

Morning Cleanse & Anti-Aging Elixir



15 Goji Berries



Juice from ½

Lemon

of a fresh lemon



1 TBSP Honey



1 TBSP Walnut Oil (or Olive Oil)



First, rinse 15 goji berries. Place goji berries in a cup. Add boiling hot water to cover berries. Let steep for 5 minutes. Then add warm water to a total of about 18 - 20 ounces. Add the rest of the ingredients.

Drink slowly (sip) on an empty stomach, first thing in the morning. At the end, eat the berries.

Make sure the water is warm, not boiling hot, when the lemon and other ingredients are added; otherwise, they will lose some of their nutritional value.

NOTE: Small people can drink less.

Primarily good for the following:*

- Anti-aging
- Rejuvenation
- Depression
- Diabetes (it helps reduce blood glucose)
- Heart disease
- Kidney disease
- High blood pressure prevention
- Elimination and cleansing of the gastro-intestinal tract
- Lowering cholesterol
- Enhancing immune system function
- Skin complexion

- Vertigo
- Lumbago
- Impotence
- Menopausal complaints

It also does the following:*

- Helps eyesight
- Improves circulation
- Is easy to digest and natural
- Has antioxidant properties
- Has antimutagenic properties
- Can help protect against cancer & reduce the toxic effects of chemotherapy & radiation
- Is rich in Vitamin C, beta-carotene, amino acids
- Increases stamina and vitality while enhancing sexual prowess
- In TCM terminology, this formula acts on the liver, lung, and kidney.

*These statements have not been evaluated by the Food and Drug Administration. This formula is not intended to diagnose, treat, cure, or prevent disease.