

BEST YOU MADE POSSIBLE



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Please be advised: **ALWAYS** discuss any suggestions found on **BEST YOU MADE POSSIBLE** with your doctor. These are suggestions of things I use or do, and may not be beneficial for everyone.

Please note: you can make as strong as you desire. Your objective is to get the benefits, so use to taste. I love ginger, so I go a bit over to the ginger side. You may love tumeric.

Use as 8ozs if you like it strong or dilute with **HOT WATER** to 16ozs.

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2 cloves of garlic
fresh ginger
fresh tumeric

Use your blender to chop the tumeric and ginger together- you can use it immediately or soak it in hot water to create a concentrated mixture, which can be stored in your refrigerator and used daily. I usually make enough for 7 days.

MORNING DRINK BEFORE FOOD

Crush the garlic and finely mince, put in your cup and let it sit for 20 mins. Add 2 ozs boiling water and let steep for 5 mins BEFORE you add 1/2 cup of your tumeric-ginger concentrate; finally add more hot water and enjoy.

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