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Numerous studies prove the beneficial properties of garlic, ginger, and turmeric, especially when consumed together, creating synergistic effects called Food Synergy. Fermentation enhances these effects, as also proven by numerous studies.

# ARTERIAL PURITY SHOT

Lemon-Garlic Cure



# RECIPE

The base of the drink is a micro-fermented blend of garlic and lemons. The spices ginger, turmeric, and black pepper synergistically support the effect. The preparation of the lemon garlic elixir is straightforward. You only need a few ingredients, and the preparation is also quick.

By the way, unpleasant evaporation does not occur because the fermented lemons neutralize the smell of garlic.

## **Accessories :**

Blender, 950 ml Millivital micro-fermentation jar with membrane insert, or similar 1 Liter glass, 2 x 0.5l swing-top bottles (e.g., a well-rinsed beer bottle).

## **Ingredients for three weeks cure (per person):**

- 2 organic lemons
- 15 cloves garlic
- 2 Spoons of Millivital micro-fermentation accelerator or 1 TS of unpasteurized Sauerkraut brine
- 1/2 liter of filtered water
- 1/2 cm piece of organic ginger with peel
- 1 tsp. turmeric powder
- 1 pinch of freshly ground black pepper

# PREPARATION

- ① Wash the lemons well under warm water, quarter them, and put them with the peel in a blender. Peel the garlic cloves and put them in the blender with the ginger. Add a little water and mix everything briefly and vigorously.
- ② Add the micro-fermentation accelerator or the brine, add the other contents, and mix again briefly.
- ③ Put the resulting mass into a pot, mix it with the remaining water, and add the remaining ingredients. Pour the whole mixture into a jar and seal it with the fermentation membrane or kitchen foil.
- ④ Allow fermenting at room temperature for four days.  
Provide a ceramic or glass bowl. Strain the finished fermented mixture through a fine, non-metallic hair sieve with a wooden spoon until no liquid escapes.

Transfer the finished beverage to a swing-top bottle and store it in the refrigerator.

**Tip:** The solid residue after straining is very suitable, for example, as a seasoning for salad dressings, marinades, or vegetable preparations.

# APPLICATION

Shake the bottle vigorously. Every day 1x after a main meal (morning, noon, or evening), pour 20 ml of it into a glass and drink. You can also mix it with juice if you do not like the taste. If you drink the liquid in the evening and suddenly sleep worse, you should enjoy it after breakfast or lunch instead.

The lemon garlic cure should be performed once to two times a year. Drink the juice daily for three weeks. Then take a one-week break and repeat the regimen for another three weeks. Another one-week break follows this, and the cure starts again.

Important: In order not to contaminate the bottle's contents, do not touch the mouth of the bottle with your hands, and, of course, never drink directly from the bottle.

**WE WISH YOU EVERY SUCCESS!  
YOUR CHRISTOF PLOTHE DO & TEAM**

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