- Preparation Time: 15 Minutes
- Cook Time: 0 Minutes (Raw Infusion)
- Infusion Time: 24 to 48 Hours
- Total Time: 24 Hours 15 Minutes
- Yield: Approximately 500ml (1 Pint)
- Intensity Level: □□□□ (High Potency/Strong Flavor)
- Best For: Cold & Flu prevention, sore throat relief, immune system support.

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Ingredients

- 3 large Onions: (Red or Yellow) Roughly chopped. Onions contain quercetin, a powerful antioxidant.
- 1 large head of Garlic: Peeled and crushed. Garlic releases allicin when crushed, which is a natural antibacterial.
- 1 large Ginger Root: (Approx. 4-5 inches) Grated or finely chopped. Ginger aids in digestion and reduces inflammation.
- 3-4 Organic Lemons: Juiced (approx. ½ cup of juice) and sliced. Lemons provide high doses of Vitamin C.
- 1 cup Raw Unfiltered Honey: (Manuka honey is best, but any raw honey works). Honey soothes the throat and adds antibacterial properties.
- Optional: A pinch of Cayenne Pepper or Turmeric (for an extra anti-inflammatory kick).

Equipment Needed

- Glass Jar: A 1-liter (quart) Mason jar with a lid. (Avoid metal, as it can react with the acids).

- Grater or Food Processor: For the ginger and garlic.
- Knife and Cutting Board.
- Cheesecloth or Fine Mesh Strainer.

Instructions

Phase 1: Preparation (Time: 10 Minutes | Intensity: Low)

1. Sterilize: Ensure your glass jar is thoroughly washed and completely dry. Moisture can cause the mixture to mold.
2. Prep the Aromatics: Peel and roughly chop the onions. Peel the garlic cloves (crushing them with the flat side of a knife helps release the juices). Peel and grate the ginger.
3. Prep the Citrus: Wash the lemons thoroughly. Slice them into rounds, removing any seeds.

Phase 2: The Layering Process (Time: 5 Minutes | Intensity: Low)

1. The Base: Place a layer of onions at the bottom of the jar.

2. The Stack: Alternate layers of garlic, ginger, and lemon slices on top of the onions.

3. The Press: Gently press down on the ingredients with a clean spoon to slightly bruise them and release their juices.

4. The Infusion: Pour the raw honey over the entire mixture. The honey will be thick, so use a spatula to scrape every last drop.

5. The Seal: If the honey doesn’t cover the ingredients completely, add a little more lemon juice. Seal the jar tightly.

Phase 3: The Infusion (Time: 24-48 Hours | Intensity: Passive)

1. Storage: Place the jar in a cool, dark place (like a pantry or fridge) for 24 to 48 hours.

2. The Shake: Every 8 hours or so, shake the jar vigorously. This agitation helps the honey draw out the medicinal oils and juices from the onion, garlic, and ginger.

3. Observation: You will notice the mixture becoming more liquid as the osmotic pressure pulls water out of the vegetables and the honey sinks in.

Phase 4: Straining & Storage (Time: 5 Minutes | Intensity: Medium)

1. Strain: After 24-48 hours, pour the mixture through a fine mesh strainer or cheesecloth

into a clean bowl.

2. Press: Use the back of a spoon to press hard on the solids to extract every drop of the golden syrup.

3. Bottle: Pour the strained liquid into a dark glass bottle or a clean jar.

4. Refrigerate: Store the booster in the refrigerator. It will keep for up to 2-3 months.

How to Use

- Daily Maintenance: Take 1 tablespoon daily on an empty stomach.

- Acute Symptoms: Take 1 tablespoon 3-4 times a day.

- Tea: Stir a spoonful into warm (not boiling) water or herbal tea. *Note: Never add honey to boiling water, as it destroys the beneficial enzymes.*

Nutrition Facts (Per 1 Tablespoon Serving)

Disclaimer: These values are estimates based on standard ingredient sizes. The actual nutritional content depends on the specific honey and lemon used.

- Calories: 45-50 kcal
- Total Carbohydrates: 12g
- Sugars: 11g (Natural sugars from honey and lemon)
- Protein: 0.2g
- Fat: 0g
- Sodium: 1mg
- Potassium: 20mg
- Vitamin C: ~2% RDA (Note: While lemons have Vitamin C, the dilution makes the per-serving amount moderate; however, the bioflavonoids enhance absorption).