

10 FOR 10- Module 9 - Fire Cider
(BONUS)



The world needs a shot of fire cider!

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Fire cider / master tonic

Choose a non-reactive container for vinegar making. Dark glass is a safe choice. Crocks should be checked – glazing stable and no lead content.

Fire Cider / Master Tonic

Let the fire begin! This is really Cold and 'flu prevention. Gloves and well-ventilated space recommended ... the aroma ... very strong and may stimulate sinuses instantly

Here is a starting point ...

1/4 cup finely chopped garlic

1/4 cup finely chopped onion

2 hot fresh chillies - careful with cleaning, wear gloves!!!

1/4 cup grated ginger

2 pieces of cut turmeric

2 tablespoons grated horseradish (gloves, well ventilated space and maybe a facemask)

700 ml apple cider vinegar - with the mother.

1. Combine in bowl.
2. Transfer to jar.
3. Pour in apple cider vinegar (made with love is always best / buy organic with the mother).
4. Close and shake.
5. Keep in a cool, dry place 2 weeks.
6. Shake several times a day.
7. After 14 days squeeze and strain.
8. Place a piece of muslin in strainer.



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Use the strained dry mixture in cooking or dressings, salsa, dips, etc.

It will store in a well-sealed glass jar in the refrigerator for years.

Fire cider / tonic is ready for use. It does not require refrigeration.

Start with 1 tablespoon daily to strengthen immune system and fight the dreaded lurgy.

1. Gargle and swallow.
2. It is best not to dilute.
3. Increase the amount every day until size of a small shot /liquor glass.
4. If struggling with more serious infection/ illness, try 1 tablespoon of the tonic 5-6 times per day.
5. Use smaller doses for children.

Gut Goddess Tip ... eat a slice of lemon /lime after tonic to ease the heat.

The tonic also makes a tasty salad dressing mixed with quality oil.

Or, add a dash to brines, soups, casseroles, raw chocolate etc. Very sparingly!!!

Note: Seeking the advice of a holistic health practitioner before using the gift of fermentation (fermented food) to treat any condition is recommended.

♥ and bacteria,

Lynnie

The Gut Academy Tribe Join us as we get creative, learn, have fun and experiment!

