

Total Tonic Formula

1 Handful of Garlic Cloves
1 Handful of chopped Onions
1 Handful of chopped Ginger
1 Handful of chopped Horseradish
1 Handful of Black Walnut Hulls
1/2 handful of chopped Habanero Peppers.

Throw in a blender and cover with an inch or two of Organic Apple Cider Vinegar.

All ingredients should be ORGANIC, but don't let that stop you from making this great formula. You can use the mash right away or wait two weeks and tincture.

Much love,

Doc

Ian "Doc" Shillington
Dr.IanShillington@GilaNet.com
505-772-5889