Barley - a grip

Method

1. Soak brown rice, lotus seed and barley in water with enzyme added for 45 minutes.
2. Cook the brown rice, lotus seed and barley with water.
3. Blend the mixture and cook them again until boiled.

Notes:

By consuming rice milk, our body can gain nutrients that we need. This is suitable for those people who

are allergic to cow's milk and those who suffer from diarrhea for consuming cow's milk. We can also gain calcium from lotus seed and barley, which can restore and strengthen our bone, so we do not need to depend on calcium tablets.

Holy Basil Tea

INGREDIENTS:

1. Mulberry leaf
2. Pandan
3. Lemon grass all ingredient add up approx. 100g *(minimum 3 ingredient).*
4. Mint
5. Basil Leaf

Method

Boil 1000cc water put in all ingredients and boil for another 10 minutes.