

MEDICINAL DRINK OF TIBETAN MONKS

This natural remedy is an ancient Tibetan recipe that has been used by monks in Tibetan monasteries for thousands of years to stay healthy and disease-free throughout their lives. The main ingredients in this secret recipe are garlic and alcohol. These agents regulate blood pressure, ensure healthy cholesterol levels, and prevent cardiovascular diseases, thus reducing the risk of stroke and heart attack.

Ingredients

2 dl (200 ml) rum or alcohol

50 g of garlic

1½ tsp (teaspoon) crushed cloves

This dose is approx. sufficient for 12 days.



Method

1. Peel and crush the garlic.
2. Mix with the crushed cloves and the alcohol.
3. Pour into a glass container and set aside in a light and warmer place for 10 - 14 days.
4. After this time, filter the mixture and put the resulting liquid into the refrigerator.
5. Let it settle for a few more days, and then you can use it.

Application

1. Mix 1 teaspoon of the solution in a smaller glass (1½ dl) of water and consume it three times a day before meals for 1 week, then 1 tablespoon before breakfast as long as the drink lasts.
2. Use the medicinal drink as a cure for 3 months, preferably in early spring and late autumn. But you can include a 3-month cure at any time if you feel the need, just make a couple of months' break after every cure.