

# FIRE CIDER

10 for 10 - Bonus (Fire Cider)



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





## 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

## BONUS-FIRECIDER

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.

## BONUS-FIRE CIDER



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. Or a dash of milk kefir.

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

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





# Fire Cider / Master Tonic

