



Balanced Integration, LLC

Oxymel

Ingredients:

1/3 C Honey

1/3 C Garlic

3 C Distilled water

1/3C Apple cider vinegar (Bragg's brand)

Directions:

- Heat water and garlic on med high heat until garlic turns translucent
- Mix honey and apple cider vinegar together
- Remove water and garlic from heat and stir in honey and apple cider vinegar mixture

Drink 1/3 cup and eat a couple pieces of the garlic every 4-6 hrs or as needed