



HURT LESS - LIVE MORE



**Havva Mahler**

Personalized  
Chinese Medicine

# **Weaponized Winter Lemonade**

## **Ingredients:**

**One lemon per sick person in household**

**One large spoonful of honey, likewise**

**One cup boiling water per patient**

**Crushed hot pepper, as much as you can stand**

**Optional: Fresh or candied ginger root**

## **Instructions:**

**Juice lemons**

**Mix fresh lemon juice with honey, water, hot pepper, ginger**

**Let cool until just drinkable**

**(Strain out the hot pepper for little kids)**

**Serve**

**Try not to gag on the hot pepper**

**If you used candied ginger, leave it at the bottom of the pitcher until you've finished the lemonade, then eat it**

# **Get Well Soon!**

