

# WELL WATER!

ALL NATURAL INGREDIENTS • Natural Immune System Builders and Natural Antibiotics

## Be PREPARED! This recipe packs a PUNCH!

*Please*, be mindful of the ingredients here. Make sure you do what is right for YOU! Allergies, toughness, etc. – MUST be considered! When you drink this, it's effects, clearing your sinus', etc. are IMMEDIATE! You may want to sit down.

- 8 oz. of H2O (Warm or Cold. Your preference.)\*
- 1 Tbsp of Molasses!\*
- 1 Clove of Fresh Garlic – Pressed!\*
- 1 Thumb Sized Piece of Fresh Ginger Root – Pressed!\*
- 1 Tsp of Cinnamon Powder\*
- 1 Whole Lime – Squeezed!\*
- Cayenne Pepper – As Much as YOU can Handle! HOT!\*\*

*\*or more, if you prefer... | \*\*can you handle spicy ingredients?*

**INSTRUCTIONS:** Mix all ingredients well in a mug or cup. Using a straw to drink quickly is a little easier. Consume as rapidly as possible, it's better to get it in you, working for you, than just looking at it and smelling it. Ha, Ha! Repeat as needed, every 3-5 hours.