

■ Natural Health Space

Cancer Prevention & Support — Natural Remedies

faithseriesllc.com

Welcome to your Natural Health Space. As a Faith Series community, we believe that our body is the temple of the Holy Spirit and that it is our duty to take care of it. These natural remedies are shared in a spirit of well-being and mutual support.

■ ■ Important Medical Disclaimer

These recipes are natural wellness supplements, shared for informational purposes only.

They do not replace any prescribed medical treatment. Always consult your doctor or oncologist before introducing new supplements, especially during treatment.

■ Recipe No.1 — Daily Morning Drink



■ Daily Morning Drink



■ Ready to drink

Ideal every morning on an empty stomach to boost the immune system

Ingredients:

- 500 ml of hot water (not boiling)
- Juice of 1 fresh lemon

Preparation:

1. Heat the water until hot but not boiling.
2. Squeeze the lemon and pour the juice into the hot water.
3. Drink on an empty stomach every morning upon waking.

■ *Hot water stimulates the immune system and makes lemon less aggressive on the liver.*

■ Recipe No.2 — Reinforced Decoction (Bi-Monthly Cure)



■ Reinforced decoction



■ Adding turmeric

Intense natural support — to be renewed every 2 weeks

Ingredients:

- Fresh ginger: a generous amount, crushed or chopped.
- Fresh garlic: several cloves, well crushed. (Start with one clove if you have a sensitive stomach.)
- Lemon: 1 whole fruit, squeezed or sliced.
- Turmeric: a very small pinch (no more than what fits between two fingers).
- Honey: a little to sweeten.
- Water.

Preparation:

1. Crush the ginger and garlic cloves.
2. Heat the water with ginger and garlic.
3. Let it boil until fully infused.
4. Off the heat, squeeze the lemon and add its juice directly to the hot preparation.
5. Add the pinch of turmeric (the drink will turn slightly orange).
6. Add a drizzle of honey, mix and drink hot.

■ Frequency: This cure should be renewed every 2 weeks as regular support between medical consultations.

■ ■ Important — Turmeric Dosage

Never use turmeric in excess, as it can cause a reaction on the liver. A small pinch between two fingers is more than enough.

■ Summary — Daily Good Habits

Moment	Recommended Action	Frequency
Every morning upon waking	Hot water + lemon juice	Daily
Support cure	Decoction: Ginger, Garlic, Lemon, Turmeric, Honey	Every 2 weeks

Ongoing	Regular follow-up with your doctor	Always
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■ Natural Remedy 1 — Garlic & Lemon | Arterial Cleansing

Natural Arterial Cleansing (Garlic & Lemon)

An ancestral remedy to purify the blood, reduce cholesterol and support cardiovascular health.

Ingredients:

- 30 garlic cloves
- 5 organic lemons
- 1 liter of water

Preparation:

Blend everything, bring to a boil only once, then strain.

Dosage:

One small glass daily for 3 weeks.

□ *Note: Health is a gift from God that we must maintain with wisdom.*

■ Natural Remedy 2 — Ginger, Onion & Honey | The Protective Syrup

The Protective Syrup (Ginger, Onion & Honey)

This remedy is ideal for strengthening the respiratory tract and soothing the throat, thanks to the anti-inflammatory properties of ginger and the antiseptic virtues of onion.

Ingredients:

- 1 large red onion
- 2 tablespoons of pure honey
- 50g fresh grated ginger

Preparation:

Slice the onion, mix it with grated ginger and honey in a jar. Let it rest for 12 hours until a syrup forms.

Dosage:

One tablespoon morning and evening to calm coughs or as a preventive measure.

■ Natural Remedy 3 — Clove & Turmeric | Anti-Inflammatory Elixir

The Anti-Inflammatory Elixir (Clove & Turmeric)

A powerful blend to relieve joint pain and boost immunity.

Ingredients:

- 5 cloves
- 1 teaspoon turmeric powder
- A pinch of black pepper (to activate turmeric)
- 250ml hot water

Preparation:

Infuse the cloves and turmeric in hot water for 10 minutes. Add the black pepper at the end.

Dosage:

One cup daily, preferably in the morning.

□ *Note: Nature provides us with powerful solutions to preserve our health.*

■ Summary — All Natural Remedies

Remedy	Key Ingredients	Dosage
Morning drink	Hot water + Lemon	Every morning fasting
Reinforced decoction	Ginger, Garlic, Lemon, Turmeric, Honey	Every 2 weeks
Arterial cleansing	Garlic (30 cloves) + Lemon + Water	1 glass/day - 3 weeks
Protective syrup	Ginger + Onion + Honey	1 tbsp morning & evening
Anti-inflammatory elixir	Clove + Turmeric + Pepper	1 cup/day morning

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