



Everything Herbal

by Cheryl Jabz

Garlic & Honey Immunity Boost

A powerful natural combination known for antimicrobial and immune-supporting properties.



INGREDIENTS

- 2–3 garlic cloves (crushed)
- 1–2 tbsp raw honey



INSTRUCTIONS



Let crushed garlic sit for 10 minutes to activate beneficial compounds. Mix with honey and take 1 teaspoon daily during illness.

Tip: Use fresh garlic and raw honey for best results.



Download
THIS RECIPE



SCAN ME

www.EverythingHerbalbyCherylJabz.com

Print • Save • Share