**Winter Seasonal Remedies**

**Linda Yraceburu © 2011**

**www.yraceburu.org/healing**

**Winter Steam –**

one handful of eucalyptus leaves, one small handful of whole cloves, and one lemon sliced into 4 or pieces.

**Chocolate banana protein drink. – minimum 1x day, as needed for pain**

\*Blend together one frozen banana,

\*in a 2-cup container ad 1/2 cup of pineapple juice, 1/4 cup of grape juice, 1/2 cup half a cup of water put in blender.

 \*Add, 1 and 1/4 cup of any milk that you drink rice, almond or coconut is best, put in blender.

 \* add 1 and 1/4 cups of water,

\* 1 tablespoon of chocolate cacao buds

\* 2 tablespoons of hemp hearts. \* 1 teaspoon of lethicin.

\* 1 heaping teaspoon of spirulina and blend well.

**Green protein drink.- drink 1-2x day**

\* In a 2-cup measuring container add

\*1/2 a cup of 100% pineapple juice,

\* 1/4 cup of 100% grape juice,

\* 3/4 of a cup of water put in blender.

\* add 1 heaping teaspoon of spirulina

 \* 2 heaping teaspoons of hemp hearts and blend well.

**Bach Rescue Remedy** and black walnut remedy.

Use 1 - 2 dropperfuls of each at morning and night with 2 oz of water.

**Water ratio drink - daily**

 To maintaining your body,  you want to drink half your bodyweight in ounces, ie. if you weigh a hundred pounds, then you would drink 50 oz of water a day. If you are detoxing or flushing your body, you want to drink your water weight in ounces, 100 lb equals 100 oz per day to detox.

Thanku Maria, for all your help and support.