The Best Immunity Booster: Drink It in the Morning to Supercharge the Immune System and Improve Your Digestion

By bestfolkmedicine · 11/11/2018 · 1 min read

Our gut is the center of the immunity system and when it fails to function adequately, the body will weaken, you will feel less energetic, and you will be more prone to all kinds of health issues, including skin problems, heartburn, and stomach ache. This is why in today's article we decided to present a natural way to treat this issue and help the gut and the immunity to get back on track.

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How to Strengthen the Immunity

This all-natural cure that you can prepare at home you will strengthen the immunity and make your body less prone to illnesses. You just need 4 ingredients that you may already have in your kitchen. Amazing, right?

The Recipe

Needed:

A tsp of turmeric, ground

¼ cup of ACV

¼ cup of raw honey

1/8 tsp of cayenne pepper

4 cups of water

A glass jar

Preparation: Pour the water into a saucepan and bring it to heat and wait until it reaches the boiling point and remove it and then add the honey and mix the well. Next, add the remaining ingredients and stir everything together. Transfer the content to a glass jar.

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Use: Drink it in the morning before breakfast for 5 days.

The Benefits of the Ingredients

Turmeric

It is abundant in antioxidants and it also possesses anti-inflammatory and antiseptic abilities.

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Apple cider vinegar

This vinegar has strong probiotic properties and it is therefore highly efficient against parasites and it will avert digestive issues.

Honey

It is rich in enzymes and minerals that will soothe the digestive system.

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